

# Healthy Ageing Strategy

## Northern Collaborative Project

**Status Quo or New Ways Forward Conference  
Aged and Community Services SA & NT Inc**

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# Northern Collaborative Project

- To improve community services, consumer outcomes and community supports for older people, younger people with disabilities and their carers through achieving the following:
  - Collaborative approaches across service providers
  - Efficient use of available resources
  - Innovation
  - Reform
  - Responsive, flexible approaches to identified local needs
  - Metropolitan wide collaborative responses

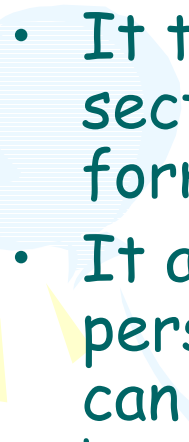



# Population Ageing

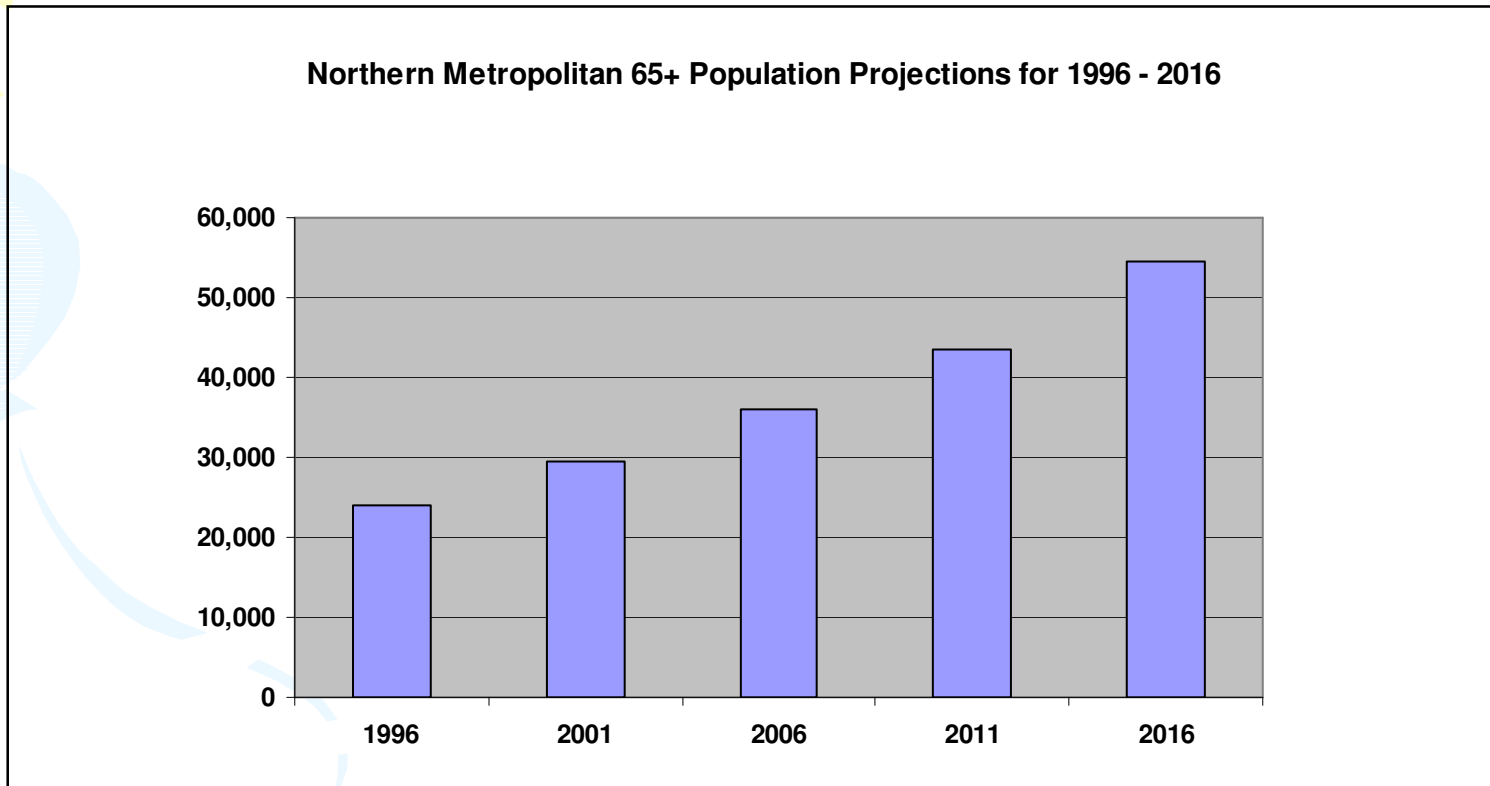
- Population ageing raises many fundamental questions for policy makers and program sustainability.
  - How do we help people remain independent and active as they age, and strengthen the community's formal and informal support networks?
  - People are living longer, so how can the quality of life in old age be improved?
  - How do we acknowledge and support the major role that people play as they age in caring for others?
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# Population Ageing

