
City of Stonnington

Older Persons Strategy
2008-2012

September 2008

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Acknowledgements

The development of the Stonnington Older Persons Strategy was facilitated by Lime Management Group and guided with enthusiasm by a Reference Group comprising representatives from the following organisations:

- City of Stonnington
- Caulfield Community Health Service
- Inner South Community Health Service
- Inner South East Partnership in Community and Health
- *mecwacare*

Acknowledgement is also made of the 130 people who contributed their ideas and vision for older people through focus groups, interviews and surveys to the development of the Older Persons Strategy for Stonnington.

1. Introduction

The Older Persons Strategy aims to provide a broad policy framework for Council and community based aged care service providers in Stonnington. The project was undertaken in partnership with Council's Social Planning unit and the Aged and Diversity department, mecwacare, Caulfield Community Health Service, Inner South Community Health Service and Inner South East Partnership in Community and Health. Representatives from the services formed a Reference Group providing advice, guidance and support to the project.

This document is to be used by the Older Persons Reference Group to facilitate the implementation of the Older Persons Strategy. It provides strategies for consideration under each of the six aims and will assist the Reference Group and in turn the organisations represented to identify priorities and actions for implementation.

The development of the Older Persons Strategy comprised mapping an overview of services in Stonnington, data analysis and a literature review of international, national and local literature to identify trends and attitudes on ageing. Community and stakeholder consultation enabled council aged care staff, services planning staff, service providers, service users, carers, members of CALD groups, Office of Housing residents, community leaders, older residents, government officers and other key stakeholders to all contribute their ideas to the strategy. The strategy was developed from information from the consultations, interviews, mapping, data analysis and literature review and presented to the Reference Group for feedback.

Overarching themes from the consultations were:

- Older people like living in Stonnington, want to keep living there and some are concerned about their ability to continue to afford living in Stonnington
- Mobility/Transport – difficulties as a pedestrian, access to public transport or as a driver
- The need for activities that are free, fun and include opportunities for social interaction
- The importance of social interaction to maintaining health and well being
- The benefits participants gained from engagement with activities at the Chris Gahan Centre
- Access to information and knowing who to contact for support
- The awareness of keeping mentally and physically stimulated and resultant health benefits
- Flexibility of service provision – ability to move in and out of services as needs dictate

These themes helped form the visions listed below and strategies and prospective partnerships were outlined to ensure the visions are implemented.

Vision 1: A place where you feel you belong and people of all ages respect and engage with each other

Vision 2: Lifelong learning is valued and available to everyone

Vision 3: People experience a sense of wellbeing

Vision 4: People can easily access information whenever they need to and are well informed when they do so

Vision 5: A transport environment and system taking you where you want to go when you need to go

Vision 6: Appropriate housing is available to everyone

Vision 7: Quality health and support services for all

2. Why Have an Older Persons Strategy

2.1 Summary of Government Policy Context

Government policy at both a federal and state level is driving change in an effort to address the challenges of an increasingly ageing society that expects quality services in a timely manner. Service system and service delivery issues such as those listed below are frequently discussed in current policies and need to be addressed to ensure best practice service:

- Access to information about services and sharing information
- Easier and user friendly access to services and clear entry points into services
- Partnerships between service providers and working together and improving communication and links between all stakeholders
- Streamlining and modernising service approaches through engaging with consumers and carers, and being responsive and flexible
- Adopting a prevention approach and focus on healthy lifestyles and positive ageing
- Promotion of active independence, participation in services, social connectedness and participation in local community and
- Use of technology to support services and the health and community services system

2.2 Specific Considerations for Stonnington

Stonnington has had an ageing population for sometime and in 2006 residents aged 55 and over comprised 26% of the population marginally higher than Victoria as a whole at 23.3%. Over the period of this strategy numbers of residents aged 70 plus and 85 plus are projected to remain stable. Other factors impacting in Stonnington include:

