

# MINUTES

Seniors Interests Advisory Committee

## MINUTES OF THE SENIORS INTERESTS ADVISORY COMMITTEE MEETING

HELD ON

MEETING DATE

WEDNESDAY 1 AUGUST 2007

[www.joondalup.wa.gov.au](http://www.joondalup.wa.gov.au)



City of  
Joondalup

## CITY OF JOONDALUP

### MINUTES OF THE SENIORS INTERESTS ADVISORY COMMITTEE MEETING HELD IN CONFERENCE ROOM 3, JOONDALUP CIVIC CENTRE, BOAS AVENUE, JOONDALUP ON WEDNESDAY 1 AUGUST 2007.

#### ATTENDANCE

##### Committee Members:

Cr Brian Corr	Presiding Person	
Cr Richard Currie		
Ms Margaret March	Community Member	
Ms Joy Coleman	Community Member	
Ms Valerie Corey	Community Member	<i>from 0936 hrs</i>
Ms Patricia Geary	Community Member	<i>from 0936 hrs</i>
Mr Kevan Rogerson	Industry Representative	
Mr Peter Boam	Industry Representative	
Ms Lynda Waterman	Industry Representative	

##### Officers:

Ms Rebecca Moore	Manager, Community Development & Library Services
Ms Julie Eaton	Coordinator, Community Services
Ms Bridget Heneghan	Projects Officer
Mrs Jill Hewison	Administrative Secretary
Ms Claire Martin	Program Administrator, Craigie Leisure Centre <i>to 1000hrs</i>

##### In Attendance:

Kiah Evans, Lecturer, Edith Cowan University	<i>from 1000 hrs</i>
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#### DECLARATION OF OPENING

The Presiding Person declared the meeting open at 0934 hrs.

#### APOLOGIES/LEAVE OF ABSENCE

**Apology** - Ms Maria Bunn

*Ms Corey and Ms Geary entered the Room at 0936 hrs.*

#### CONFIRMATION OF MINUTES

#### MINUTES OF THE SENIORS INTERESTS ADVISORY COMMITTEE MEETING HELD ON 6 JUNE 2007

**MOVED** Margaret March **SECONDED** Peter Boam that the minutes of the meeting of the Seniors Interests Advisory Committee held on 6 June 2007 be confirmed as a true and correct record.

**The Motion was Put and**

**CARRIED (9/0)**

**In favour of the motion:** Crs Corr & Currie, Margaret March, Joy Coleman, Valerie Corey, Patricia Geary, Kevan Rogerson, Peter Boam, Lynda Waterman

**ANNOUNCEMENTS BY THE PRESIDING PERSON WITHOUT DISCUSSION**

The Presiding Person advised that a resignation had been received from Helen Attrill, Aged & Community Services. This vacancy will be advertised through the normal process.

**DECLARATIONS OF INTEREST**

Nil.

**IDENTIFICATION OF MATTERS FOR WHICH THE MEETING MAY SIT BEHIND CLOSED DOORS**

Nil.

**PETITIONS AND DEPUTATIONS**

Nil.

**REPORTS****ITEM 3 PRESENTATION – LIVING LONGER LIVING STRONGER PROGRAM**

**WARD:** All

**RESPONSIBLE** Mr Clayton Higham  
**DIRECTOR:** Planning and Community Development

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Claire Martin, Program Coordinator Craigie Leisure Centre will attend this Seniors Interests Advisory Committee meeting to provide members with information about the Living Longer Living Stronger Program.

Living Longer Living Stronger (LLLS) is a program which seeks to maximise opportunities for older people to engage in affordable, high quality, results oriented, strength training programs over the long term. The concept has been developed and tested in Victoria since 1999 and Western Australia since 2004. LLLS primarily uses the down times of health, fitness and leisure centres to provide a low cost intervention strategy aimed at the over fifties aged group.

Council on the Ageing (WA) Inc, COTA (WA) oversees the program in Western Australia. Organisations are able to obtain endorsement to deliver the LLLS program at their facilities.

LLLS is currently only delivered at one venue in the City of Joondalup, this is at Joondalup Rehabilitation Health & Exercise Clinic at ECU.

**Presentation**

Ms Claire Martin, Program Administrator, Craigie Leisure Centre gave an overview of the Living Longer Living Stronger Program (LLLS) and provided the Committee members with a Presentation (Attachment 1). Following the presentation, discussion ensued.

Cr Currie congratulated Ms Martin on the opening day of the Platinum program on which there had been very good feedback.

