

KNOX ACTIVE AGEING ADVISORY COMMITTEE

Thursday 30 March 2023

Time: 6.30pm to 8.45 pm

**Eastgate North Conference Room, Eastgate North Building
Knox City Council, 511 Burwood Hwy, Wantirna South**

As this Advisory Committee has been established by Council and includes at least one Councillor and a staff member it is an Assembly of Councillors in accordance with the Local Government Act.

Councillors and staff are required to declare any conflict of interest that they may have in regards to any item discussed that is intended or likely to be the subject of a report to Council or a decision of an officer under delegation. In declaring a conflict of interest the Councillor or staff member must leave the meeting whilst the matter is being discussed. A definition of conflict of interest in accordance with the Local Government Act is provided in the Active Ageing Advisory Committee Folder.

Community representatives on the Committee are not subject to these provisions; however, they are required under their terms of appointment to declare any conflicts of interest that may arise for them from time to time. It will be a matter for the Chair to determine if the community representative is required to leave the meeting whilst a particular matter that is subject to a conflict of interest is being discussed.

1. Acknowledgement of Country

Knox City Council acknowledges that we are on the traditional land of the Wurundjeri and Bunurong people of the Kulin Nation and pay our respects to Elders past, present and emerging.

2. Welcome and Apologies

Attendees:

Anna Lawton, Eddie Atacador, Fen Peng (online), Geoff Deacon, Linda Keenahan, Marlene Franke, Cr Meagan Baker, Neville Kurth, Cr Nicole Seymour, Peter Burns, Pranee Birch, Rachel Bast, Rosemary Rambert, Shoua Liu

Apologies:

Catherine Balaz, Christine Pow, Diana Bossio, Gary Cantwell, Lawrie Gaylard

3. Conflict of Interest Declaration

4. Confirmation of Minutes of Previous Meeting

Moved: Rosemary Rambert Seconded: Peter Burns

5. Business Arising from Previous Meeting (Actions)

5.1 No business arising from previous meeting to discuss

6. Items for Discussion

6.1 Draft Dementia Friendly Action Plan (45 mins)

Facilitator: Linda Keenahan, Age and Dementia Friendly Communities Project Officer,
KCC - Community Access and Support

The following feedback was received on the draft Dementia Friendly Action Plan:

- Priority Area 1 – Inclusivity and Equality. A query was raised as to why the word Equality is being used instead of Equity and a reference was made to the following Equality Vs Equity Diagram:

[Illustrating Equality VS Equity - Interaction Institute for Social Change: Interaction Institute for Social Change](#)

This was a good suggestion, however, the wording relates to that outlined in the Council Plan strategy and therefore cannot be changed.

- How can we engage young people? Consider working with the Knox Youth Team to hold a competition to create something for Dementia Australia that will assist Dementia Australia in engaging with young people.
- Item 1.2 - Work with GPs and Medical Centres to raise awareness of dementia services and supports in Knox and to improve their site accessibility for people living with dementia.
 - Develop a helpsheet outlining how to identify signs of dementia. Note: There is over 150 different types of dementia and people will display signs in a variety of ways. Dementia Australia has Helpsheets that we can refer people to.
 - Dementia support can be expensive and there was a suggestion there may be an opportunity for KCC to advocate for a subsidised dementia service.
 - Could KCCs Occupational Therapists perform an assessment for people living with dementia?
 - There is a need for a specialised dementia centre in Knox available to all ages.
 - Australian Council for Educational Research (ACER) has committed to \$10m in dementia research. *Update: Linda Keenahan contacted ACER to find out more about this. But was advised to contact Australian Research Council (ARC). ARC has provided details of their grants.*
 - Add a list of specialists (including geriatricians) to the list of contacts (included in the Toolkit as outlined in Item 1.5).