- The high population of public housing residents (62% of residents in Office of Housing accommodation in Stonnington are 55+) and a significant proportion of rental accommodation much of which is taken up by lone households. Of people aged 55+, 29% were living alone.
- The number of residents living in Supported Residential Services (SRS), particularly pension only SRS and Rooming Houses and their support needs
- The incidence of people with complex needs and those with multiple dimensions of disadvantage/need including: financial, social marginalisation, disability (physical, sensory and intellectual) and mental health problems within the community
- The diverse groups living within Stonnington. For Stonnington residents aged 55+, 40% were born outside Australia
- The needs of the estimated 2000 plus GLBTI population aged 55+
- The recent trend for Retirement Living complexes and apartments in Stonnington to which older people including those from outside the municipality are attracted
- Changing expectations, the demand for a range of quality services and supports and flexibility in how services are offered and delivered

To maintain this diverse population, which is valued by residents and seen as one of the attractions of Stonnington, Council needs to ensure by a whole of Council approach, that the increasing pressure for inner city living does not force current residents to move out. The strategy provides the opportunity for council departments to support the visions outlined in this Strategy and also meet the strategic objectives of the Council Plan for older members of this diverse and interesting community.

3. Vision and Aims

Vision 1: A place where you feel you belong and people of all ages respect and engage with each other

Aim: Foster a sense of community for older people based on social connectedness, community participation and intergenerational opportunities

Community objectives

1. Increased access to affordable, stimulating and welcoming community activities and services
2. Support for special needs groups in the community
3. Support for CALD groups and clubs in the community
4. Enhanced natural environment to cater for the needs of older people
5. Enhanced built environment to cater for the needs of older people
6. Increased participation and leadership role for older people in Council, local and sub-regional networks and planning

Vision 2: Lifelong learning is valued and available to everyone

Aim: Ensure older people have access to a wide range of opportunities for lifelong learning as they age and move through retirement

Community objectives

1. Increased access to education and learning relevant to ageing
2. Increased access to computer education, computers and internet access
3. Increased access to education opportunities
4. Increased access to library services

Vision 3: People experience a sense of wellbeing

Aim: Ensure people have the opportunity to lead full and rich lives as they grow older and feel a sense of wellbeing

Community objectives

1. Celebration of older people and their community contribution
2. Inclusion of older people in community life
3. Healthy lifestyles for older people
4. Positive community attitudes to ageing
5. Increased opportunities and support for volunteer engagement
6. Increased opportunities for intergenerational exchange
7. Employment opportunities for older people
8. Increased opportunities in community planning and decision making

Vision 4: People can easily access information whenever they need to and are well informed when they do so

Aim: Ensure older people have user friendly access to information about a wide range of services or entry points to services, to meet their needs

Community objectives

1. Access to information about Council, community services and other health and aged care services
2. Accessible information

Vision 5: A transport environment and system taking you where you want to go when you need to go

Aim: Ensure older people have access to safe roads and footpaths, and safe, affordable, efficient and user friendly transport

Community objectives

1. Access to safe, efficient and user friendly public transport for older people
2. Access to safe and trustworthy taxi travel for older people
3. Increased range of alternative community transport options for older people
4. Increased safety for older pedestrians and road users
5. Increased opportunities for driver education and support

Vision 6: Appropriate housing is available to everyone

Aim: Ensure older people have access to affordable and appropriate housing, supported accommodation and residential facilities

Community objectives

1. Increased affordable housing options for older people
2. Increased choice of suitably designed housing for older people
3. Affordable, quality residential aged care facilities
4. Increased access to home and community support to enable older people to remain living in their homes

Vision 7: Quality health and support services for all

Aim: Ensure older people enjoy the benefits of high quality, coordinated health and support services that meet their needs

Community objectives

1. Affordable and coordinates health and support services
2. Support for carers
3. Enhanced networks and relationships amongst health and community services to better meet the health and wellbeing needs of the community
4. Increased participation by older people in regular physical activity

1. Key Actions

Council has identified six key actions as priorities for implementation:

1. Undertake research into the needs of people aged 55-65 years, as they move towards retirement, to identify issues for future planning in Stonnington.
2. Identify and contribute to the sustainability of community education and life long learning opportunities in Stonnington through:
 - Securing a permanent meeting venue for U3A Stonnington;
 - Encouraging U3A to expand into the east end of the municipality;
 - Promoting and supporting U3A, neighbourhood houses and other community education programs.
3. Identify opportunities to expand the capacity of Council's social support program to meet the need, in particular the introduction of a centre based meals program situated at the Fisher Street Community Centre, East Malvern.
4. Increase participation of older people in organised sport and exercise within Stonnington by:
 - Increasing the number of walking groups;
 - Supporting the establishment of veteran tennis and cricket teams;
 - Increasing participation in lawn bowls; and
 - Increasing the number of strength training programs available.
5. Work with relevant agencies to create driver and pedestrian programs for older people in Stonnington.
6. Review and resource Council's VIP (Volunteer Interchange Program) to provide volunteering opportunities for older people in Stonnington.
7. Review Council's Ethnic Meals Program to enhance opportunities for Stonnington's culturally and linguistically diverse older communities.

Appendix 1: Service Mapping

There are two agencies other than Stonnington Council, providing significant Home and Community Care (HACC) in home support and other HACC and aged care services within Stonnington. This is an unusual situation, as in all municipalities in the Southern Metropolitan region except Cardinia Shire, all HACC in home support funds go to local government. These agencies are funded to provide service to particular communities within Stonnington:

- mecwacare the HACC eligible people in the Malvern end of Stonnington
- Jewish Care the HACC eligible Jewish people

As both these agencies have a private in home support service they also have the capacity to assist Stonnington residents who can afford to pay for service.

Planning for the older Stonnington community needs to consider all resources available and take a collaborative approach with other agencies.

The chart below identifies activities and other services for older people in Stonnington under the framework for this project of :

- Community participation and connectedness
- Health and well being
- Housing, accommodation and support
- Information, learning and retirement

Information from the consultations developed these four areas of the framework into the seven visions of the strategy.

ACTIVITIES AND SERVICES FOR OLDER PEOPLE IN STONNINGTON

Showing major funders and/or service providers

Community Participation and Connectedness						
Activity	Council	State Gov.	Comm. Gov.	Other	mecwacare	Jewish Care
Community Recreation Centres <ul style="list-style-type: none"> Grattan Gardens Harold Holt Swim Centre Orrong Romanis Rec.Centre Penpraze Park Com. Centre Phoenix Park 	√ √ √ √ √					
Walking for Pleasure	√					
Annual Adventure Camp	√					
Senior Citizens Centres: <ul style="list-style-type: none"> Chris Gahan Centre Will Sampson Centre Bowen Street Community Centre Fisher Street Community Centre 	√ √				√ √	
Victorian Seniors festival	√	√		√	√	√
Events <ul style="list-style-type: none"> Opera in the Park Symphony in the Park Jazz in the Park Melodies in the Park Pets in the Park Viva Christmas Dinner Carols Spring into Gardening 	√ √ √ √ √ √ √ √ √					
Neighbourhood House: <ul style="list-style-type: none"> Prahran Phoenix Park 	√ √	√ √				
Strength Training Groups				√	√	√
Multicultural groups and seniors	√			√	√	√
RSL: Malvern, Toorak, Prahran				√		
Bowls Clubs	√			√		
Social Support	√			√	√	√
Volunteering	√	√	√	√	√	√
Access for All Abilities	√	√				
Friendly Visiting			√	√	√	√
Centre Based/Community Meals	√			√	√	√
Ethnic Meals	√			√	√	√
Libraries <ul style="list-style-type: none"> Malvern Prahran Phoenix Park Toorak/South Yarra 	√ √ √ √	√ √ √ √				
Community Transport	√			√		√
Parking Permits	√					
Half Price Taxi Card		√				