Cr Corr thanked Ms Martin for the excellent report.

*The Program Administrator left the Room at 1000 hrs.*

**ITEM 1            “SENIORS: THE ART OF AGEING” UPDATE**

**WARD:**            All

**RESPONSIBLE**    Mr Clayton Higham  
**DIRECTOR:**      Planning and Community Development

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**PURPOSE**

To update the Seniors Interests Advisory Committee (SIAC) regarding the “Seniors: The Art of Ageing” event.

**EXECUTIVE SUMMARY**

This report provides the SIAC with an update on “Seniors: The Art of Ageing”.

*It is recommended that the Seniors Interests Advisory Committee NOTES the update on the “Seniors: The Art of Ageing” event to be hosted 9 to 14 September 2007.*

**BACKGROUND**

In 2004 the inaugural seniors event The “Live Life Festival: A Regional Event for Seniors” was held by the City. This event took place between 15 – 20 November 2004.

“Living Now: A Seminar for Seniors” was the second annual seniors event, held in a single venue on one day, 30 June 2005.

The third annual seniors event “Seniors: This is Your Life” was held during the week 11-15 September 2006. Members of the SIAC Committee were involved in the organising committee for this event.

The fourth annual seniors event “Seniors: The Art of Ageing” is to be held during the week 9-14 September 2007. Members of the SIAC Committee are involved in the organising committee.

## DETAILS

The 2007 event will continue to promote the principles of positive active ageing.

The focus is to be on forming collaborative relationships, promoting existing City programs as well as involving external stakeholders.

The ‘Seniors: The Art of Ageing’ event will be based at two central locations, Craigie Leisure Centre (CLC) and the City of Joondalup Library.

The event will be launched on Sunday 9 September at CLC and entertainment/activities will be provided at CLC throughout the week. An Expo is to take place on Thursday 13 September (CLC), providing an opportunity to involve external stakeholders and offer seniors information about programs and services available in the community.

Community based activities planned for the week include: Joondalup Police Academy tours, blend(er) gallery - showing of art work by seniors and art workshop; and Centrelink seminars on various financial issues facing seniors.

Various seniors groups have also been invited to participate in open days with St Marks School and the Italian Women’s Choir expressing an interest to date in participating. A formal confirmation of participation is yet to be finalised.

The proposed working timeline for the Event is laid out below:

ACTIVITY	DETAIL	TIMELINE
Identify SIAC working group	Community Development Officer (CDO) to contact SIAC members	Completed
Budget for event	Proposed 2007 event budget adopted in City’s usual budgetary process	As appropriate
SIAC working group to hold first meeting	Group to meet and begin planning for event	Completed
SIAC working group to meet regularly	Group to meet fortnightly from initial meeting to plan and develop event activities & program	March – September 2007
Identify & contact key internal stakeholders	i.e. Marketing, Libraries, Leisure Centre, Recreation, Culture & Art	Completed

Collaborate with internal & external stakeholders to develop new activities for event	Continue to plan, develop and negotiate practical arrangements and issues	Ongoing
Collaborate with internal & external stakeholders & partners to showcase existing activities or events	Event to be held for 1 or 2 weeks between: 10 – 28 September 15 – 26 October	Event date: 9 September – 14 September 2007
Deliver an event to run over one or two weeks.	Event to be held for 1 or 2 weeks between: 10 – 28 September 15 – 26 October	Event date: 9 September – 14 September 2007
Report to SIAC	Provide regular feedback to SIAC  Consult with SIAC as appropriate	Ongoing

### **Link to Strategic Plan:**

The seniors' event is directly linked to the following key focus areas of the City's Strategic Plan.

Community Wellbeing

#### Outcome:

The City of Joondalup is recognised as a community that values and facilitates Lifelong Learning.

#### Objective 1.1:

To develop, provide and promote a diverse range of lifelong learning opportunities.

#### Outcome:

The City of Joondalup provides social opportunities that meet community needs.

#### Objective 1.3:

To continue to provide services that meet changing needs of a diverse and growing community.

**Strategy 1.3.1:**

Provide leisure and recreational activities aligned to community expectations, incorporating innovative opportunities for today's environment.

**Strategy 1.3.2:**

Provide quality of life opportunities for all community members.

**Legislation – Statutory Provisions:**

Not Applicable.

**Financial/Budget Implications:**

\$5,000 was allocated in the 2006/2007 budget to enable the City to host a seniors event.