- The Healthy Ageing Strategy is designed to address these questions and other concerns about population ageing in the Northern Metro.
  - It targets the government and non-government sector agencies, all of whom are responsible for the formulation of policy and programming.
  - It approaches health and ageing from a broad social perspective and acknowledges the fact that health can only be created and sustained through a 'community settings approach' and the participation of multiple sectors.
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# Northern Metro Population Projections





# Healthy Ageing Strategy

- When seeking views from older Australians on what is healthy, an Australian study identified keeping active either physically or, to a lesser degree, socially as the main criteria.
- Other aspects included absence of disease, maintaining independence, a positive mental outlook and healthy lifestyle.



# Healthy Ageing Defined

- On a broad level, healthy ageing is an individual, community, public and private sector approach to ageing that aims to maintain and improve the physical, emotional and mental wellbeing of older people.



# Healthy Ageing Defined

- Concept acknowledges older people are independent, active and well for the majority of old age.
- Embraces WHO's definition of 'health as a state of complete physical and social wellbeing'.
- Extends beyond the health and community services sector.



# Healthy Ageing Strategy

- Our starting point in this Healthy-Ageing Strategy is not disease categories nor specifically services, but the place where people live
- The suburb and the community, the context in which people live, and how they live within their context.



# Settings Approach

- Focus on the social context in which older people live:
  - Family, Friends, Neighbours, Neighbourhoods
- The housing and transport systems are vital
- Along with the physical layout of communities



# Healthy-Ageing Framework

- Developing Personal Skills
  - Creating Supportive Environments
  - Strengthening Community/Consumer Participation
  - Reorienting Health and Aged Care Services
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# Developing Personal Skills

- Health Promotion

- Information



# Creating Supportive Environments

- Health and Fitness
  - Social Development
  - Housing
  - Transport
  - Information Technology
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# Strengthening Community/Consumer Participation

- Participation
- Valuing Older People
- Leadership



# Reorienting Health and Aged Care Services

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- Partnership/Integrated Services
  - Consumer Centred Care
  - Consumer Participation
  - Rehabilitation
  - Service Development
  - Workforce Development
  - Incentives and Funding
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# Where are We


- Working with Flinders University  
Public Health

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- Systems Improvement Project


- Supporting Peer Education



So our starting point in this Healthy-Ageing Strategy is not disease categories nor specifically services, but the place where people live.



We have taken a very straightforward setting and context approach: the suburb and the community, the context in which people live, and how they live within their context.



What we are doing is being precise about the entry point, and starting from where health is created.



# Aged Care Minister for a Day

- If you had charge of the Aged Care portfolio for a day what would be your number one priority for implementing a Healthy Ageing Strategy?