Health and Wellbeing						
Activity	Council	State Gov.	Comm. Gov.	Other	mecwacare	Jewish Care
Immunisation	√	√				
Health Education, Promotion	√	√		√		√
Emergency Call Systems		√		√		
Self Help Groups		√		√		√
Community Health Services <ul style="list-style-type: none"> • Inner South Community Health Service • Caulfield Community Health Service 		√ √		√ √		
Royal District Nursing Service <ul style="list-style-type: none"> • Nursing Service • Homeless Persons Program 		√ √		√ √		
Nursing		√		√	√	
Podiatry		√		√	√	
Specialist, Health, Disability, Mental Health Organisations <ul style="list-style-type: none"> • Caulfield General Medical Centre • Alfred Hospital • Prahran Mission • Gawith Villa • mecwacare • Windana • ALSO Foundation • New Hope Foundation and Refugee Centre • Jewish Care 		√ √ √ √ √ √ √ √ √	√	√ √		
Specialist Clinics <ul style="list-style-type: none"> • Falls and Balance • Pain • Continence • Cognitive, Dementia and Memory Service • Vision • Hearing 		√ √ √ √ √ √		√ √ √ √ √ √		
Community Rehabilitation Centre <ul style="list-style-type: none"> • Port Phillip CRC • Caulfield CRC 		√ √		√ √		
Caulfield Aged Care Assessment Service		√	√	√		
Housing, Accommodation and Support						
Activity	Council	State Gov.	Comm. Gov.	Other	mecwacare	Jewish Care
Community Aged Care Packages			√	√		√
Linkages		√		√		√
EACH			√	√		√
EACH Dementia			√	√		√
Palliative Care		√		√		
Low Level Care (Hostels)		√	√	√	√	√
High Level Care (Nursing Homes)		√	√	√	√	√
Supported Residential Services		√		√		

Activity	Council	State Gov.	Comm. Gov.	Other	mecwacare	Jewish Care
Boarding/Rooming Houses				√		
Independent Living Units			√	√	√	√
Community Housing				√	√	
Housing Support		√		√		√
Office of Housing		√				
Home Care	√	√		√	√	√
Personal Care	√	√		√	√	√
Respite Care	√	√	√	√	√	√
Carer Respite Centre: Caulfield		√	√	√		
National Respite for Carers Program			√		√	√
Carer Support Groups		√	√	√		√
Delivered Meals	√	√		√		√
Shopping	√	√			√	√
Home Maintenance	√	√		√		√
Concessions <ul style="list-style-type: none"> • Rates • Utilities • Transport (Public) 	√	√				
Planned Activity Groups <ul style="list-style-type: none"> • Stonnington • John Macrae Centre • mecwacare • Jewish Care 	√	√		√	√	√
Victorian Aids and Equipment Program		√		√		√
Information, Learning and Retirement						
Activity	Council	State Gov.	Comm. Gov.	Other	mecwacare	Jewish Care
Retirement Planning		√	√	√		
Home Library Service	√	√				
Seniors media/papers			√	√		
Community Information <ul style="list-style-type: none"> • Care Line • Seniors Information Victoria • Community Information Service 	√	√	√	√		
University of the 3 rd Age Prahran/Malvern		√		√		
Older Peoples Organisations: <ul style="list-style-type: none"> • COTA, • Older Persons Action Centre • ARPA 		√		√		
Older Drivers		√		√		
Home Renovation and Advisory service		√				
Confident Living Programs (Vic Police)		√		√		

CARE PACKAGES IN STONNINGTON February 2006

A range of agencies provide aged care packages in Stonnington. Some are ethno - specific and have a broad catchment, others are mainstream providers with a catchment of the Inner South area: Stonnington, Glen Eira and Port Phillip.