With the adoption of the budget on 3 July 2007, \$7,600 has been allocated in the 2007/08 budget for the seniors event.

**Regional Significance:**

It is probable that many of the event's issues and topics will be relevant for many seniors throughout the region, the metropolitan area and the state.

**Sustainability implications:**

The participation of seniors, via the working group, in the planning, and delivery of a seniors event in their community is fundamental to the development of a healthy, equitable, active, engaged and connected community.

**COMMENT**

The proposed event timeline, noted by SIAC Wednesday 4 April 2007, has been adhered to. The planning and development required to deliver the 2007 seniors' event is on target to deliver an exceptional program.

The working group is cognisant of budget limitations and is including activities that attract either low or no cost in order to host an event that balances quality with value for money.

**ATTACHMENTS**

Nil.

**VOTING REQUIREMENTS**

Simple Majority.

The Projects Officer gave an overview of the Report and updated the Committee on the progress of the Seniors' Week to be hosted in September 2007 and provided the Committee members with a draft program for the event (Attachment 2).

**MOVED Cr Currie SECONDED Kevan Rogerson that the Seniors Interests Advisory Committee NOTES the update on the "Seniors: The Art of Ageing" event to be hosted 9 to 14 September 2007.**

**The Motion was Put and**

**CARRIED (9/0)**

**In favour of the motion:** Crs Corr & Currie, Margaret March, Joy Coleman, Valerie Corey, Patricia Geary, Kevan Rogerson, Peter Boam, Lynda Waterman

## **ITEM 2 SOCIAL ISOLATION AND AGEING**

**WARD:** All

**RESPONSIBLE** Mr Clayton Higham  
**DIRECTOR:** Planning and Community Development

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### **PURPOSE**

To inform the Seniors Interests Advisory Committee (SIAC) regarding the issue of social isolation and consider strategies on how the City may access socially isolated individuals and offer social support.

### **EXECUTIVE SUMMARY**

This report focuses on the issue of social isolation among older people, informing the SIAC of current available information on the impacts of social isolation. The report identifies risk factors for social isolation, themes regarding effective responses and suggests strategies to increase community participation.

*It is recommended that the Seniors Interests Advisory Committee:*

- 1 *NOTES the information provided in this report.*
- 2 *CONSIDERS the issue of social isolation within the context of the review of the current Seniors Plan and an ageing population.*



## BACKGROUND

The issue of social isolation of older people has been researched and documented over the years. An example of this type of research within Western Australia is:

- Generations Together: the Western Australian Active Ageing Strategy in 2004.

Through Generations Together, the Office for Seniors Interests and Volunteering (OSIV) undertook the Culturally and Linguistically Diverse Seniors: Community Participation Research Project.

The World Health Organisation (WHO) has also researched and produced publications addressing this issue.

The City has the potential to play an ongoing role in identification and support through its existing programs and activities.

## DETAILS

Social isolation can be defined as when a person has a limited network of family and friends and encompasses both social and emotional isolation. Social isolation in older persons has been found to lead to poorer psychological wellbeing, such as depression and diminished functional health. Social isolation is also recognised as a potential risk factor for suicide.

Social isolation and loneliness are widely recognised as major issues affecting seniors. People who participate in their community report better physical and mental health and have more positive attitudes about the communities in which they live. They are more likely to be able to get help when needed and appear to be better protected against the negative effects of social disadvantage (Department for Victorian Communities, 2003).

A characteristic of people who age well is that they continue to actively engage in community life through strong social networks and they are involved in productive and interesting activities (Queensland Government Department of Communities, Cross Government Project to Reduce Social Isolation of Older People).

Key findings of the above research identify risk factors for social isolation and themes regarding effective response.

Risk factors for seniors include -

- being 'old';
- low self esteem, low social confidence and/or some types of mental illness;
- hearing impairment;
- being an older male;
- being from Indigenous, Australian South Sea Islander or cultural and linguistically diverse backgrounds (CALD);
- residents of aged care facilities;
- being without access to appropriate and affordable transport;
- carers;
- being unable to access various benefits and services;
- elder abuse;
- fear of crime;

- ageism.

Other 'at risk' groups are -

- homeless and transient people;
- people with low financial income, including borderline self-funded retirees;
- people living on their own;
- residents in boarding houses, hostels and caravan parks.

Broad themes regarding effective response to social isolation are -

- a whole-of-community response;
- mentoring and action planning;
- positive and healthy ageing;
- meaningful and purposeful occupation;
- access to the community;
- 'getting the word out'.