- Item 1.3 - Work with libraries, Early Childhood Education and Care Services to help children understand the concept of memory loss.
 - Add schools to the list of partners. Cr Nicole Seymour explained that Council is only able to influence Kindergartens and Libraries, because school curriculum needs to be endorsed by the State Government. However, KCC could advocate and make a suggestion to the State Government to raise the concept of memory loss in schools.
- Item 1.4 – Review and strengthen current digital connection pathways, services and supports.
 - Offer information on how to convert videos to DVDs or USBs.
 - Link Swinburne and Bridges to assist with the Planned Activity Groups offered by Bridges.
- Item 1.6 - Seek feedback on Council’s Customer Service and online/web performance from people with lived experience with dementia.
 - Be mindful how we prompt some people to participate and do a self-assessment.
- Item 2.3 - Increase awareness of services and social support programs for people living with dementia and their carers, family and friends.
 - Ensure a CALD lens is applied when considering where to host the dementia awareness sessions.
 - Ask the Economic Development team to promote dementia awareness sessions in their business newsletter.
 - Partner with KCC Disability Inclusion team to deliver a Disability and Dementia Expo.
- Item 2.4, Key Task 3 - Promote calming tools such as: art therapy, music DVDs, robot pets, sensory blankets (with a variety of textures), therapy dolls, three dimensional jigsaws and virtual reality reminiscence event.
 - While Your Library has calming and reminiscence tools available to borrow. To assist with educating children about memory loss and dementia, could KCC or Your Library could partner with the Toy Library to enable people to borrow these items?
 - Martin Luther Homes has some of the best dementia aids in Knox.
- Item 2.5 - Facilitate physical activities appropriate for people living with dementia and their carers, family and friends.
 - Support people living with dementia and their carers to remain active by joining Walking Groups and special weight training groups. (Fen suggested Ku Mu Fang Chun).
 - **Action: Fen Peng to show footage of the Taiwan Ku Mu Fang Chun group at the June 2023 meeting.**
- Item 2.6 - Explore the potential for a dementia sensory garden to be installed within the municipality.
 - Stamford Park already has an established dementia sensory garden, so we need to promote this.

- Item 3.1 - Ensure selected Council and community owned sites are easy* to navigate for people living with dementia. Change to: Ensure selected Council and community owned sites can be successfully accessed/navigated by people living with dementia.
 - Key Task 2 – Apply best practice dementia universal design in these facilities (add: and in new buildings and upgrades).
- Our communications need to be humanised. Ensure use of imagery and positive photos of people living well are included, along with stories of people's real life experience.
- Concerns were raised that the key tasks outlined throughout the Action Plan may be a bit ambitious given the FTE that is available to deliver on the project (Linda and Neville to review Plan after all feedback is received).

6.2 Seniors Exercise Park – review and next steps (20 mins)

Facilitator: Anna Lawton, Healthy Ageing Project Officer,
KCC – Community Access and Support

In addition to the already established Seniors Exercise Park at Carrington Park, Knoxfield. There is funding to implement two additional Seniors Exercise Parks (SEPs).

An assessment for the second SEP was conducted across various sites throughout Knox to determine the best location. During the assessment, extensive criteria was applied which considered sites that had significant infrastructure already on site such as water fountains, toilets, parking, accessible walking paths, access to public transport and much more.

After careful consideration, Wally Tew in Ferntree Gully is being proposed as the site for the next SEP. In addition to meeting the criteria, Wally Tew has an added benefit because it is close to EACH and the William Angliss Hospital, which will enable physiotherapists and other allied health professionals to access the equipment with their clients.

Feedback on the proposed Wally Tew site included:

- Signage is important for instructions.
- Does the proposal to install the second SEP at Wally Tew require a Council resolution?
- Will the equipment at Wally Tew impact the Knox Festival?
- The SEP could be fenced off during the Festival as a way to protect it.

Action: Neville to confirm whether the proposal to install the second SEP requires a Council resolution.

Action: Anna Lawton to check if the SEP will impact the Knox Festival and show how much space the proposed Seniors Exercise Park would take up at Wally Tew to ensure it has minimal impact on the Knox Festival.

Action: Anna Lawton to perform an assessment on the site next to Ambleside Homestead, and apply the ratings criteria for a score and compare it to Wally Tew.

