

KNOX ACTIVE AGEING ADVISORY COMMITTEE

Thursday 1 June 2023

Time: 6.30 pm to 8pm

Hybrid:

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

and Via MS Teams

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: Catherine Balaz, Christine Pow, Eddie Atacador, Fen Peng, Gary Cantwell, Geoff Deacon, Lawrie Gaylard, Linda Keenahan, Cr Meagan Baker (online), Neville Kurth, Cr Nicole Seymour, Pranee Birch, Rachel Bast, Rosemary Rambert, Shoua Liu

Guests: Camille Bowles, Knox City Council (online), Luise Topma, Mountain District Learning Centre, Paul Were, Eastern Community Legal Centre (online)

Apologies: Diana Bossio, Peter Burns, Marlene Franke

3. Conflict of Interest Declaration

No conflict of interest declared.

4. Items for Discussion

4.1 Eastern Community Legal Centre Medical Treatment Planning project (45 mins)

Facilitator: Paul Were, Project Officer and Community Lawyer,
Eastern Community Legal Centre

Please refer to the Eastern Community Legal Centre (ECLC) Medical Treatment Planning project presentation slides that are circulated with these Minutes.

Enduring Power of Attorney and Appointment of Medical Treatment Decision Maker documents allow people to choose who can make decisions on their behalf. These documents have significant legal implications and potential unintended consequences, so you need to appoint a person you trust (who might not necessarily be a family member).

There are three different areas of decision-making to consider:

- **Financial matters** such as who would pay the bills, sell property and sign contracts, manage investments
- **Personal matters** such as who would decide where someone lives, who can visit them
- **Medical treatment** such as who can accept or refuse treatment on your behalf, and your wishes in relation to the nature of that treatment

The following questions were directed to Paul Were by KAAAC members:

- **Where can people obtain the Advance Care Directive and Medical Treatment documents?** These are both medical documents, and it is essential they are signed by a GP, however, the document is generally initiated by a lawyer.
- **In terms of privacy, who keeps the document on file?** Most people tend to give copies to their families/loved ones. But this information could also be added to the individual's My Health Record.
- **The Post Office has documents available such as Powers of Attorney – are those documents legally binding?** These documents are legally binding and are also available for free online via the [Office of the Public Advocate](#). However, it is important to be aware that there are risks involved when drafting documents yourself. As a community lawyer who does not benefit financially from this advice, Paul suggested it is always best to seek professional assistance from a lawyer when dealing with important documents like these. It is also essential that the documentation is signed in front of the right people.
- **Who is the audience? Will the documentation that ECLC is revising, be targeted to the individual or their family?** They will be directed to the individual.
- **This topic can be taboo for some families and initiating a conversation with someone about their own medical planning wishes can be challenging. What is the best way to approach this topic with someone close to you?** These topics can be sensitive and may need to be brought up over a series of conversations. It was suggested to Paul that ECLC might like to prepare an A4 support sheet that could help guide these challenging conversations.
- **It is important the information is culturally appropriate and available in a variety of languages.** This is understood and will be available in a variety of languages.
- **Some people may select to complete a 'Do Not Resuscitate' (DNR) directive while in hospital. Which document will the doctors follow?** It is likely the wishes outlined in their Medical Treatment document will be consistent with their DNR request.

Other comments:

- Completing these documents while you have the cognitive ability to do so, is a way to reduce your risk of experiencing Elder Abuse. Therefore, it is intended the Enduring Power of Attorney and Appointment of Medical Treatment Decision Maker documents will include information about Elder Abuse.

Some people may “self-select” if they feel they have good relationships with their family, and might not see the warning of Elder Abuse as something that applies to them. However, we all need to be aware that these documents can have an unintended consequence.

- If documents were completed prior to 1 September 2015, they are still valid. The new laws apply to new documentation going forward.

If you have any further questions or feedback for Paul Were of ECLC relating to the Medical Treatment Planning project, please direct these via Linda Keenahan on linda.keenahan@knox.vic.gov.au.