Transport is a lifeline for many seniors. Without access to affordable and appropriate transport, particularly public and community transport, the capacity for community participation is limited. The ability to access social connections, activities, goods, services, and information in a community is a protective factor against social isolation that enhances a person's social wellbeing and independence.

Research undertaken by the UK Government in 2005 concluded transport barriers limited community participation.

### **Current Strategies and activities to increase community participation:**

Participation in community life and social, cultural, leisure, recreational and learning activities are important for seniors' health and well-being and their quality of life. The City of Joondalup provides a wide range of services and subsidies that benefit and support, senior members of the community:

- **Use of Community Facilities:** The City provides free use of its community facilities for senior citizens groups who are ratepayers of the City of Joondalup.
- **Seniors Interests Advisory Committee (SIAC):** The SIAC consists of 2 elected members, 4 representatives from not-for-profit or commercial organisations that provide services to seniors and 4 seniors who are members of the community who have an interest in seniors' issues. The role of the SIAC is to provide advice to council to ensure that the concerns of seniors are adequately represented in the City's planning processes and the strategic directions being developed for older people across the City.
- **Seniors Centres:** The City provides its buildings to seniors clubs and groups on a rent-free basis. The City also subsidises telephones and hairdressing services for seniors at various City facilities. Senior Citizens Centres and Clubs supported by the City of Joondalup are: Duncraig Seniors Citizens, Greenwood / Warwick Senior Citizens Club, Whitfords Senior Citizens Club, Ocean Ridge Seniors Citizens Club, Kingsley Seniors Citizens Club, WANJOO Seniors.

- **Platinum 50+ Adventure:** This year-round program is all about enjoying leisure by offering a wide range of activities from practical lifestyle leisure workshops to adventurous challenges. The City Leisure Centres program focuses on City of Joondalup residents and Leisure Centre members over 50 years. The cost is \$8.00 / person / activity.
- **Seniors Plan 2004-2008:** The Seniors Plan was developed to assist in the strategic development and planning of the current and future needs of seniors and address the City's changing population demographics. The Plan, which is reviewed regularly, guides the work of administration. It enables Council to make decisions on current and future seniors services and support the ongoing work of community groups, organisations and agencies in meeting the needs of seniors.
- **Community Transport Program:** The Community Transport Program provides a service for seniors in the City of Joondalup who experience difficulty accessing the public transport system. An assessment is completed to identify an individual's needs and suitability when they contact the City regarding the program. The bus service picks people up from their home, taking them to either local shopping centers for shopping excursions or to various senior centres for social and leisure activities.
- **Seniors Event:** The City regularly holds an event for seniors to promote positive active ageing, health and wellbeing. In previous years, events have included: the "Live Life Festival"; "Living Now: A Seminar for Seniors"; and "Seniors: This is Your Life". The City attempts to work in partnership with existing groups and services when planning events. Through the wide range of activities offered, people are encouraged to remain connected and engaged with their community as they age, through social, physical, cultural, spiritual and economic participation. The City's SIAC members are actively involved in planning and developing these major seniors events.
- **Prevention of Elder Abuse Network:** This program initiated by the City, is unique in local government. The purpose of the Network is to provide a networking forum for service providers and to raise awareness of elder abuse / elder rights in the community. The Network meets quarterly.
- **Library Services:** A range of services is available for seniors at the Libraries. These include Seniors Circle held monthly which features interesting speakers on a wide range of topics, Seniors Games Mornings, catalogue training and a Books on Wheels service for people unable to reach their public library because they are house-bound due to frail health or limited mobility.
- **Sunday Serenades:** The series is an ongoing initiative of the Arts Development Scheme following feedback from the community requesting more events for seniors.
- **Disability & Seniors Resource:** Previously called the Directory for Seniors and People with Disabilities; the Directory has been reviewed and will be reproduced with a new name in a more user-friendly format. The resource will promote positive active ageing. It will include an extensive range of useful resource information, which will assist seniors and people impacted upon by disability, their families and carers.

- **Community Funding Program:** Grants are available to not-for-profit incorporated community organisations for projects that benefit the community. Numerous seniors groups have received grants over the years for projects that benefit many people.
- **Joondalup Volunteer Centre (JVC).** Members of Volunteering WA, who encourage potential volunteers to make an informed choice, staff Joondalup Volunteer Centre. JVC offers positive volunteer experiences for people seeking to volunteer.

