

LODDON SHIRE COUNCIL

COMMUNITY CARE STRATEGY 2013-
2017



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This document is available in alternative formats (e.g. larger font) if requested.

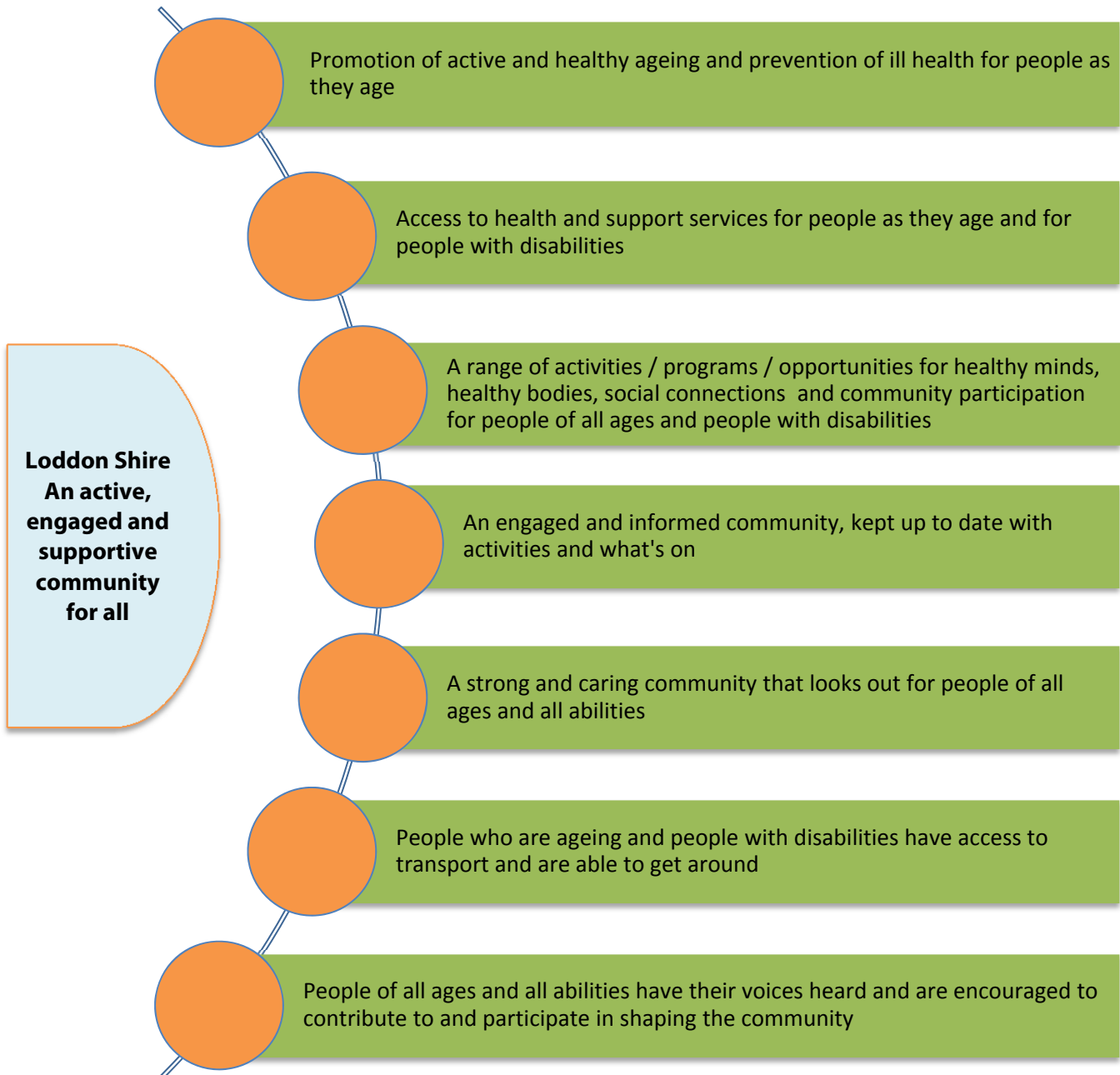
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VISION

Loddon Shire Council supports a strong, connected and inclusive community with opportunity for all. Regardless of age or ability, people living in Loddon are part of an active, engaged and supportive community.

Loddon Shire Councils' strategic framework for an active, engaged and supportive community for all



1 PURPOSE

Loddon Shire Councils' Community Care Strategy 2013 -2017 provides strategic directions and actions for Council and key strategic partners, to continue to develop Loddon as a place where regardless of age or ability, people are active, engaged and supported.

The Strategy focuses on Aged and Disability Services, however, a healthy, active and supportive community for people with disabilities and for people as they age, requires a whole-of-council, whole-of-community approach.

The Strategy builds on and brings together Loddon's Aged and Disability Services Plan (2006-2010) and Active Ageing Plan 2009-2011. The Strategy links with other key council and regional plans and reflects a partnership approach across-all-of-council and whole-of-community.

The population focus of the Community Care Strategy is:

People as they age

- 50 years and over
- 65-80 years
- 80 years and over

People with disabilities and their carers

- 0-65 years
- carers

The Community Care Strategy provides eight key strategies with key actions and informs the development of the Community Wellbeing Directorate Plan.

The Community Care Strategy builds on and informs Council's other plans and strategies including:

- Loddon Shire Council Plan 2013- 2017
- Municipal Public Health Plan
- Loddon Shire Housing Strategy (2009)
- Loddon Shire Council Transport Connections Project 2010
- Loddon Shire Council Recreation Strategy 2007
- Loddon Towns Community Planning

Other regional plans include:

- Loddon Mallee Regional Strategic Plan (2010)
- Loddon Mallee Region Home and Community Care (HACC) Diversity Plan 2012-2015

2 CONTEXT

Loddon's Community Care Strategy has been developed at a time of aged care reform in Australia alongside an ageing population. The Living Longer Living Better Aged Care Reform Package adopted by the Commonwealth government in June 2013 provides the framework for aged care reform into the future

Under this reform the State and Commonwealth governments have entered into an agreement to change the funding and administrative responsibilities of the Home and Community Care (HACC) program by 1 July 2015. This agreement transfers the responsibility of funding for aged care (people over 65 years) to the Commonwealth and the responsibility of funding disability care (people under 65 years) to the National Disability Insurance Scheme (NDIS). At the time this strategy was developed the principles and guidelines of the reform and the impacts for Council were still to be determined.

In terms of (HACC) service delivery, there is a shift away from services designed to 'do things for people' to supporting people 'to do things for themselves'. Of particular relevance to this strategy is the HACC Active Service Approach. This approach applies a person centred and restorative focus and involves reform at workforce, assessment, and service delivery levels.

Increasingly supporting people as they age involves providing opportunities for healthy and active ageing as

The World Health Organisation (WHO) defined health broadly as a 'state of complete physical, mental and social wellbeing: not solely the absence of disease'
WHO Active Ageing Framework

well as the delivery of aged care services. Many illnesses associated with ageing (such as loss of function, dementia) can be prevented and/or the onset delayed through active, social and purposeful lives.

The Loddon Community Care Strategy responds to these reforms and an active and healthy ageing culture. The Strategy was developed in consultation with residents, key service providers and stakeholders including Councillors and Council Staff.

3 OUR POPULATION

3.1 Loddon's ageing population

The world's population is ageing – people are living longer resulting in greater numbers and proportions in the population who are older. In Loddon, the older population is a significant growing population and compared to other areas of Victoria, Loddon has a significantly higher proportion of older people.

At the 2011 census, 3,756* people in Loddon were over the age of 50 years accounting for 50.3 % of Loddon's total population (7,464). The proportion of the 50 years and over population has grown significantly over the past decade, and is predicted to continue to grow.

Compared to Victoria (24%) or regional Victoria (38.5%) Loddon's 50 years plus population is significantly higher.

Loddon population	2011			
	Number	% of total population	Regional Victoria	Change 2006-2011
50-59 years	1,290	17.2%	14%	+ 34
60-69 years	1,214	16.3%	12.3%	+ 250
70-79 years	737	9.9%	7.3%	- 37
80+years	510	6.9%	4.9%	+ 66
Total 50 +	3,751*	50.3%	38.5%	+ 313

* small variations in population numbers can occur in census data bases. Source: ABS census, 2011 and 2006

Of the 3,756 people who are 50+ years and living in Loddon Shire:

- there are more males than females however this reverts for the 'oldest age groups'
- the majority have an income of less than \$399 per week
- 1,231 volunteered with an organisation and/or a group
- 401 have need for assistance with core activities
- 547 provide unpaid assistance to a person with a disability
- 786 people live in lone person households
- 419 are born overseas
- 68 speak a language other than English at home
- 9 people do not speak English well or not at all
- 21 people are Aboriginal.

The total Loddon population is forecast to decline. Regardless of the rate of decline, Loddon will experience a growing older population alongside a declining total population. This growth is in actual numbers as well as proportion of the total population.

3.2 Key health issues for people as they age

'A majority of older people continue to report their health as good, very good or excellent. Older women are more likely to rate their health higher than older men. A number of factors influence older people's ability to maintain good health and to participate in their community, such as sufficient income, adequate and safe housing, and a physical environment that facilitates independence and mobility. Older people's own behaviours regarding health risks are also an important influence on their health status. It is worth noting that people's health experiences in later life are affected by their health behaviour during their younger years and in later life'.¹

Some key health conditions affecting health and wellbeing of people as they age include:

- an increase in the incidence of age-related disability and disease, especially dementia. Loddon has some of the highest age-adjusted rates of disability in Victorian municipalities
- an increase in dementia. Dementia prevalence is strongly age related and higher for females. The Australian Institute of Health and Welfare (AIHW) reports the prevalence of dementia in 2011 to be 9% for people over 65 years and 30% for people over 85 years. Applying 2011 census figures this suggests 160 people over 65 years (69 people over 85 years) in Loddon may have dementia. Dementia has profound consequences on quality of life of people with the condition and their families²
- an increase in diabetes. Loddon has the highest prevalence of diabetes in Victoria, 2.7 times the national average (as at June 2008). The vast majority is Type 2 diabetes which is acquired rather than genetic, and obesity is a major contributor. The prevalence of Type 2 diabetes rises with age
- a higher risk of falls as people age
- an increase in people with high blood pressure. High blood pressure commonly increases with age.

Compared with Victoria, Loddon has lower average life expectancy for both men and women. The average life expectancy in Loddon for men is 75.3 years (Victoria 80.3) and for females is 83.0 years (Victoria 84.4).

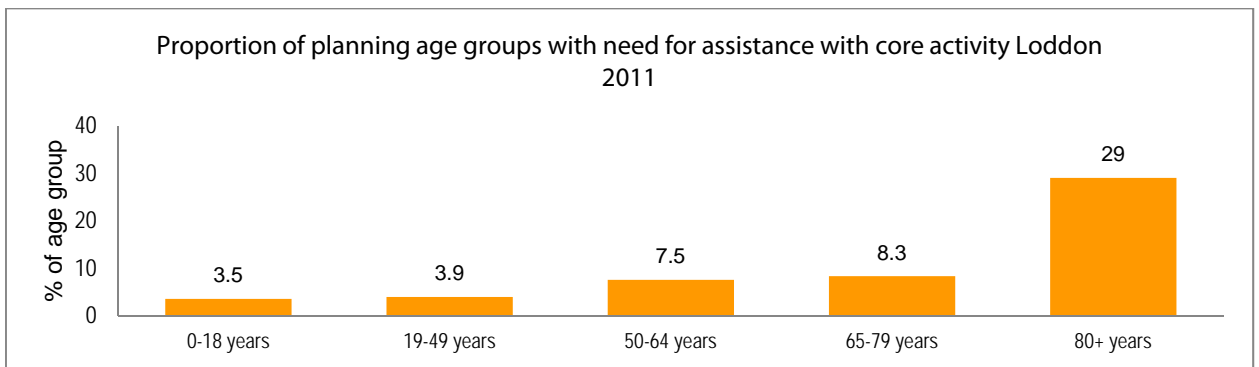
3.3 People with disabilities

The Loddon community has a relatively high number of people who require some form of assistance with daily activities. At the 2011 census, 542 people or 7.2% of the total population self-reported that they had a need for assistance with daily activities. This is a significantly higher proportion compared with Victoria where 4.5 % of the population reported a need for assistance and 5.6% of the population in regional Victoria's (beyond Greater Melbourne).