Linkages				
Agency	No.	Target Group	Catchment	
Bayside Community Options	41	Frail Aged	Stonnington	
	56	Disabled	Inner South and Kingston Bayside	
Jewish Care	50	Jewish, Frail Aged, Dementia, Psych Disabled	Inner South, Metro Melb	
CACPS				
Aboriginal Community Elders Services	69	ATSI	Metro Melb and Morn Penin	
Co-As-It Italian	13	Italian	Statewide	
Dutchcare	45	Dutch	SMR and EMR	
Froniditha Care	20	Greek	Inner South, Metro Melb	
Jewish Care	74	Jewish, Frail Aged, Dementia, Psych	Inner South, Metro Melb	
Polish Com. Council	25	Polish	Inner South, Metro Melb	
Vision Australia	40	General	SMR	
Bayside Community Options	95	Frail Aged	Inner South and Kingston Bayside	
Baptcare	155	Frail Aged	SMR	
Care Connect	30	Frail Aged	Inner South, Bayside	
Caulfield CHS Housing Linked	20	10 Public Housing, 10 HASP	Inner South	
Community Care Services	50	Frail Aged	SMR	
Freemasons	56	Frail Aged, CALD, Fin Disadvantaged	Inner South	
Prahran Mission	66	Frail Aged, Psych Disabled, CALD, Financially Disadvantaged	Inner South	
Sacred Heart Mission	55	Frail Aged, Financially Disadvantaged.	Inner South	
Silver Circle	30	Frail Aged, Dementia	Inner South	
Southern Cross	190	Frail Aged	Inner South	
Third Age	30	Frail Aged, CALD, Financially Disadvantaged	Inner South	
Villa Maria	168	Frail Aged, CALD, Financially Disadvantaged	SMR	
Wintringham	130	Frail Aged, Financially and Social Disadvantaged	Inner South, Bayside	
EACH				
Benetas	40	Frail Aged	Inner South	
Baptcare	45	Frail Aged	SMR	
Jewish Care	15	Jewish, Frail Aged, Dementia, Psych Disabled	Inner South, Metro Melb	
EACH DEMENTIA				
Jewish Care		Jewish, Frail Aged, Dementia, Psych Disabled	Inner South, Metro Melb	

STONNINGTON RESIDENTIAL AGED CARE FACILITIES LISTING June 2005¹

Name of service	Address	High Care Places at June 2005	Low Care Places at June 2005	Extra Service Places
Amity at Windsor	102-104 Union Street, PRAHRAN VIC 3181	5	30	
Armitage Manor	241 Dandenong Road, WINDSOR VIC 3181		60	
Chomley House Hostel	113 Chomley Street, PRAHRAN VIC 3181		38	
Cresthaven Hostel	235 Waverley Road, EAST MALVERN VIC 3145		45	45
Darnlee Private Nursing Home	33 Lansell Road, TOORAK VIC 3142	49		49
Kalimna House Private Nursing Home	107 Darling Road, MALVERN EAST VIC 3145	30		
Kiverton Park Nursing Home	15-17 Webster Street, MALVERN EAST VIC 3145	30		
Nirvana Health Care	78 Nirvana Avenue, MALVERN EAST VIC 3145	30		
Noel Miller Centre	9-15 Kent Street, GLEN IRIS VIC 3146	100	38	
Presentation Sisters Hostel	187 Dandenong Road, WINDSOR VIC 3181		18	
Sir Donald & Lady Trescowthick Centre Hostel	70 Charles Street, PRAHRAN VIC 3181	40 AIP	20	
Villa Maria Aged Care Residence O'Neill	101 Lewisham Road North, PRAHRAN VIC 3181	40		
Weeroona Hostel	400 Waverley Road, MALVERN EAST VIC 3145		77	
Weeroona Nursing Home	400 Waverley Road, MALVERN EAST VIC 3145	33		
<i>New Service - mecwacare</i>	<i>1245-1247 Malvern Road, MALVERN VIC 3145</i>	<i>53 AIP</i>		
<i>New Service – Toorak Square</i>	<i>663-669 Malvern road TOORAK VIC 3145</i>	<i>30 AIP</i>	<i>60 AIP</i>	
	Totals (excluding AIP)	292	391	
	1. Totals (including AIPs):	435	451	126
<i>Without Toorak Square and Presentation Sisters Hostel</i>	2. Totals (including AIPs):	405	373	126
	Percent of Places (2) ESS:	20.0%	12.0%	
	Percent of all places (2) ESS:	16.2%		

¹ Submission to the Aged Care Planning Advisory Commission January 2006