Volunteers receive assistance in making an informed choice from over 800 positions. Training is provided through a "Bridge to Volunteering" course that is run twice weekly.

Within existing ranges of services currently provided, some options that could be considered for implementation are:

- seek funding to report on current service and community responses to social isolation of older people;
  - identify models that may reduce social isolation of older people in a particular community;
  - strengthen existing networks and develop new networks; continue to raise awareness of community residents regarding social opportunities, services and benefits that are accessible for older people;
  - continue to advertise seniors events/programs. Community residents do not benefit from a service unless they are aware that it exists. A lack of knowledge relating to services and events can result in older people being isolated despite the availability of opportunities for them to be more socially connected.
  - continue to provide services to access information for visually impaired, hearing impaired and people may not speak English;
  - contact church groups, seniors groups and encourage them to identify isolated seniors and reach out;
  - raise awareness of the impact of social isolation as part of community consultation as part of review of Seniors Plan;
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- seek funding that covers the costs of designing and distributing a brochure providing information that identifies social isolation, the impact of social isolation, strategies for people who are socially isolated, and what to do if a person has been identified as socially isolated.

#### **Link to Strategic Plan:**

The seniors' event is directly linked to the following key focus areas of the City's Strategic Plan.

Community Wellbeing

#### Outcome:

The City of Joondalup is recognised as a community that values and facilitates Lifelong Learning.

#### Objective 1.1:

To develop, provide and promote a diverse range of lifelong learning opportunities.

Outcome:

The City of Joondalup provides social opportunities that meet community needs.

Objective 1.3:

To continue to provide services that meet changing needs of a diverse and growing community.

Strategy 1.3.1:

Provide leisure and recreational activities aligned to community expectations, incorporating innovative opportunities for today's environment.

Strategy 1.3.2:

Provide quality of life opportunities for all community members.

**Legislation – Statutory Provisions:**

Not Applicable

**Financial/Budget Implications:**

Not Applicable

**Regional Significance:**

The issue of social isolation amongst seniors in the community of concern at local, state and national levels.

**Sustainability implications:**

Not Applicable

**COMMENT**

Social isolation remains an important societal issue in a local, state, national and global context. The City is well placed to continue with existing programs and events to raise awareness of the impact of social isolation on older persons and engage with external stakeholders to develop strategies, to access isolated individuals and connect with social support.

**ATTACHMENTS**

Nil.

**VOTING REQUIREMENTS**

Simple Majority

The Projects Officer gave an overview of the Report, following which discussion ensued.

**MOVED Patricia Geary SECONDED Joy Coleman that the Seniors Interests Advisory Committee:**

- 1 NOTES the information provided in this report**
- 2 CONSIDERS the issue of social isolation within the context of the review of the current Seniors Plan and an ageing population.**

**The Motion was Put and**

**CARRIED (9/0)**

**In favour of the motion:** Crs Corr & Currie, Margaret March, Joy Coleman, Valerie Corey, Patricia Geary, Kevan Rogerson, Peter Boam, Lynda Waterman

## **ITEM 4 PRESENTATION – “WELL ELDERLY” PROGRAM**

**WARD:** All

**RESPONSIBLE** Mr Clayton Higham  
**DIRECTOR:** Planning and Community Development

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Kiah Evans, Lecturer Occupational Therapy Edith Cowan University will attend this Seniors Interests Advisory Committee meeting to provide members with information about the “Well Elderly” Program, and seek input regarding any important features to include to ensure that the program is applicable to seniors within the Joondalup area.

The Well Elderly Program is based on a program developed by Occupational Therapists in Southern California. Students will be required to develop community health promotion resources (sessions plans, slides and supporting information) to implement a Well Elderly Program for community dwelling seniors. It is anticipated that the finalised programs will be available to be delivered to the local community through clinical placement opportunities.

Each group of students will be allocated one of the Well Elderly Program topics listed below:

1. Occupation, Health, and Ageing;
2. Transportation and Occupation;
3. Finances and Occupation;
4. Health Through Occupation – Physical and Mental Activity;
5. Dining as an Occupation;
6. Time and Occupation;

7. Home and Community Safety;
8. Relationships and Occupation;

### **Presentation**

The Presiding Person introduced Kiah Evans, Lecturer Occupational Therapy, Edith Cowan University.

Ms Evans gave an overview of the “Well Elderly” Program and gave a presentation to Committee members (Attachment 3). Discussion ensued. The major topic of concern in the list provided was believed to be that of transport.