Need for assistance grows in numbers and proportionally as people age.

¹ Older Australians at a Glance AIHW 2011

² Dementia in Australia, National data Analysis and Development AIHW 2007



Source: ABS 2011 census

At the 2011 census, 547 people over the age of 50 years reported providing unpaid assistance to a person with a disability, long-term illness or old age. This figure is often used as an estimation of carers in the community.

3.4 Key considerations for community care services planning

Key considerations for community care planning from Loddon's census and population projections data include:

- growing numbers and proportion of the 50+ years population with a declining overall population
- growing numbers of people reaching the higher demand for care and support age group. (An increase of 66 people over the age of 80 years between 2006 and 2011 census)
- the 50+ population living throughout the municipality, many in very small towns or areas with very small population numbers
- limited access to communication and information via the internet with just over half of Loddon's households having internet access
- access to and support for volunteering as people age, with significant numbers of people from across all of the age groups involved in volunteering
- comparatively high proportions of the 50+ population who need support with daily activities, as well as a number of young people under fifty years.

For further information on Loddon's 50+ population from the 2011 census see Appendix 2 to this strategy 'A snapshot from the 2011 census, Focusing on the 50 years and over population Loddon Shire' November 2012

4 WHAT THE COMMUNITY SAID

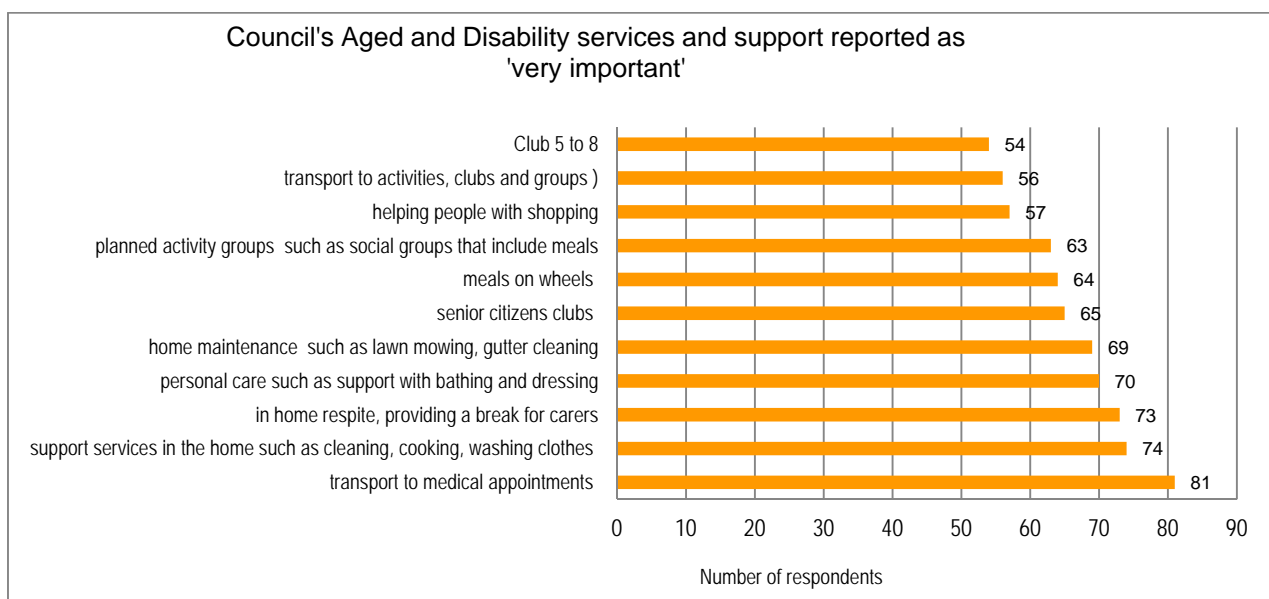
The development of the Community Care Strategy has been informed by a community consultation involving:

- an Aged and Disability Services Community Survey with 117 respondents
- a community focus group with 27 residents
- a staff and stakeholders focus group with 7 participants
- a Councillors and Council executives discussion meeting with 11 participants

Clear themes emerged from the resident consultations including:

- residents valued Loddon’s caring and friendly community and reported this as a main reason why they were happy to live and age in Loddon
- the variety of clubs, activities and recreational opportunities available was reported by many residents as a positive aspect of Loddon for people as they age. A need for more diversity in activities however, such as social outings, dinners, films and shopping trips for older people was reported
- a need to facilitate access and inclusion of people with disabilities in sport and in community life
- a need for better communication to residents about what is on/what is available throughout the municipality
- difficulties with a lack of access to transport within and outside the municipality. This was a key issue identified, particularly for people as they age who no longer drive
- a limited access to independent living units or supported accommodation in some parts of the municipality.

Survey respondents were asked to identify how important are Council’s Aged and Disability Services for people who are frail aged and people with disabilities and their carers. The table below presents respondents’ responses for services considered ‘very important’.



Source: Aged and Disability Services Community Survey December 2012

To note with the exception of Club 5 to 8, the above services and supports are targeted at people who are frail aged and/or are living with a disability. The majority of survey respondents were in the older age groups (70 years and over).

Key issues raised in the Councillor, council staff and stakeholder meetings include:

- Loddon’s declining population primarily in young people and families in the 20-60 years age group
- the ageing of volunteers who make a significant contribution to community work
- the ageing of the aged care workforce
- the lack of transport both within and outside the municipality
- the viability of stand alone facilities and venues and the need for greater efficiency of infrastructure and shared facilities

- a lack of dementia specific facilities within the municipality
- a lack of accommodation options (nursing home / hostel facilities, independent living units) to cater for the demand within the municipality
- the safety and access of footpaths / roads for older people and people with mobility issues
- the need to continually explore opportunities for local and regional partnerships and collaborations in supporting people with disabilities and people as they age.

In addition, the Loddon Active Ageing Project 'Living it up in Loddon' undertook a community consultation in 2009. This consultation included resident's case studies, senior citizens workshops, consultations with health services, organisations and groups, and a community survey for people aged 50 + years with 99 responses.

The findings of the Active Ageing consultation have also informed the development of this Community Care Strategy.

For further details of the consultation findings please see Appendix 3 to this Strategy 'Loddon Aged and Disability Services Survey Findings' February 2013

5 FUTURE CHALLENGES and OPPORTUNITIES

Loddon Shire Council faces a number of challenges and considerations in developing this Community Care Strategy.

Key challenges and considerations include:

- Loddon is one of the largest (geographical area) municipalities in Victoria
- the municipality has one of the oldest populations in Victoria
- the municipality is rated amongst the highest levels of disadvantage by the socio-economic index of disadvantage (SEIFA)
- an ageing and dispersed population throughout the municipality can compromise the viability (critical mass) and sustainability of activities and programs
- a declining total population with a growing older population brings challenges for sustaining a workforce, volunteers and carers who contribute a significant role in the community in supporting people as they age and people with disabilities
- an anticipated increase in demand for care and support services from a significantly growing older population
- some of the highest age adjusted disability rates per population in Victoria and below average on many health indicators
- the lowest male life expectancy in the state
- the highest rate of HACC clients aged 0-69 years per 1,000 target population in the state
- one of the lowest proportion of high care aged care places per 1,000 eligible population in Victoria.

Opportunities presented in Loddon through the Community Care Strategy include:

- capitalising on the strong sense of community and a culture of where people 'look out for each other'
- progressing a healthy and positive ageing approach across all of council business
- creating and strengthening inter-generational activities and opportunities
- strengthening partnerships across council and other stakeholders and service providers to meet the needs of people as they age and people with disabilities

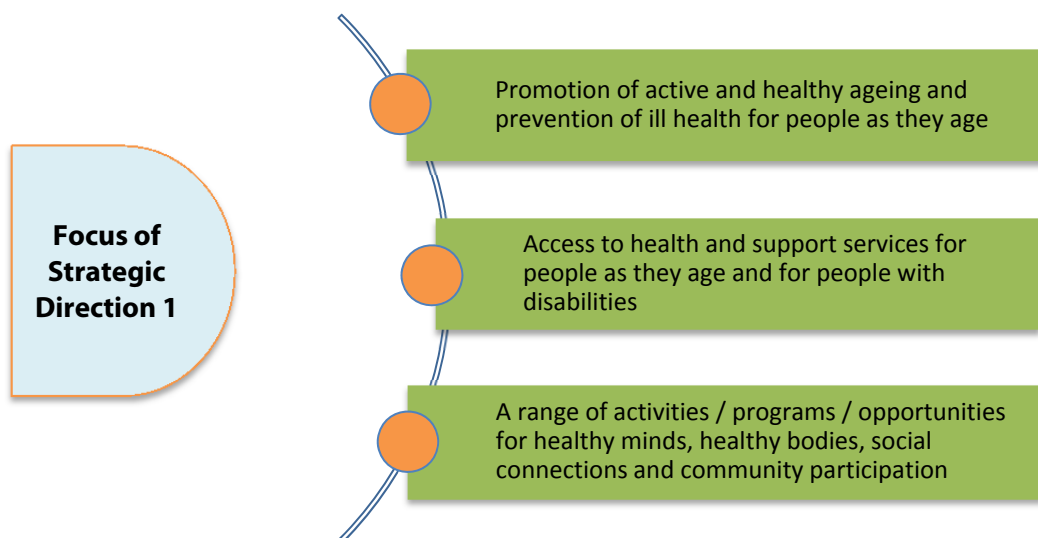
- strengthening Council's Community Care services and programs.

6 KEY STRATEGIC DIRECTIONS

1. Loddon Shire continues to provide high quality and efficient Home and Community Care (HACC) support services to meet the needs of the HACC target group.

Key actions –

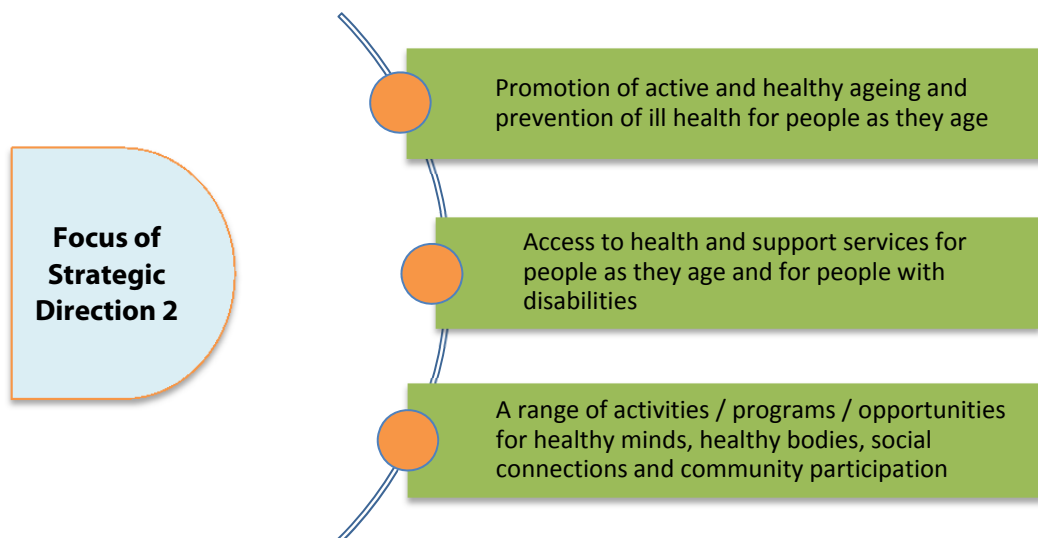
- Continue to introduce and implement an active service approach in policy, practice and workforce developments
- Community Care Services clearly inform the community of what services are available, service eligibility and processes
- Community Care Services participate and foster regional and municipal partnerships to coordinate and strengthen services and support for frail older people, people with disabilities and their carers
- Aged care reforms continue to be monitored and the impact on and opportunities for Community Care Services reported to Council on a regular basis



2. Loddon Shire advocates on behalf of the community for sufficient care supports and facilities to meet the needs in the community.