4.2 Overview of Social & Affordable Housing Strategy and Preventing Homelessness Among Older Women research project (45 mins)

Facilitator: Camille Bowles, Social Policy and Projects Officer
KCC – Community Wellbeing

- Please refer to the Knox Social and Affordable Housing Strategy 2023-27 presentation slides that are circulated with these Minutes.
- Definitions of some of the housing options:
 - Affordable housing is housing, including social housing, that is appropriate for the needs of very low, low and moderate income households.
 - Social housing is a short and long-term rental housing that is owned and run by the government or not-for-profit agencies.
 - Community housing is secure, affordable, long term rental housing managed by not-for-profit organisations for people on low incomes or with special needs.
 - A rooming house is a property where four or more people can occupy the rented rooms, and each has their own residential agreement.
- There are five Council owned social housing estates in Knox.
- Ferntree Gully has a higher volume of Rooming Houses compared to the rest of Knox.
- When housing people, they need more than just somewhere to live, they need to be connected to relevant supports and services as well.
- The six cohorts which have been identified as most in need of affordable housing include:
 - Homeless persons and rough sleepers
 - Women (and children)
 - People with a disability

- Seniors (over 55 years)
- First Nations Community
- Single Men (with complex needs)

However, it is recognised that housing affordable and mortgage stress is experienced by a diverse range of people within our community including families.

- Food Relief is another area of work that Camille and her team are focusing on. Many of the food relief services in Knox are reporting they are assisting people who are accessing these type of services for the first time.
- When asked how could KAAAC members help spread information about the Affordable Housing strategy across Knox. Camille responded, we need support from community in order to improve the supports and services that are available.
- Unfortunately, we ran out of time to discuss the Preventing Homelessness Among Older Women project, so Camille Bowles will present this at our next meeting on Thursday 27 July 2023.

5. Business Arising from Previous Meeting (Actions)

Action	Who	Status
Fen Peng to show footage of the Taiwan Ku Mu Fang Chun group at the June 2023 meeting.	Fen	Complete: Scheduled for Item 7.1.
Neville to confirm whether the proposed Seniors Exercise Park site requires a Council resolution.	Neville	This will be scheduled for discussion at an Issues Briefing at a date to be confirmed later in 2023.
Anna Lawton to check if the Seniors Exercise Park will impact the Knox Festival and show how much space the proposed SEP would take up at Wally Tew to ensure it has minimal impact on the Knox Festival.	Anna	Complete: After discussions with Coordinator Arts and Cultural Services, it has been agreed, the proposed site location will be placed in front of the library so it is not in the thoroughfare of the festival.
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	Complete: Score for Ambleside Homestead as a location option: Raw score – 11 (compared to Wally Tew, score 20)
Linda Keenahan to arrange for KAAAC to be briefed on the Social and Affordable Housing policy.	Linda	Complete: Scheduled for Item 4.2.

<p>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.</p>	<p>Linda</p>	<p>Complete: Scheduled for Item 4.1.</p>
--	--------------	--

6. Other Business (10 mins)

- Fen Peng provided the following overview of the benefits of Ku Mu Feng Chun. It is estimated approximately 90% of older adults have either a loss of bone/muscle mass density or are frail. However, barbell training can make a difference.

Fen mentioned there is a doctor in the US (Dr Jonathon M Sullivan) who has discovered that holding a high resistance weight can stimulate bone growth in older adults. You can refer to his book: You can refer to Jonathon M Sullivan. [The Barbell Prescription: Strength Training for Life After 40](#)

Dr Lin, based in Taiwan has also discovered that brain-derived neurotrophic factor (BDNF) boosted with high resistance weight training, can assist with improving bone density. Thus Dr Lin has a practice called Ku Mu Feng Chun and many of the participants (with the assistance of 3-5 coaches) are able to lift an average weight of 200kg. To learn more about Ku Mu Feng Chun, refer to the following link: <https://youtu.be/Xa9SvQXGDw0>.

- The usual 1.5 hours allocated for KAAAC meetings does not allow for enough time to get through the Agenda, therefore it was agreed meetings would be extended to 2 hours going forward.

Members indicated they would prefer a 6pm start time, so that meetings can conclude by 8pm. It was acknowledged this earlier start time would be challenging for Cr Baker given her work commitments, however, given Cr Seymour is the Chair of KAAAC, it is not essential for Cr Baker to arrive on time for the meetings.

7. 2023 Meetings

Thursday 27 July 2023 – 6.00 pm to 8.00 pm – Eastgate North Conference Room

Thursday 14 September 2023 – 6.00 pm to 8.00 pm – Eastgate North Conference Room

Thursday 30 November 2023 – 6.00 pm to 8.00 pm – Eastgate North Conference Room