### **MOTIONS OF WHICH PREVIOUS NOTICE HAS BEEN GIVEN**

Nil.

### **REQUESTS FOR REPORTS FOR FUTURE CONSIDERATION**

Nil.

### **CLOSURE**

There being no further business, the Presiding Person declared the Meeting closed at 1058 hrs; the following committee members being present at that time:

Cr Brian Corr  
Cr Richard Currie  
Ms Margaret March  
Ms Joy Coleman  
Ms Valerie Corey  
Ms Patricia Geary  
Mr Kevan Rogerson  
Mr Peter Boam  
Ms Lynda Waterman

ATTACHMENT

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# **Leisure and Cultural Services**

## **Living Longer Living Stronger Presentation**

**August 2007**



## Summary

- Welcome
- Living Longer Living Stronger back ground
- Living Longer Living Stronger program structure
- Living Longer Living Stronger program considerations
- Current leisure centre program provisions
- Where to from here.....
- Questions



City of Joondalup

LEISURE CENTRES

- Initiative of Council on the Ageing (COTA).
- Implemented nationally after being developed and tested in Victoria in 2004.
- To improve the health, quality of life and fitness for people over the age 50.
- Affordable, fixed price strength and resistance based program
- Works on a referral system; promoted by ambassadors and the West Australian health services

## Program Structure

- Conducted in a gym facility under the supervision of a qualified instructor.
- Program involves the following;
  - Initial evaluation and screening \$20
  - Program development \$35
  - Self guided sessions \$5.50
- Sessions are conducted at Monday – Friday from 11:30am to 2:30pm

## Program Considerations

- Pricing does not fit within the current leisure centres fees and charges and service level agreements.
- A number of participating organisations are currently reviewing the fees and charges with COTA as they are unable to cover the costs of operation.
- Current provision of health and fitness services with Platinum program.

## Current service provision

- Platinum fitness and adventure designed specifically for City of Joondalup residents over 50 years of age.
- Design to improve health, fitness and quality of life.
- Affordable high quality programs that are conducted by qualified and experience health and fitness professionals.
- Range of programs to suit a variety of needs and abilities including aqua, aerobics, gym circuit.

## Current Services Provision

- 18 health and fitness classes per week, 100 adventure activities per year.
- Range of casual and membership payment options; from \$7.00 per week.
- Instructors provide support, education and motivation throughout the class.
- Implemented an enquiries and information database for Living Longer Stronger.



Where to from here.....

- Present final business case report with recommendations to Business Unit manager; including findings from SIAC meeting.
- Pending the outcome of the business case the program will need to be approved for addition into service level agreement and budget for 2008-09.
- Training and education
- Promotion
- Implementation
- Review after 12 month trial

Questions from the floor...

## Contact

Claire Martin  
Program Administrator  
City of Joondalup Leisure Centres

Phone 9400 4609  
Email [clairemartin@joondalup.wa.gov.au](mailto:clairemartin@joondalup.wa.gov.au)





**DRAFT PROGRAM SENIORS: THE ART OF AGEING****SENIORS: THE ART OF AGEING**

9 - 14 September 2007

**SUNDAY 9 SEPTEMBER:****Welcome to Country (1:00pm)**

City of Joondalup Leisure Centre, Whitfords Ave, Craigie Neville Collard will perform this ceremony.

**Launch of activities by Director Planning & Community Development Clayton Higham**

City of Joondalup Leisure Centre, Whitfords Ave, Craigie.

**Afternoon Variety Entertainment Show (1:30pm - 3:30pm)**

City of Joondalup Leisure Centre, Whitfords Ave, Craigie. Performers The Grey Company.

**MONDAY 10 SEPTEMBER:****Morning Variety Entertainment Show (10:00am - 11:30am)**

City of Joondalup Leisure Centre, Whitfords Ave, Craigie. Performers Bullseye.

**Public Art Walking Tour (10:00am - 12:00 noon)**

Meet in the foyer of the Joondalup Library, tour ends at blend(er) gallery where you can view a senior's artwork showing. Morning tea will be provided. Booking essential 9400 4315.

**Beyond Blue Maturity Blues - Depression in Older People (1:00pm - 2:00pm)**

Whitfords Public Library, cnr Banks & Marmion Avenues, Hillarys. Please register on 9400 4315.