Key actions –

- Advocate for sufficient/additional funding and resources to cater for an increasing demand on aged care support from a growing older population
- Strengthen advocacy through strategic partnerships and networks – for example Leading Aged Services Australia, Primary Care Partnerships, Loddon Mallee Local Government Aged and Disability Consortium
- Continue to pursue opportunities for collaborations and partnerships with key stakeholders within the municipality and within the region to bring specialist services into the area



3. Loddon Shire promotes positive ageing across a whole-of-council and whole-of-community approach to meeting the needs of people as they age.

Key actions –

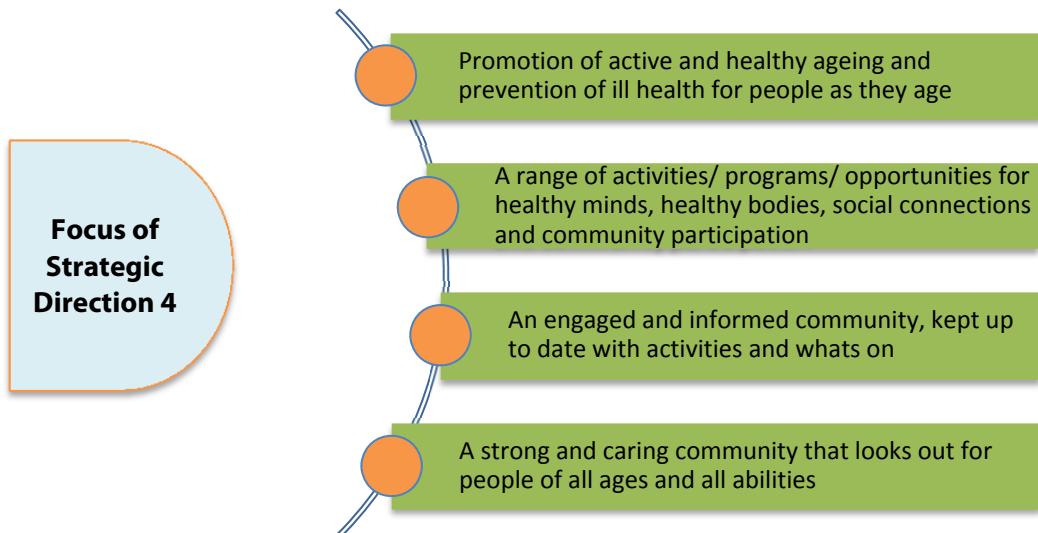
- Community Care Services progress an understanding of ageing well and Age-friendly cities across all of Council's departmental areas
- Age-friendly planning includes housing, health, recreation, safety and transport and a whole-of-council and community approach. Council use WHO Age-friendly cities guidelines to strengthen and build an Age-friendly Loddon
- Community plans (13 towns) and planning ensures a focus on ageing and people with disabilities. Process explores opportunities for collaborations across council areas that actively promote social inclusion, engagement and inter generational opportunities
- Council promote positive images of the valuable contribution that older people make to the Loddon community in Loddon publications and communication
- Community Care Services explore partnerships to promote healthy ageing through a range of mental, social and physical wellbeing activities and opportunities
- Community Care Services seek funding for a Positive Ageing Community Development position to maintain/expand the range of recreational, social and mental wellbeing activities and interests to engage older people in ageing well



4. Loddon Shire ensures that Council’s community facilities (such as halls, senior citizens centres and meeting spaces) are revitalised and utilised in economical, efficient and equitable ways to provide opportunity and advantage to the whole- community (inclusive of people as they age and people with disabilities).

Key actions –

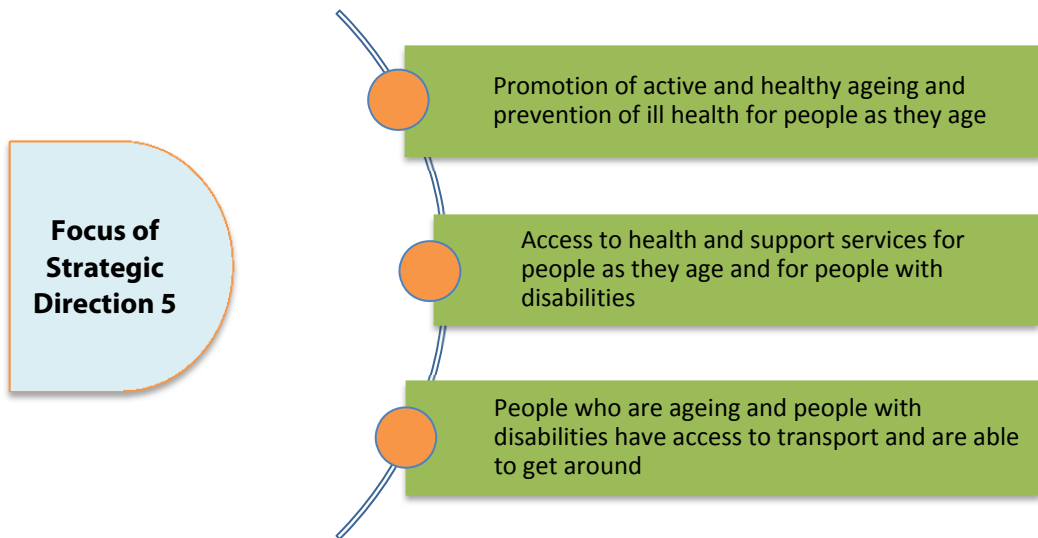
- Council’s Community Care Services continue to work with the Shire’s Senior Citizens Centres to develop short and long term plans to continue the role of Senior Citizens Centres into the future. These plans to include succession planning to ensure long term viability and responsiveness to community need
- Community Care Services develop governance structures that support any future sharing of community facilities
- Redevelopment of/or future building of Council facilities applies a multi-use approach to encourage a whole-of-community capacity



5. Loddon Shire continues to explore options to improve transport within and outside the municipality.

Key actions –

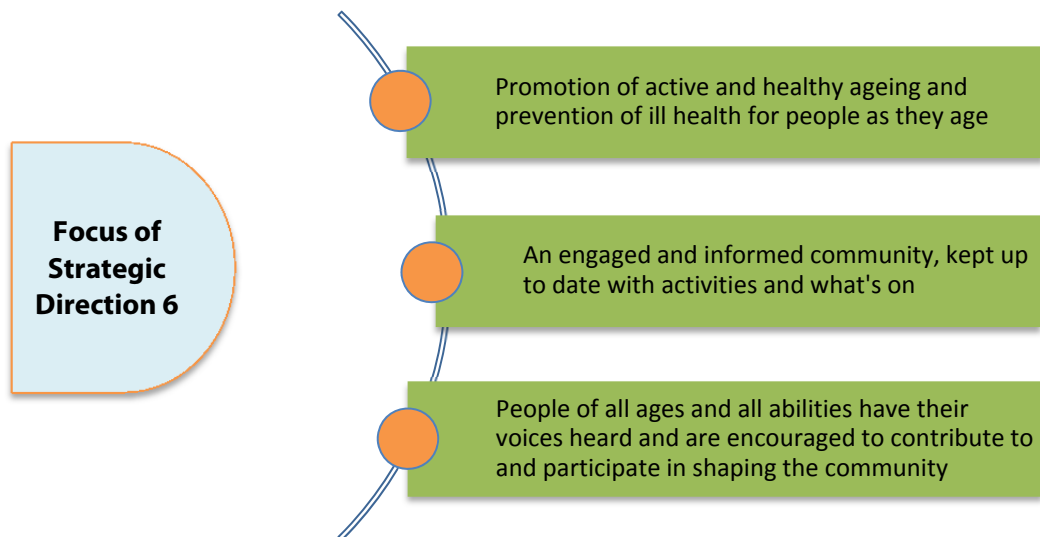
- Continue to provide a community transport service to medical appointments under the HACC program
- Continue to provide community transport as part of social, recreational and activities programs and increase the reach of this service to include non HACC programs
- Ensure people as they age and people with disabilities are a focus in any transport planning, developments and/or projects
- Promote existing volunteer transport options and identify gaps in transport options and access to transport for people as they age and people with disabilities
- Explore ways that council could facilitate a log of car pooling/car sharing opportunities
- Explore ways of improving safety for people travelling with scooters including community education and visibility of scooters



6. Loddon Shire continually improves community information, communication and engagement.

Key actions –

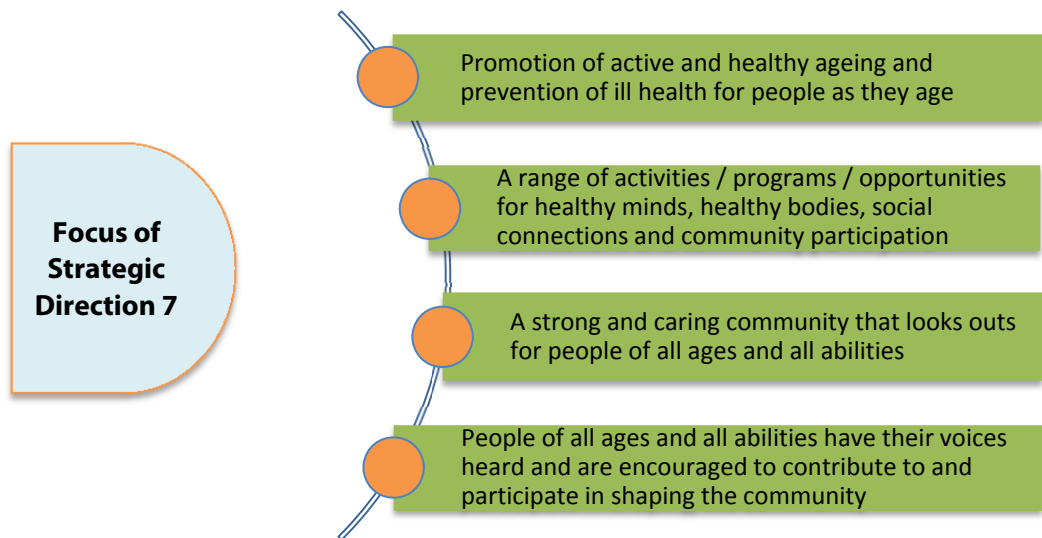
- Older people and people with disabilities have access to regular quarterly information about 'what's on' (activities) throughout the municipality. This information is provided in a variety of formats – online, hard copy newsletter, delivered by HACC staff to HACC clients, displayed in community centres/locations
- Council website has a listing of all activities/programs (not restricted to council activities) targeting older people and people with disabilities. Information includes details of time, location, cost and transport options
- Community Care Services establish a positive ageing engagement group to act as a consultative and advisory body for Council. The group to have representation from people 50 + years and their carers, from across the municipality as well as key stakeholders
- Council develop an online project to mentor and assist people to undertake IT training and to learn to use IT equipment