- Teenagers and sporting groups could possibly access the equipment and intimidate seniors, preventing seniors from utilising the equipment. It was agreed these concerns could be true for any site selected.
- Could the reserve beside Ambleside Homestead be considered? Concerns were raised that the successful location should be located within a hub, and not segregate patrons.
- A brief discussion was had about the necessity of shade over the equipment. It was noted that shade sails was an important factor, but that the area at Wally Tew also had some quality natural shade. Note: upon conclusion of the meeting, it was suggested that consideration could be given to approach Ferntree Gully Rotary or the like for support in funding the shade sail, in exchange for naming rights.

7. Other Business (25 mins)

- **Electronic Gaming Machines on Council owned land.**
 - A query was raised asking why electronic gaming machines (pokies) are allowed to operate on Council land. There is concern that the majority of the patrons are vulnerable seniors.
 - The Ferntree Gully Bowls club has held a lease agreement since 1967 with a 75-year term. Basic information about the lease is available on [Council's website](#).
 - To view Knox City Council's Electronic Gaming Policy, [click here](#).
 - Any organisation who operates pokies, is unable to access Council grants.
- **Child Safe Standards Training**
 - Child Safe Standards Training was covered as part of the KAAAC Induction on Thursday 9 March 2023, however, those who are new to Council as a community or industry volunteer, will need to complete the online training, as part of their induction.
- **Preventing Homelessness in Women Over 55: Share Your Insights!**
 - Eastern Affordable Housing Alliance (EAHA) is organising two focus groups
Share your knowledge relating to older women's housing stress, homelessness and services in Melbourne's eastern region.
 - For representatives of organisations:
Wednesday 5 April 2023 – 9am to 12pm - Maroondah Federation Estate, Ringwood
Wednesday 5 April 2023 – 2pm to 5pm – Online
 - For women over 55 with experience of housing stress or homelessness
Monday 3 April 2023 – 9.15am to 12pm at Realm, Ringwood Townsquare, Ringwood
*\$50 payment available to participants
 - Survey for women by 7 April 2023 - Chance to win \$50 grocery gift card.

Action: Linda Keenahan to arrange for KAAAC to be briefed on the Social and Affordable Housing policy.

- **New food and garden bin service information sessions**

Soon you will be able to add food scraps to your green garden bin, and from July it will be collected weekly instead of fortnightly.

Come along to a free information session to find out more:

Tuesday 4 April 2023 – 10.30 am – 11.15 am - Miller's Homestead

Monday 17 April 2023 – 2pm – 2.45 pm - Via Zoom

Thursday 27 April 2023 – 2pm to 2.45pm - Ferntree Gully Library

- **Eastern Community Legal Centre (ECLC) resource to help people plan ahead for late-life and end-of-life healthcare.**

ECLC has developed a resource to help people plan ahead for late-life and end-of-life healthcare. They are looking for feedback if anyone is interested to assist.

Action: Linda Keenahan to invite ECLC to the June 2023 KAAAC meeting, to present their draft resource to help people plan ahead for late-life and end-of-life healthcare.

8. 2023 Meetings

Thursday 1 June 2023 – 6.30 pm to 8pm – Eastgate North Conference Room

Thursday 27 July 2023 – 6.30 pm to 8pm – Function Room 3, Civic Centre

Thursday 14 September 2023 – 6.30 pm to 8pm – Function Room 3, Civic Centre

Thursday 30 November 2023 – 6.30 pm to 8pm – Eastgate North Conference Room

Action	Who	Status
Fen Peng to show footage of the Taiwan Ku Mu Fang Chun group at the June 2023 meeting.	Fen	
Neville to confirm whether the proposed site requires a Council resolution.	Neville	
Anna Lawton to check if the SEP will impact the Knox Festival and show how much space the proposed Seniors Exercise Park would take up at Wally Tew to ensure it has minimal impact on the Knox Festival.	Anna	
Anna Lawton to perform an assessment on the site next to Ambleside Homestead, and apply the ratings criteria for a score and compare it to Wally Tew.	Anna	
Linda Keenahan to arrange for KAAAC to be briefed on the Social and Affordable Housing policy.	Linda	
Linda Keenahan to invite ECLC to the June 2023 KAAAC meeting, to present their draft resource to help people plan ahead for late-life and end-of-life healthcare.	Linda	