**Police Academy Tour (2:00pm - 3:30pm)**

West Australia Police Academy, Lakeside Drive, Joondalup. Participate in this specially arranged guided tour through the Police Academy. Tour lasts about 90 minutes. Limited numbers. Booking essential 9400 4315.

**Medicines Without Mix-ups/Brand Name or Generic Medicine Choosing Wisely (2:30pm - 4:00pm)**

Whitfords Public Library, cnr Banks & Marmion Avenues, Hillarys. Please register on 9400 4315.

**ECU Occupational Health (2:30pm-4:30pm)**

Lakeside Joondalup Shopping City, Joondalup Drive, Joondalup.

**TUESDAY 11 SEPTEMBER:****Mind Your Mind (10:00am - 12:00 noon)**

Joondalup Library, Boas Ave, Joondalup

Learn how to follow the 'Mind Your Mind' signposts - they may help reduce the risk of dementia. Please register on 9400 4707.

**blend(er) Art Gallery Work Shop (10:00am – 12:00 noon)**  
4/48 Central Walk, Joondalup. Bookings essential: 9400 4315.

**Police Academy Tour (11:00am – 12:30pm)**  
West Australia Police Academy, Lakeside Drive, Joondalup. Participate in this specially arranged guided tour through the Police Academy. Tour lasts about 90 minutes. Limited numbers, booking essential 9400 4315

**Woodvale Senior High School Ensemble Plus The Joys of Women (The Italian Women's Choir)**

Woodvale Senior High School 110 Woodvale Drive Woodvale 6026  
Woodvale Senior High School Ensemble 10:00 am – 10:45:00 am.  
The Joys of Women (The Italian Women's Choir) 11:00 am – 11:45 am.  
Please register your interest on 9400 4315.

**Meet Author Adriana Ellis (2:00pm)**  
Joondalup Library, Boas Ave, Joondalup.  
Her latest work 'Glass', is a new collection of short fiction, which will engage and envelop the reader. The characters in 'Glass' are often quirky, the stories always compelling. Bookings essential: 9400 4707.

**Centrelink Seminar Understanding Your Pension (2:00pm – 4:00pm)**  
Joondalup Library, Ground Floor Meeting Room, Boas Ave, Joondalup. Please register on 9400 4315

**ECU Occupational Health (2:30pm-4: 30pm)**  
Lakeside Joondalup Shopping City, 420 Joondalup Drive, Joondalup.

#### **WEDNESDAY 12 SEPTEMBER:**

**Meet Sabrina Hahn ABC Radio Gardening Guru (10:00am – 12:00 noon)**  
Joondalup Library, Boas Ave, Joondalup. A fun, informative and interactive presentation by well-known ABC gardening personality. Morning tea provided, booking essential 9400 4315.

**Centrelink Seminar Wills & Reverse Mortgages (12:00 noon – 2:00pm)**  
Whitfords Public Library, cnr Banks & Marmion Avenues, Hillarys. Please register 9400 4315.

**Afternoon Variety Entertainment Show (1:00pm – 2:00pm)**  
City of Joondalup Leisure Centre, Whitfords Ave, Craigie. Performers Shirley & The Starlets.

**Afternoon Variety Entertainment Show (2:30pm – 3:30pm)**  
City of Joondalup Leisure Centre, Whitfords Ave, Craigie. Performers Silver Threads International.

#### **THURSDAY 13 SEPTEMBER:**

**EXPO List agencies; Jannie Goss; Sabrina Hahn**

**Mahjong (9:30am – 12:30pm)**  
Joondalup Library, Boas Ave, Joondalup.  
Do you like a game that requires intelligence, luck and social interaction?  
Join the club that welcomes all skill levels. Bookings essential: 9400 4761

## **FRIDAY 14 SEPTEMBER:**

### **Evergreen Social Club (9:30am – 11:00am)**

Lake Joondalup Baptist Church, 8 Kennedya Drive, Joondalup. Come along and enjoy a morning of entertainment (\$5.00 cover charge).

### **Police Academy Tour (10:00am – 11:30pm):**

West Australia Police Academy, Lakeside Drive, Joondalup. Participate in this specially arranged guided tour through the Police Academy. Tour lasts about 90 minutes. Limited numbers, booking essential 9400 4315.

### **Joondalup Family History Research Group (10:00 am – 3:30 pm)**

Joondalup Library, Boas Avenue, Joondalup. Morning and afternoon tea provided, Please register on 9400 4746.