7. Loddon Shire supports and strengthens volunteering opportunities throughout the municipality.

Key actions –

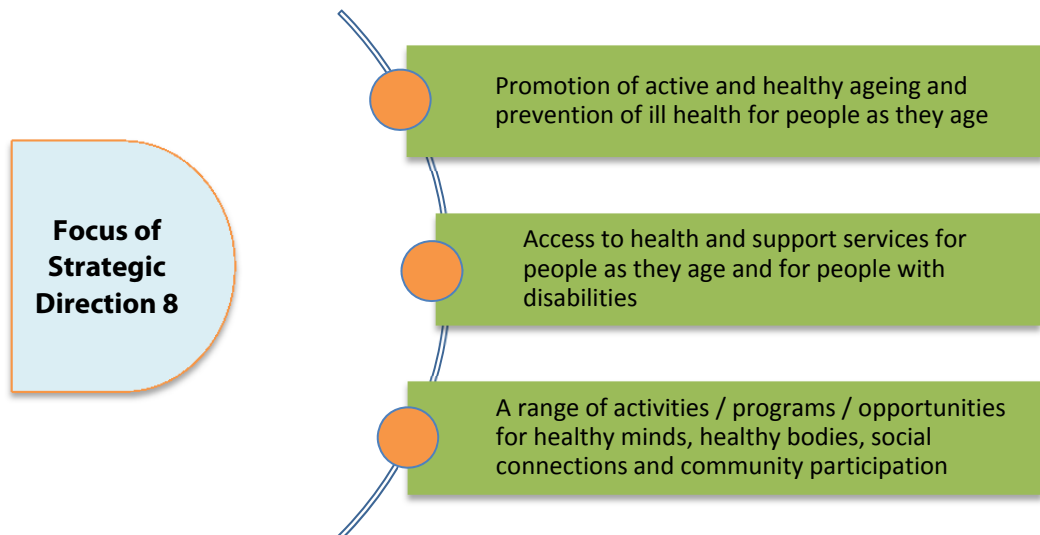
- Facilitate the participation of older people in the community through volunteering opportunities that utilise older people's skills and knowledge
- Establish a volunteer skills register (volunteer exchange system) to build the capacity for a person to volunteer their skills and for a person to source a volunteer. Facilitate a community based organisation to maintain the register
- Promote inter-generational volunteer opportunities for older people and people with disabilities across-council and the community



8. Loddon Shire maintains a skilled and sustainable workforce.

Key actions –

- Continue to support and develop the community care services workforce to deliver high quality services to meet the needs of the target group
- Long-term planning for a sustainable community care services workforce includes developing relationships with local and regional Local Learning and Employment Networks and tertiary education and training providers to promote and progress career opportunities in community care
- Continue to participate in strategic partnerships and alliances to support workforce capacity, planning and development
- Identify opportunities to deliver training locally within the municipality



7 BUDGET IMPLICATIONS

No budget is required for the implementation of this plan as all actions within the plan will be incorporated into individual Council department responsibilities and within existing budget parameters, or will seek external funding to support implementation.

8 RISK ANALYSIS

At the time of writing the Community Care Strategy the Commonwealth and State governments are involved in implementing reform to the aged care system and changes to the responsibilities for the funding and administrative arrangements for the Home and Community Care Program.

The details of these reforms are currently being established and the long-term implications for Council are yet to be understood and discussed. This strategy includes an action to keep Council informed on the reforms, developments and implications for Home and Community Care Services and local government.

An emphasis of this strategy is on positive ageing and the promotion of opportunities for all people regardless of age and disability to fully participate in the community. This emphasis aims to reduce the risk of an ageing population with increasing ill health conditions and a corresponding increase in demand for community care services. The risk of not implementing opportunities for people to age well includes the potential increase in the number of people with complex and high support needs as they age.

APPENDIX 1: COMMUNITY CARE STRATEGY 2013-17 ACTION PLAN

COMMUNITY CARE STRATEGY ACTION PLAN 2013-2017

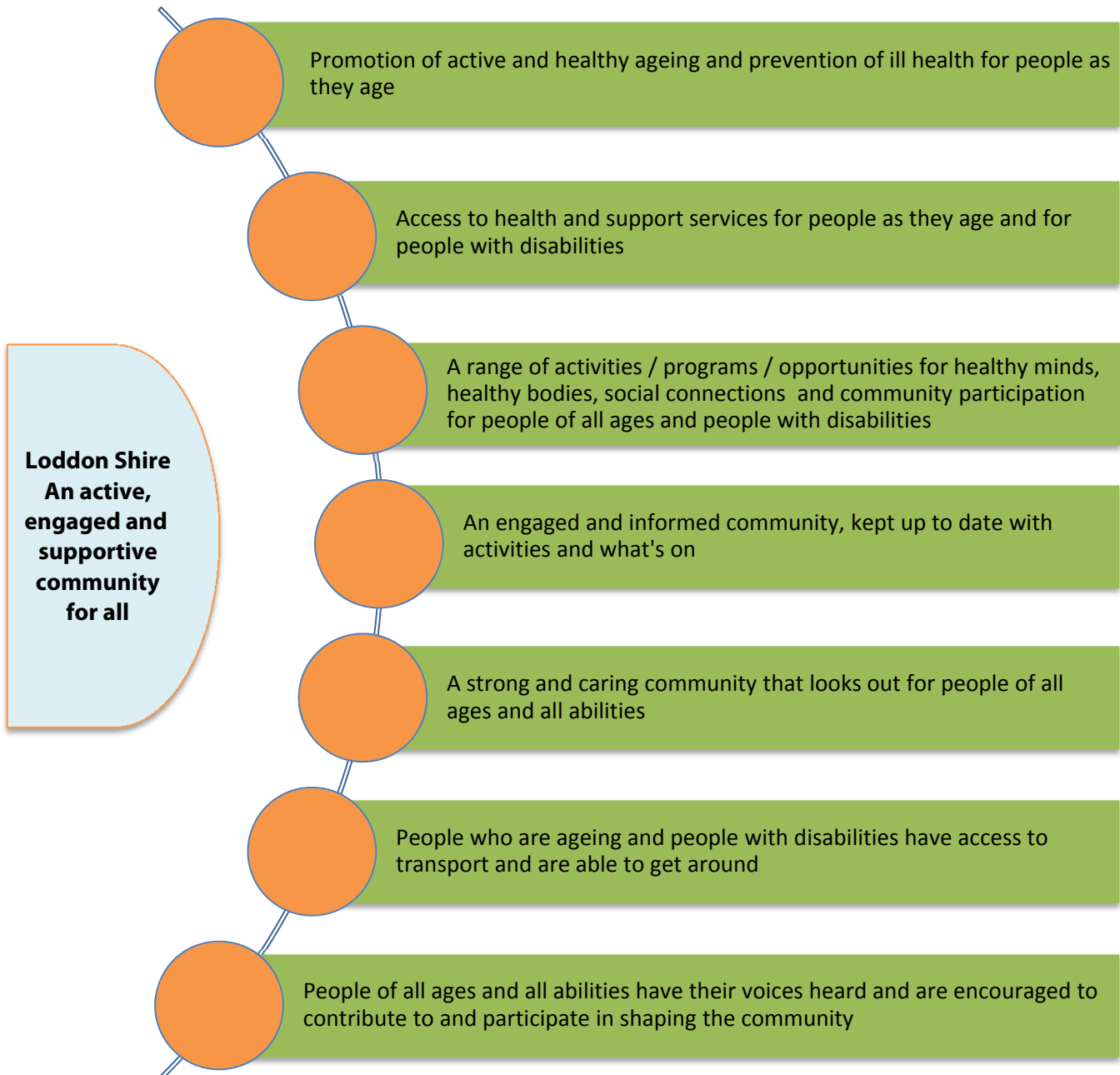
LODDON SHIRE COUNCIL



VISION

Loddon Shire Council supports a strong, connected and inclusive community with opportunity for all. Regardless of age or ability, people living in Loddon are part of an active, engaged and supportive community.

Loddon Shire's strategic framework for an active, engaged and supportive community for all



KEY STRATEGIC DIRECTIONS

- 1. Loddon Shire continues to provide high quality and efficient Home and Community Care (HACC) support services to meet the needs of the HACC target group.**
- 2. Loddon Shire advocates on behalf of the community for sufficient care supports and facilities to meet the needs in the community.**
- 3. Loddon Shire promotes positive ageing across a whole-of-council and whole-of-community approach to meeting the needs of people as they age.**
- 4. Loddon Shire ensures that Council's community facilities (such as halls, senior citizens centres and meeting spaces) are revitalised and utilised in economical, efficient and equitable ways to provide opportunity and advantage to the whole community (inclusive of people as they age and people with disabilities).**
- 5. Loddon Shire continues to explore options to improve transport within and outside the municipality.**
- 6. Loddon Shire continually improves community information, communication and engagement.**
- 7. Loddon Shire supports and strengthens volunteering opportunities throughout the Shire.**
- 8. Loddon Shire maintains a skilled and sustainable workforce.**

KEY ACTIONS

1. Loddon Shire continues to provide high quality and efficient Home and Community Care (HACC) support services to meet the needs of the HACC target group.			
Key actions	Council Role	Responsible Council Officer	Year
<ul style="list-style-type: none"> Continue to introduce and implement an Active Service Approach in policy, practice and workforce developments 	Lead	Community Care Coordinator (CCC)	1-4
<ul style="list-style-type: none"> Community Care Services clearly inform the community of what services are available, service eligibility and processes 	Lead	CCC Media Officer	1-4
<ul style="list-style-type: none"> Community Care Services participate and foster regional and municipal partnerships to coordinate and strengthen services and support for frail older people, people with disabilities and their carers 	Lead Partner	Director Community Wellbeing (DCW)	1-4
<ul style="list-style-type: none"> Aged care reforms continue to be monitored and the impact on and opportunities for Community Care Services reported to Council on a regular basis 	Lead	DCW	1-2
2. Loddon Shire advocates on behalf of the community for sufficient care supports and facilities to meet the needs in the community.			
Key actions	Council Role	Responsible Council Officer	Year
<ul style="list-style-type: none"> Advocate for sufficient/additional funding and resources to cater for an increasing demand on aged care support from a growing older population 	Advocate	DCW	1-4
<ul style="list-style-type: none"> Strengthen advocacy through strategic partnerships and networks – for example Leading Aged Services Australia, Primary Care Partnerships, Loddon Mallee Local Government Aged and Disability Consortium 	Partner	DCW CCC Care Coordination Team Leader (CCTL)	1-4
<ul style="list-style-type: none"> Continue to pursue opportunities for collaborations and partnerships with key stakeholders within the municipality and within the region to bring specialist services into the area 	Partner	DCW CCC	1-4
3. Loddon Shire promotes positive ageing across a whole-of-council and whole-of-community			

approach to meeting the needs of people as they age.			
Key actions	Council Role	Responsible Council Officer	Year
<ul style="list-style-type: none"> Community Care Services progress an understanding of ageing well and Age -friendly cities across all of Council's departmental areas 	Lead Partner	CCC	1-4
<ul style="list-style-type: none"> Age-friendly planning includes housing, health, recreation, safety and transport and a whole-of-council and community approach. Council use WHO Age-friendly cities guidelines to strengthen and build an Age-friendly Loddon 	Lead	Management & Leadership group	1-4
<ul style="list-style-type: none"> Community plans (13 towns) and planning ensures a focus on ageing and people with disabilities. Process explores opportunities for collaborations across council areas that actively promote social inclusion, engagement and inter generational opportunities 	Lead Partner	CCC Manager Community Planning (MCP) Rural Access Officer (RAO)	1-4
<ul style="list-style-type: none"> Council promotes positive images and the valuable contribution that older people make to the Loddon community in Loddon publications and communication 	Lead	CCC Media officer	1-4
<ul style="list-style-type: none"> Community Care Services explore partnerships to promote healthy ageing through a range of mental, social and physical wellbeing activities and opportunities 	Partner	DCW CCC	1-4
<ul style="list-style-type: none"> Community Care Services seek funding for a Positive Ageing Community Development position to maintain/expand the range of recreational, social, mental wellbeing activities and interests to engage older people in ageing well 	Lead	DCW	1-4

4. Loddon Shire ensures that Council's community facilities (such as halls, senior citizens centres and meeting spaces) are revitalised and utilised in economical, efficient and equitable ways to provide opportunity and advantage to the whole community (inclusive of people as they age and people with disabilities).

Key actions	Council Role	Responsible Council Officer	Year
<ul style="list-style-type: none"> • Council's Community Care Services continue to work with the Shire's Senior Citizens Centres to develop short and long term plans to continue the role of Senior Citizens Centres into the future. These plans include expansion and succession planning to ensure long term viability and responsiveness to community need 	Lead Partner	DCW	1-2
<ul style="list-style-type: none"> • Community Care Services develop governance structures that support any future sharing of community facilities 	Lead	DCW	2-3
<ul style="list-style-type: none"> • Redevelopment of/or future building of Council facilities applies a multi-use approach to encourage a whole-of-community capacity 	Lead Partner	DCW Manager Infrastructure (MI)	2-4

5. Loddon Shire continues to explore options to improve transport within and outside the municipality.

Key actions	Council Role	Responsible Council Officer	Year
<ul style="list-style-type: none"> Continue to provide a community transport service to medical appointments under the HACC program 	Lead	CCC	1-4
<ul style="list-style-type: none"> Continue to provide community transport as part of social, recreational and activities programs and investigate options to include non HACC programs 	Lead	CCC	1-4
<ul style="list-style-type: none"> Ensure people as they age and people with disabilities are a focus in any transport planning, developments and/or projects 	Partner	DCW CCC MCP RAO Economy & Community Directorate	1-4
<ul style="list-style-type: none"> Promote existing volunteer transport options and identify gaps in transport options and access to transport for people as they age and people with disabilities 	Partner	CCC MCP RAO	1-2
<ul style="list-style-type: none"> Explore ways that council could facilitate a log of car pooling /car sharing opportunities 	Partner	DCW MCP	2-3
<ul style="list-style-type: none"> Explore ways of improving safety for people travelling with scooters including community education, utilisation of bike lanes, visibility of scooters 	Lead	CCC RAO MI	1-2

6. Loddon Shire continually improves community information, communication and engagement.

Key actions	Council Role	Responsible Council Officer	Year
<ul style="list-style-type: none"> Older people and people with disabilities have access to regular quarterly information about 'what's on' (activities) throughout the Shire. This information is provided in a variety of formats – online, hard copy newsletter, delivered by HACC staff to HACC clients, displayed in community centres/locations 	Lead	CCC PAG officer RAO Media officer	1-4
<ul style="list-style-type: none"> Council website has a listing of all activities/programs (not restricted to council activities) targeting older people and people with disabilities. Information includes details of time, location, cost and transport options 	Lead	DCW CCC Director Corporate Services	1-2
<ul style="list-style-type: none"> Community Care Services establish a positive ageing engagement group to act as a consultative and advisory body for Council. The group to have representation from people 50 + years and their carers, from across the municipality as well as key stakeholders 	Lead	CCC	2-3
<ul style="list-style-type: none"> Council develop an online project to mentor and assist people to undertake IT training and to learn to use IT equipment 	Partner	DCW RAO	3-4

7. Loddon Shire supports and strengthens volunteering opportunities throughout the Shire.

Key actions	Council Role	Responsible Council Officer	Year
<ul style="list-style-type: none"> Facilitate the participation of older people in the community through volunteering opportunities that utilise older people's skills and knowledge 	Partner	DCW	2-4
<ul style="list-style-type: none"> Establish a volunteer skills register (volunteer exchange system) to build the capacity for a person to volunteer their skills and for a person to source a volunteer. Facilitate a community based organisation to maintain the register 	Partner	DCW	2-4
<ul style="list-style-type: none"> Promote inter-generational volunteer opportunities for older people and people with disabilities across-council and across the community 	Partner	DCW	3-4

8. Loddon Shire maintains a skilled and sustainable workforce

Key actions	Council Role	Responsible Council Officer	Year
<ul style="list-style-type: none"> Continue to support and develop the community care services workforce to deliver high quality services to meet the needs of the target group 	Lead	CCC Service Delivery Team	1-4
<ul style="list-style-type: none"> Long-term planning for a sustainable community care services workforce includes developing relationships with local and regional Local Learning and Employment Networks and tertiary education and training providers to promote and progress career opportunities in community care 	Partner	DCW CCC Manager Organisational Development (MOD)	1-4
<ul style="list-style-type: none"> Continue to participate in strategic partnerships and alliances to support workforce capacity, planning and development 	Partner	DCW CCC MOD	1-4
<ul style="list-style-type: none"> Identify opportunities to deliver training locally within the Shire 	Lead	CCC MOD	1-4

**APPENDIX 2: 2011 CENSUS – LODDON SNAPSHOT
50 YEARS AND OVER POPULATION**

2011 Census Snapshot

Focusing on the 50 years and over population – Loddon Shire

Prepared by Effective Change to support the development of the Loddon Community Care Strategy – November 2012.

- A snapshot of the Loddon 50 years and over population has been compiled from the latest available census data.
- Tables have been compiled from the ABS 2011 census of population and housing, using table builder, based on place of usual residence.
- **To note:** Caution should be used in interpreting data – No reliance should be placed on small numbers. Small variations in totals can occur with census data.
- Population projections are sourced from Victoria in Future 2012.

Loddon at a glance

At the 2011 census, 7,464 people were living in Loddon, there were 4,143 dwellings and the average household size was 2.2. Loddon's population is in decline and has been reducing over the past decade with 869 less people since the 2001 census (373 since the 2006 census). The migration pattern of people moving in and out of Loddon between the 2006 and 2011 census shows a reduction in the population for all age groups except for people between 45 and 64 years which increased by 92 people.

At 30 June 2011, the official Loddon population (as per the Estimated Resident Population ERP) is 7,514.

Characteristics of the Loddon population include:

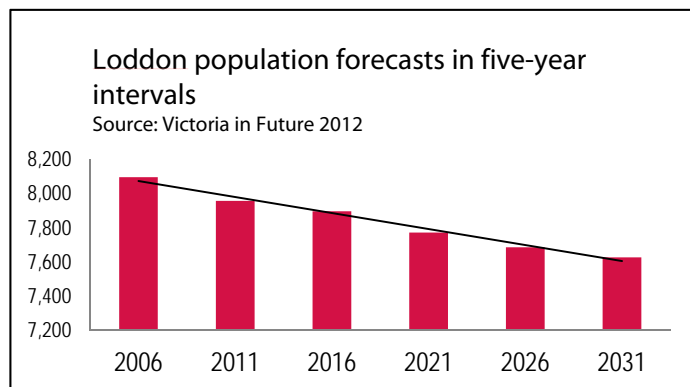
- a majority living at the same address as 5 years ago (65%), or have moved addresses but stayed within the Shire (8%)
- a majority are born in Australia
- of the people born overseas, the majority are from English speaking countries and arrived in Australia in the 1960's and 1970's
- half of the population is over 50 years of age
- just over half of the households have access to the internet
- male life expectancy (75.3 years) is the lowest in the state
- female life expectancy (83 years) is amongst the lowest in the state
- high numbers involved in volunteering compared with the rest of the state

Municipal characteristics include:

- ranked the fourth highest disadvantaged municipality in regional Victoria, as measured by the SEIFA.
- amongst the highest severe and profound disability rates and age adjusted disability rates in Victorian municipalities
- highest rate of HACC clients aged 0-69 years per 1,000 target population in the state
- one of the highest rates of HACC clients aged 70 years and over per 1,000 target population
- one of the lowest rates of (high care) aged care places per eligible population in the state

Population projections

The Loddon population is forecast to decline. The most recent projections available are from Victoria in Future 2012 which are based on the 2006 census. To note however, is that the official population number at June 2011 is already below the 2011 population count in Victoria in Future data.



Regardless of the rate of decline, Loddon will experience a growing older population alongside a declining total population. This growth is in actual numbers as well as proportion of the total population.

The 50 years and over population

Population growth and change

At the 2011 census 3,756 people in Loddon were over the age of 50 years accounting for 50.3 % of Loddon's total population (7,464). The proportion of the 50 years and over population has grown significantly over the past decade, and is predicted to continue growing.

Loddon's 50 years plus population is significantly higher than Victoria's (24%) and regional Victoria (38.5%).

Loddon population	2011			Change 2006-2011
	Number	% of total population	Regional Victoria	
50-59 years	1,290	17.2%	14%	+ 34
60-69 years	1,214	16.3%	12.3%	+ 250
70-79 years	737	9.9%	7.3%	- 37
80+ years	510	6.9%	4.9%	+ 66
Total 50 +	3,751*	50.3%	38.5%	+ 313

*Small variations in totals can occur with census data

50+ population as a proportion of the total Loddon population Census data			50+ Projected Loddon population as a proportion of the Loddon population Victoria in Future data 2012		
2001	2006	2011	2011	2016	2021
39%	43%	50%	46.5%	49.4%	51.3%

Current available population projections for Loddon are from Victoria in Future 2012. To note however, these projections are based on an estimated resident population (ERP) count. The 2011 ERP estimate was significantly greater than the census count. Given the population decline in Loddon is occurring in the younger age groups, the projections for the 50 plus population as a proportion of the total population are considered to underestimate this population group.

Population density

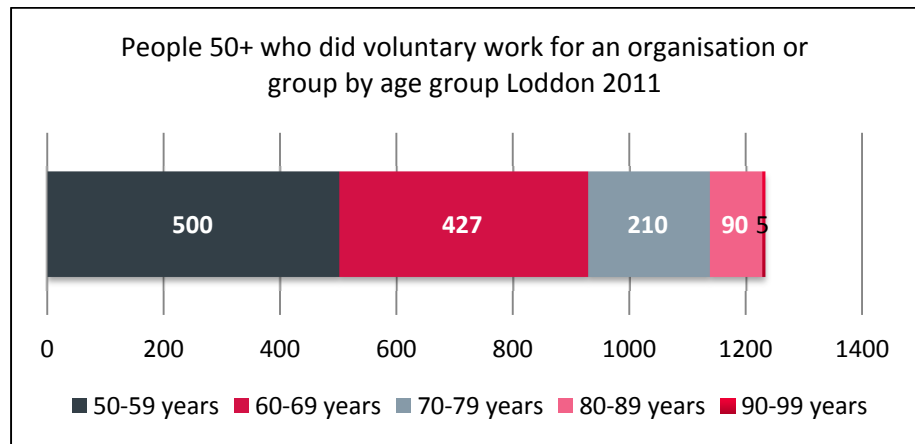
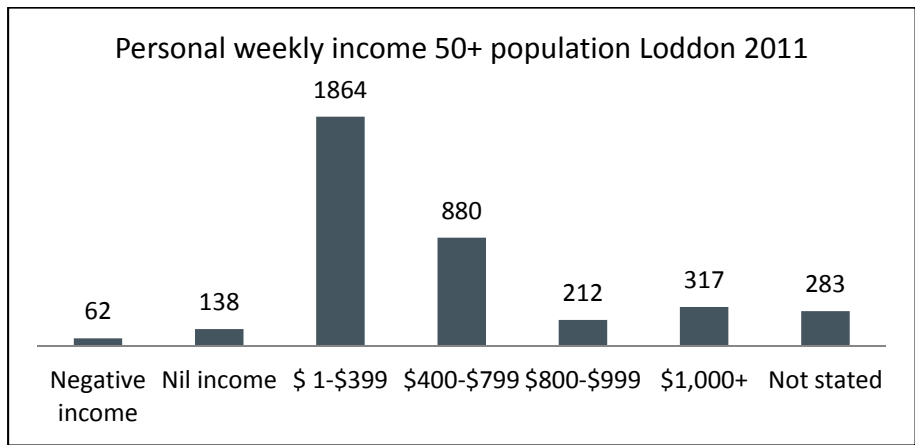
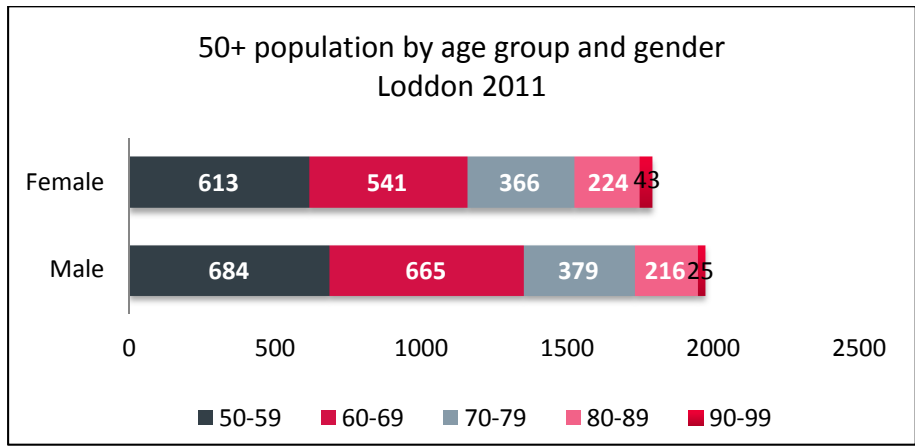
Loddon's 50 years and over population is spread throughout the municipality with greater concentrations in the main towns as detailed below.