### **Centrelink Seminar Wills & Reverse Mortgages (2:00 pm – 4:00 pm) *awaiting confirmation for change of time.***

Joondalup Library, Ground Floor Meeting Room, Boas Ave, Joondalup. Please register 9400 4315.

### **Meet Sabrina Hahn ABC Radio Gardening Guru (10:00am – 12:00 noon)**

City of Joondalup Leisure Centre, Whitfords Ave, Craigie. A fun, informative and interactive presentation by well-known ABC gardening personality. Morning tea provided, booking essential 9400 4315.

## **WEEK – LONG ACTIVITIES**

### **City of Joondalup promotional display @ Lakeside Joondalup Shopping City**

A promotional display including the week's activities and other City Programs for Seniors.

### **Promoting Volunteering**


Find out about volunteering – what you can offer and what it offers you.

### **Seniors Lunch Special (12:00 noon – 2:30pm, last orders taken 1:30pm)**

West Coast TAFE Pavilion Restaurant. Get in early and take advantage of this great offer. 3 courses / \$12 – limited capacity. Booking essential 9233 1755.


**For further information about any activities, or if you have special requirements, please contact 9400 4315.**

**To obtain this information in an alternative format, please call 9400 4315.**




Occupational Therapy:  
The Art & Science of Ageing

Group Program Development  
City of Joondalup



What is Occupation?



Daily activities  
that reflect cultural  
values, provide  
structure to  
living, and meaning  
to individuals.

Everything  
people  
do to  
occupy  
themselves

## Occupational Therapy



- Concerned with promoting health & well-being through occupation
- Enable people to participate in the activities of everyday life through:
  - Enhancing the persons abilities
  - Modifying the occupation
  - Adjusting the environment

World Federation of Occupational Therapists

## OT@ECU Project



- 2<sup>nd</sup> Year OT Student Assignment
- Develop training program resources based on “Lifestyle Redesign: Implementing the Well Elderly Program” (Mandel, Jackson, Zemke, Nelson & Clark, 1999)
- Plan to delivery program to Seniors within City of Joondalup in future fieldwork placement

## Well Elderly Program



- OT's in California
- 361 independent living Seniors
- Seniors apartment buildings
- Culturally diverse
- Most did not have a disability (73%)
- Compared OT, Activity and No Treatment groups

## Well Elderly Project – Format



- OT group participated in weekly small group sessions for 9 months
  - Presentations
  - Discussions
  - Hands on activities & excursions
  - Personal reflections
- Several individual sessions with OT

## Well Elderly Program – Topics

- Occupation, Health, and Ageing
  - What is occupation?
  - The ageing process & occupation
  - Personal time, energy and occupation
  - How is occupation related to health?

## Well Elderly Program – Topics

- Transportation and Occupation
  - How are transportation and occupation related?
  - How has your transport use changed?
  - How does transport restrict occupation?
  - What transport options are available?





## Well Elderly Program – Topics

- Finances and Occupation
  - How do finances effect your occupations?
  - Meaningful occupations that are inexpensive
  - Learning about financial matters
  - Protecting your self from financial abuse



## Well Elderly Program – Topics

- Health Through Occupation - Physical and Mental Activity:
  - Stress management & relaxation
  - Incorporating exercise in daily life
  - The active mind: Mental exercises





## Well Elderly Program – Topics

- Dining as an Occupation
  - Favourite foods
  - Dining as a social occupation
  - Nutrition & meal preparation
  - Reading food labels



## Well Elderly Program – Topics

- Time and Occupation
  - Historical time lines
  - Reminiscence
  - Seasonal traditions
  - Daily & weekly patterns



## Well Elderly Program – Topics

- Home and Community Safety
  - Features of a safe home
  - Common causes of falls
  - Emergency preparation
  - Factors that stop you accessing community
  - Staying safe in the community
  - Personal adaptations & equipment



## Well Elderly Program – Topics

- Relationships and Occupation
  - Social interactions impacting on occupations
  - Using occupation to build relationships
  - Effective communication
  - Cultural awareness
  - Dealing with grief and loss



## Well Elderly Program Results

- Positive results in:
  - Social functioning
  - Mental health
  - Physical health
  - Occupational life
  - Life satisfaction
  - Cost effectiveness



Results  
sustained at  
6 months

## Where to from here?

- Thankyou for your time and suggestions
- Students will be advised of feedback, and will develop resources
- Information will be on display at "The Art of Ageing" week (2:30-4:30 Monday & Tuesday at Lakeside)
- Further information will be release once the program is finalised