Town/area	50+ population	% of 50+ population
Inglewood	602	16.0%
Boort	578	15.3%
Wedderburn	532	14.1%
Pyramid Hill	395	10.5%
Bridgewater on Loddon	185	4.9%
Newbridge	173	4.6%
Tarnagulla	172	4.5%
Korong Vale	162	4.3%
Serpentine	132	3.5%
Dingee	125	3.3%
Bridgewater	96	2.5%
Other areas (< 95 people per area)	(604)	(16.0%)
Total	3,756	100%

Key 50+ population characteristics

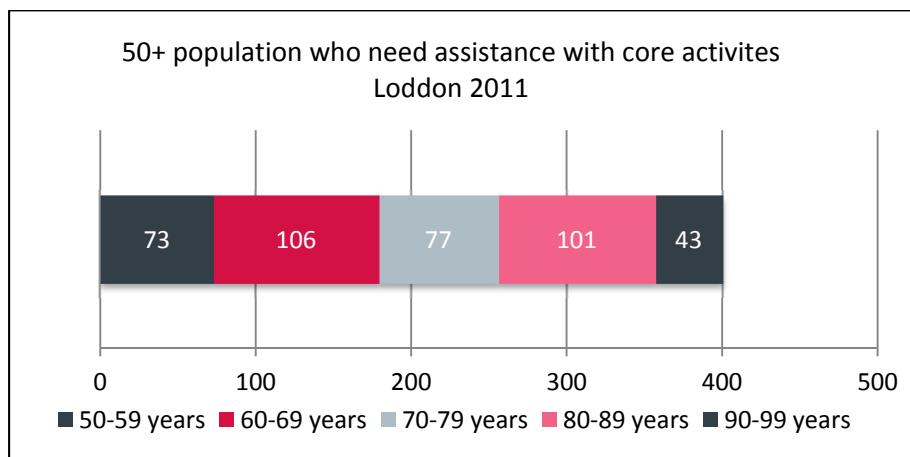
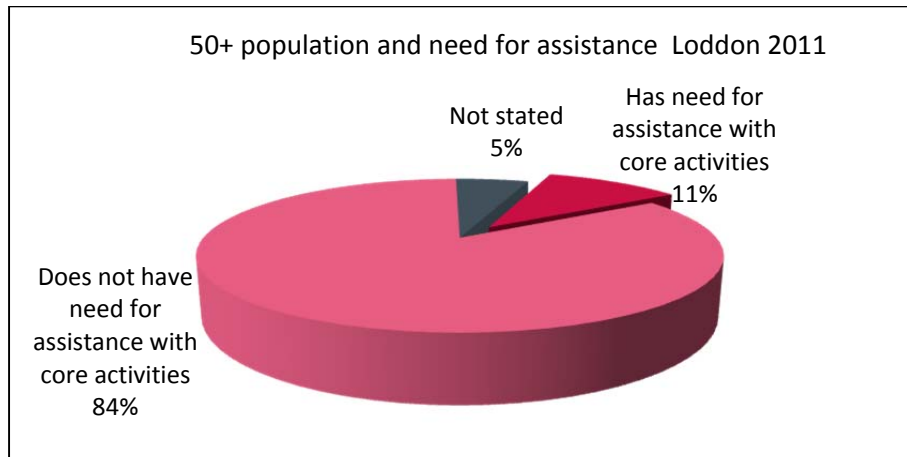
Of the 3,756 people who are 50+ years and living in Loddon Shire:

- there are more males than females however this reverts for the 'older age groups'
- the majority have an income of less than \$399 per week
- 1,231 volunteered with an organisation and/or a group
- 401 have need for assistance with core activities
- 547 provide unpaid assistance to a person with a disability
- 419 are born overseas
- 68 speak a language other than English at home
- 9 people do not speak English well or not at all
- 21 people stated that they are Aboriginal

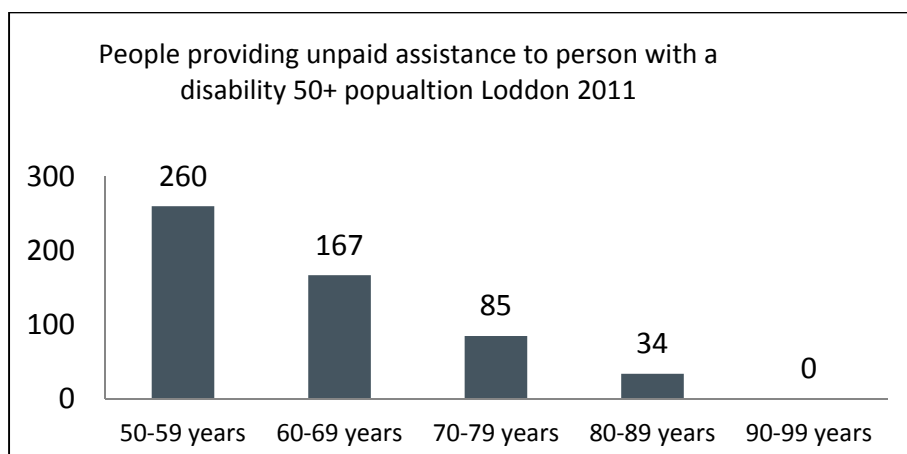


Disability and carers

The census includes a self-assessed question on need for assistance with daily activities. In 2011, 11% of the 50+ population reported having need for assistance with core activities. Need for assistance with core activities is recorded across all of the age groups. With the exception of the 50-69 age group, more females than males recorded need for assistance.

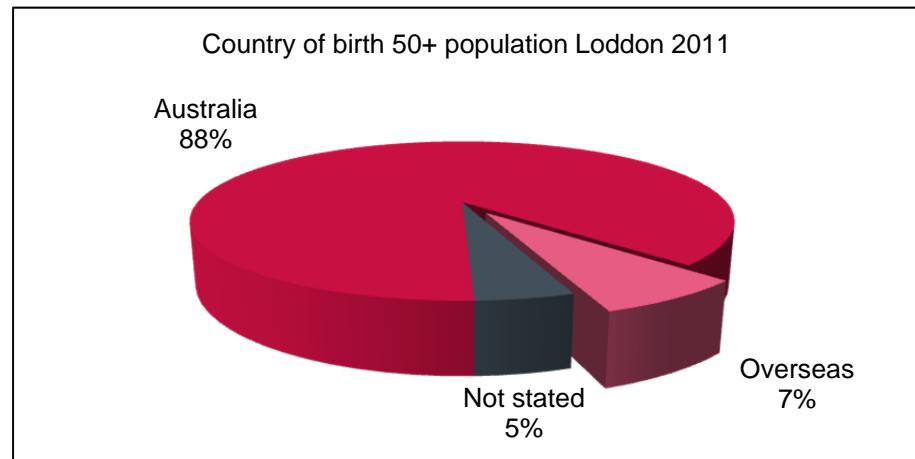


546 people over the age of 50 years reported providing unpaid assistance to a person with a disability, long-term illness or old age. Of these 546 people carers 57.7% were female.



Cultural and linguistic diversity

A large majority of the 50+ population are born in Australia. Of the people who were born overseas most of them arrived in Australia between 1950 and 1970. 68 people reported speaking a language other than English at home and very few people stated that they did not speak English well or not at all.



Languages other than English spoken at home recorded for the 50+ population in descending order are:

- German and related languages
- South Slavic Languages
- Maltese
- Hungarian
- Dutch and related languages
- Greek
- Italian
- Filipino and Tagalog

Service planning age groups

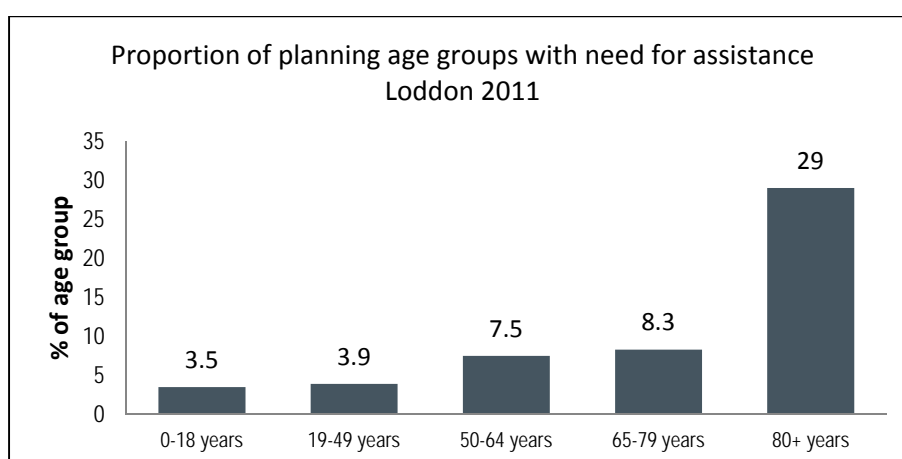
Service planning age groups have been identified to support the development of the Aged and Disability Strategy. Key statistics for these planning groups are summarised below.

Loddon 2011	Population	% of 50+ population	% of Loddon population
50-64 years	1,974	52.5%	26.4%
65-79 years	1,278	34.0%	17.1%
80+ years	506	13.4%	6.7%
Total 50+	3,758	100%	50.2%

Need for assistance

Need for assistance is used to estimate the HACC target population which includes frail elderly and younger people with a disability and their carers. Using need for assistance with core daily activities data from the 2011 census, 542 people or 7.2% of the Loddon population self-reported that they needed assistance. This can be an estimate of level of disability in the community.

Loddon 2011	Has need for core assistance	Does not have need	Not stated	Total
0-18 years	58	1482	101	1,641
19-49 years	81	1,865	115	2,061
50-64 years	149	1,743	82	1,974
65-79 years	107	1,088	83	1,278
80+ years	147	319	40	506
Total 50+ years	(403)	(3,150)	(205)	(3,758)
Total population	542	6,497	421	7,460



Key considerations for aged and disability planning

Key considerations for aged and disability planning from Loddon's census and population projections data include:

- growing numbers and proportion of the 50+ years population with a declining overall population
- growing numbers of people reaching the higher demand for care and support age group. (An increase of 66 people over the age of 80 years between 2006 and 2011 census)
- 50+ population living throughout the municipality, many in very small towns or areas with very small population numbers
- access to communication and information via the internet limited with just over half the households having internet access
- access and support for volunteering as people age, with significant numbers of people from across all of the age groups involved in volunteering
- comparatively high proportions of the 50+ population who need support with daily activities, as well as a number of young people under fifty years

Population projections sources

Data source:	2006	2011	2016	2021
ERP Official population count	8,087	7,514	N/A	N/A
ABS census	7,837	7,464	N/A	N/A
Victoria in Future projections	8,095	7,957	7,896	7,772

Loddon LGA population forecasts 2011-2031

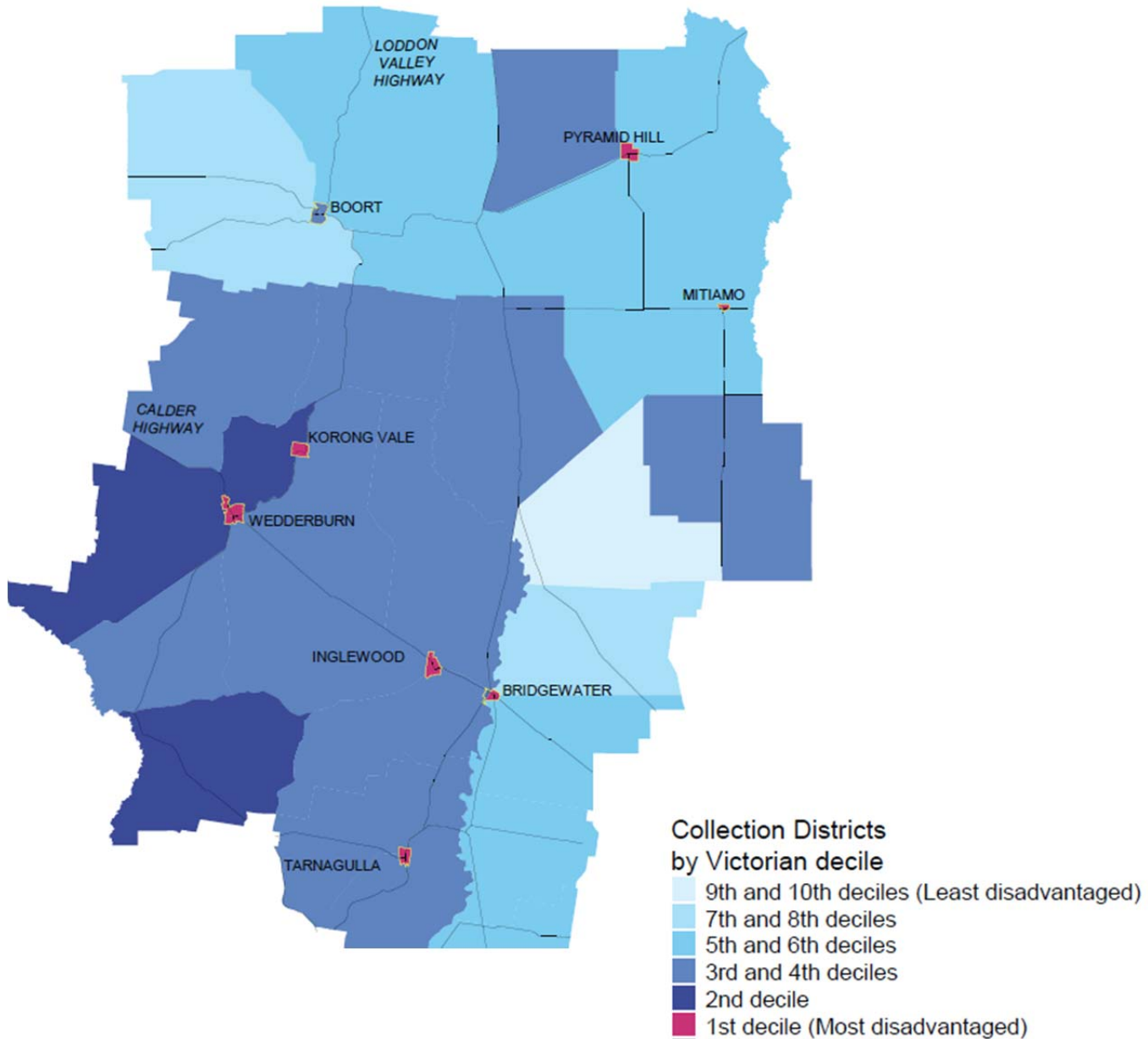
Age Group	2011		2016		2021		2026		2031	
	No.	%	No.	%	No.	%	No.	%	No.	%
0-4	459	5.8	340	4.3	346	4.4	355	4.6	364	4.8
5-14	960	12.1	945	12.0	852	11.0	738	9.6	759	9.9
15-24	687	8.6	744	9.4	681	8.8	671	8.7	576	7.6
25-34	721	9.1	688	8.7	662	8.5	716	9.3	676	8.9
35-49	1,428	17.9	1,277	16.2	1,248	16.1	1,243	16.2	1,283	16.8
50-59	1,293	16.2	1,238	15.7	1,146	14.8	978	12.7	920	12.1
60-69	1,071	13.5	1,282	16.2	1,285	16.5	1,238	16.1	1,163	15.2
70-84	1,097	13.8	1,097	13.9	1,240	16.0	1,386	18.0	1,522	20.0
85+	241	3.0	286	3.6	310	4.0	362	4.7	363	4.8
Total	7,957	100.0	7,896	100.0	7,772	100.0	7,686	100.0	7,627	100.0

Source: Victoria in Future 2012 forecasts

Loddon SEIFA

Loddon Shire is the fourth highest disadvantaged municipality in Victoria, as measured by the relative socio-economic index for disadvantage (SEIFA).³ Within Loddon there are concentrations of higher disadvantage areas as shown on the map below.

Loddon SEIFA based on 2006 census data



³ Source: 2008 ABS SEIFA data only, DPCD, 2008 Towns in Time

APPENDIX 3: LODDON AGED & DISABILITY SERVICES SURVEY FINDINGS

Loddon Aged & Disability Services Survey Findings

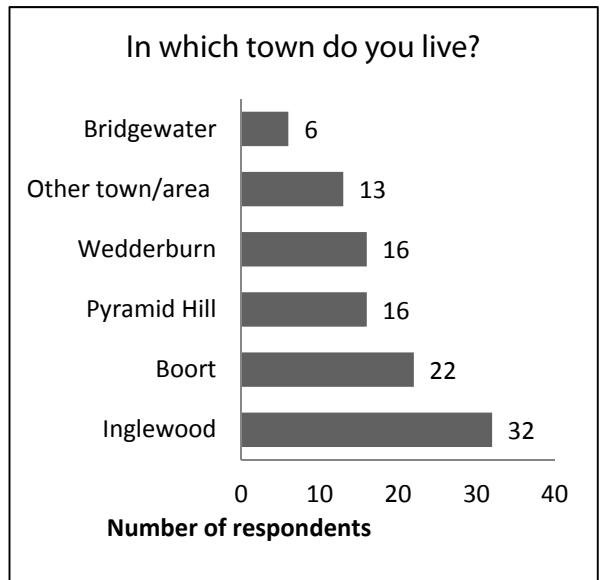
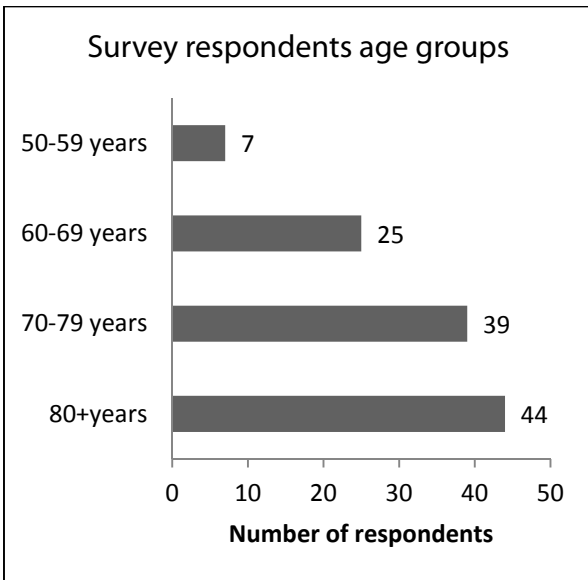
All residents of Loddon were invited to participate in the Loddon Aged and Disability Services Survey as part of the consultation for developing the Loddon Community Care Services Strategy 2013-2017. The survey was advertised and promoted to residents through Council's customer service centres and by Aged and Disability Services staff. The survey was conducted in November 2011 and available either online or hard copy by return post.

The survey explored resident's experiences of ageing in Loddon. In particular the survey explored what support and assistance residents need as they age in order to continue to be part of the community and to receive support at home.

Who participated in the survey?

A total of 117 surveys were completed. The sample included:

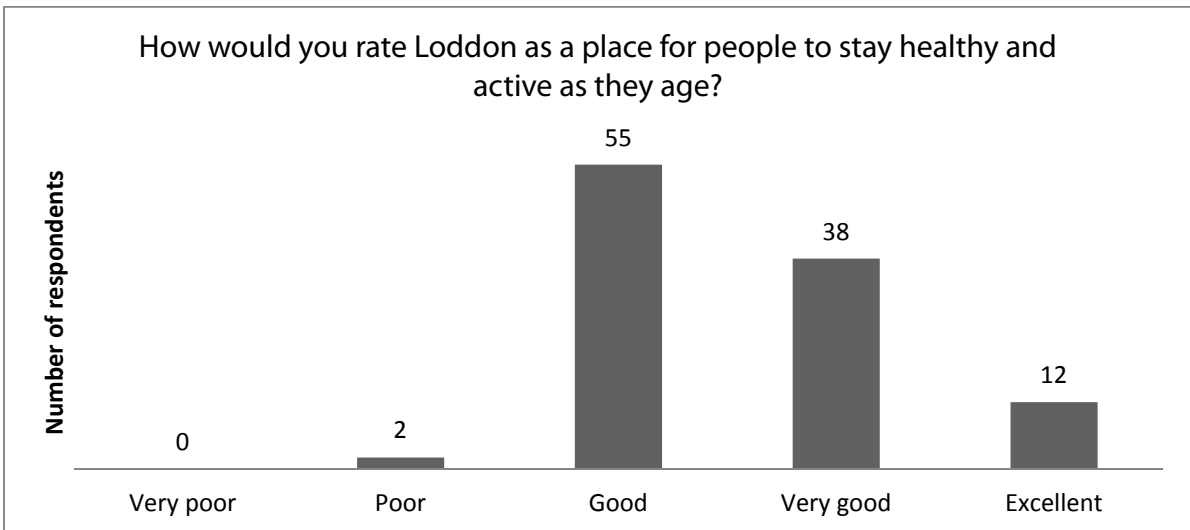
- all respondents were 50 years and over, however the bulk of respondents were over 70 years old
- seventy-five % of respondents were females
- very few respondents lived with their family (6%). Most respondents lived with their husband/ wife/partner (54 or 47%) and almost as many (49 or 42%) lived alone
- twenty-two respondents were carers, currently caring for a spouse or family member
- most respondents were not employed with only sixteen respondents currently engaged in paid employment (including self employed on the farm)
- a relatively small number of respondents (33 or 28%) were currently receiving Home and Community Care Services
- respondents lived across the Shire however Inglewood had the most number of respondents (12 respondents did not give their place of residence).



Ageing in Loddon

Respondents were asked to rate Loddon on a scale from 'very poor' to 'excellent', as a place to stay healthy and active as they age. With the exception of two respondents, the majority of respondents rated Loddon as a 'good' place to stay healthy and active as you age.

There was little variation across the different age groups in the ratings. Respondents under 70 years were more likely to give a 'good' or 'very good' rating with no one from this age group rating Loddon as 'excellent'. All of the people who rated Loddon as 'excellent' were female.



Some of the best things about Loddon

Some clear themes emerged from the open-ended question – *what are some of the best things about Loddon as a place for people to stay active and healthy as you age?*

Eighty people responded to this question. Common ‘best things about Loddon’ included:

- the large range of groups, clubs, activities and interests that are available for residents to join and participate in
- the people are friendly and caring
- there are plenty of walks and recreational opportunities
- the availability of and good access to facilities such as medical and health services, doctors, chemist, banking, shops.

Many respondents provided positive comments on the work that the Shire does in caring for older people and providing support for groups, activities and home support programs.

Club 5 to 8 provides wonderful opportunities for folk to engage in enjoyable activities and form friendships.

One of the best things is that we are in touch with our neighbours and one another, and if there were an occasion when no one saw us around and about, someone would come and check.

Comforting to know things are available should the day come when we need them – for example meals on wheels and home care.

Some of the difficulties about Loddon

Some clear themes emerged from the open-ended question – *can you tell us what are some of the difficulties that people living in Loddon experience as they age?*

Sixty-six people responded to this question. Difficulty with transport was the most common difficulty identified and referred to by many respondents. Their comments included:

- the difficulty in getting transport to medical appointments
- a lack of transport particularly for people not living in the main towns
- the difficulty in getting transport to large centres (for example Bendigo) where most specialist and medical appointments are
- a lack of affordability of public and community transport for some people.

Other themes included:

- feelings of loneliness if one is unable to get out
- difficulty for scooters and wheelchairs to safely cross the road in Boort. Currently there are only a few places where there is a ramp across the gutters.

Getting to the shops is difficult. I live a long way out and a taxi is dear. Transport is badly needed.

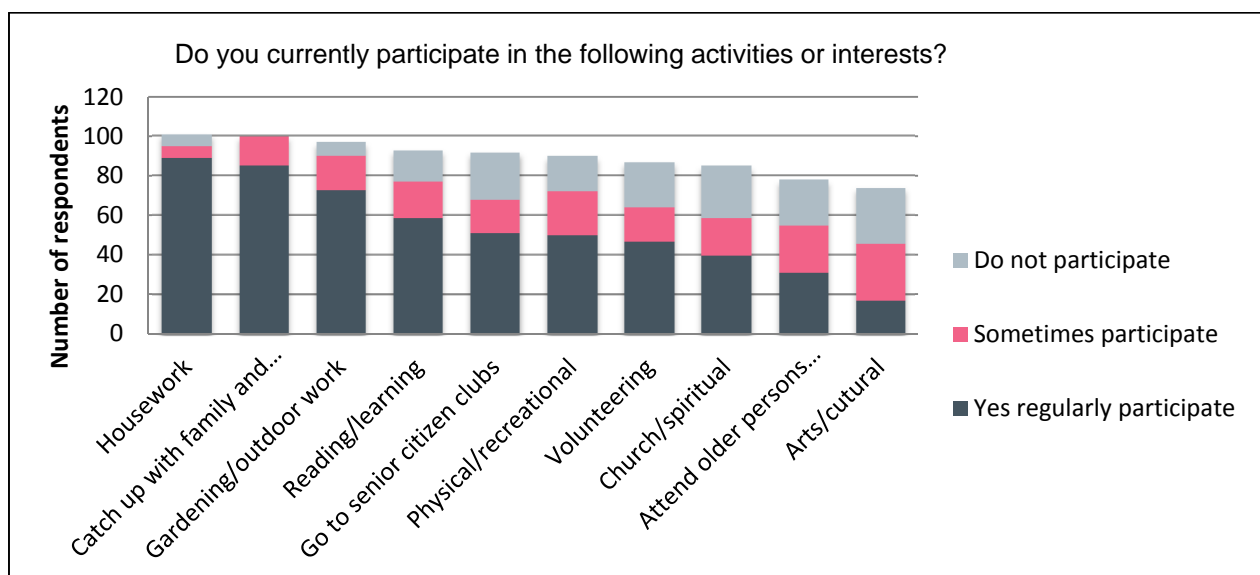
Main difficulty is transport, both around towns and into bigger centres.

Could do with more footpaths for mobility scooters.

As our towns have ageing populations we need to be able to provide cheap transport to other towns and maybe even regional centres.

Activities and interests

Respondents were asked what activities and interests they currently participated in. Housework followed by catching up with family and friends and gardening/outdoor work was most commonly mentioned. Thirty-one respondents stated that they regularly participate in an older persons group, twenty-four said they sometimes participate.



Helping and encouraging older people to participate in the community

Forty-eight people responded to this question. Some clear themes emerged in response to the open-ended question – *what do you think could be done to help and encourage older people living in Loddon to participate in and feel part of the community?*

Some suggestions included:

- more help with transport
- more information about what is happening in the community.

Suggestions to improve information and communication included:

- home care staff to pass onto clients information about activities
- apply a personal approach to encourage people to 'join in'
- Shire provide a booklet on services and 'What's on'
- 'What's on' promotion to extend to people not living in towns
- programs advertised on billboards around the towns
- each town could have an information folder listing all groups and phone numbers – something that you could stick on the fridge.

This is a challenge for any older person. Older people need to belong to a club, for example Probus, 5 to 8, Men's shed, church group. What would be good is an:

- Eating out group
- A Melbourne excursion group
- U3A

Transport is a must

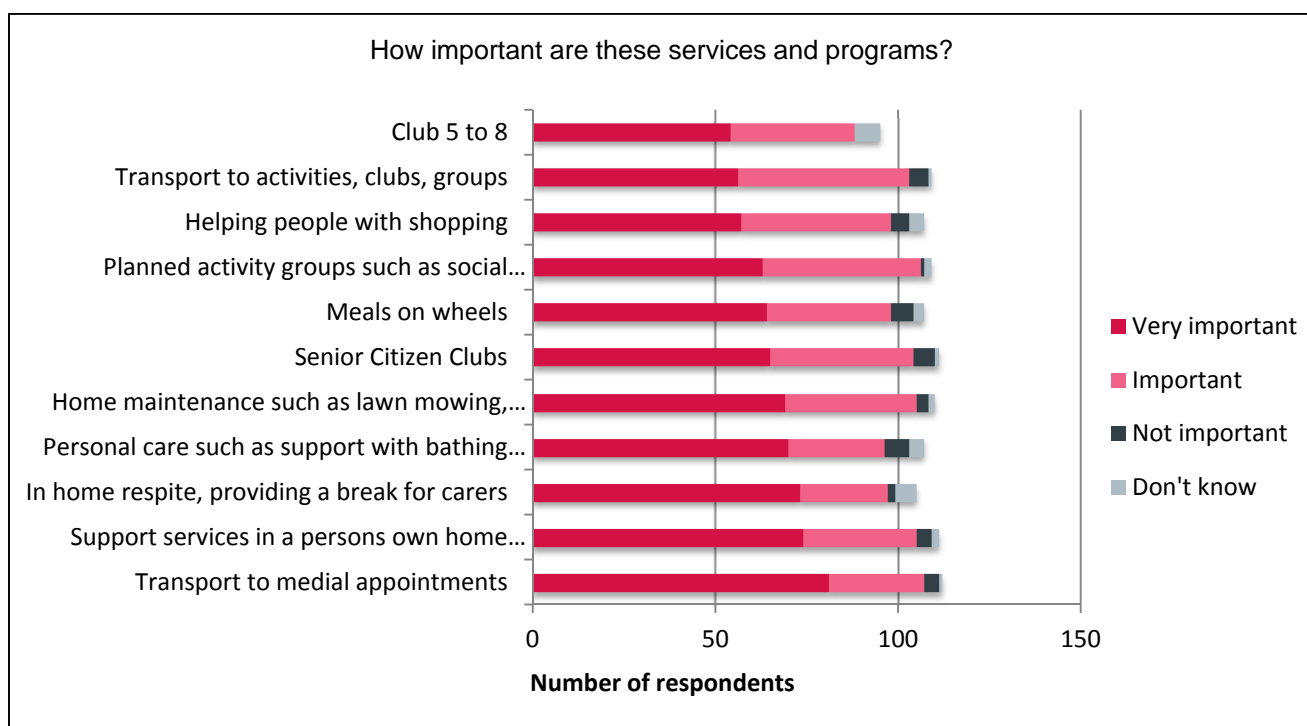
Communication seems to be an issue here, not enough information is presented about available ways to be active

Other suggestions for encouraging older people to participate in the community included:

- facilitate activities and opportunities for seniors and young people to mix
- have more of a focus on people with disabilities – there is no transport, no support
- have a professional speaker to speak at all of the clubs regarding the importance of staying connected and having regular contact.

Council's Aged & Disability services and programs

In response to a question on how important council's aged and disability services and programs are, respondents generally rated all of the services as important. A total of 114 people answered this question. The responses reiterate the importance of transport – both to medical appointments (rated as 'very important' by the largest number of respondents) and to activities, clubs and groups. Very few people rated any of the programs as 'not important'.



Service, activities or program suggestions

Respondents were asked for any suggestions for any other services, activities or programs that would be important to support older people in Loddon as they age. Forty-five people responded to this open-ended question. Suggestions included:

- films – a weekly afternoon movie at the local hall with a cuppa afterward
- ramps to help access to the swimming pool
- a nursing home (rest home) for people when they need it. Currently many people have to move away from the area to access a nursing home
- somewhere to go on a 'code red day' so as you were safe and not trapped at home alone
- an art group, music group and singing group
- a visiting program for companionship for isolated people
- health information sessions on nutrition, hydration in the heat and falls prevention
- outings – for example visits to places of interest, shopping and events at night
- maintain fishing places and boat ramps.

Although local resource centres provide information sessions for seniors on use of mobile phones etc, some aged or disabled people cannot get to them. Most elderly people have trouble with electronic gadgets in their homes and often do not have anyone to help. Simple things like re-tuning a digital TV after a thunderstorm, connecting a DVD player to the TV, using a mobile correctly etc, become problems which they don't want to bother anyone about.

Service improvements suggestions included:

- regular times for handyman appointments
- quicker response and/or reply to (client) queries
- open the pool ½ an hour earlier to cater for seniors to exercise
- once a year spring cleaning type jobs
- more advertising about services and what is available.

Respondents were asked for suggestions for any other services, activities or programs that they think would be important to support people with disabilities? Twenty-five people responded to this open-ended question. Suggestions for supporting people with disabilities included:

- provide transport for appointments and outings
- Loddon Shire sporting clubs facilitate and encourage people with disabilities to play sport
- more activities for younger people with disabilities
- install ramps for people with disabilities to access the swimming pool
- more respite days for carers
- increase learning to support people with disabilities to help themselves to remain independent as long as possible
- provide suitable work for people with mental health issues.

Support people with disabilities to attend things in the community – like the football club

Summary

The majority of survey respondents rated Loddon as a 'good' place to stay healthy and active as you age. A caring and friendly community and a diverse range of activities, clubs and recreational opportunities were reported as some of the best things about Loddon.

A lack of transport both within the Shire and between surrounding towns and centres was consistently reported by respondents as one of the 'not so good things' about living in Loddon. The lack of transport was a key issue raised in the survey and included difficulties in getting to medical appointments as well as capacity to participate in social and community activities.

Current support services and activities aimed at older people were considered to be important for people as they age. The need for better information and communication on available support, services, activities and upcoming events, however was reported as an area of improvement. A council-wide easily accessible booklet was commonly suggested, along with a broader range of activities for people as they age and greater inclusion of people with disabilities in activities and clubs.