

Age-Friendly Tablelands Workshop

The following draft statements were co-developed by representatives of the older community at a workshop on Tuesday 19 April 2022.

These statements will be included in the Age-Friendly Strategy 2022-2027, currently being developed by TRC and The Ageing Revolution.

Our Vision

The Tablelands is a place where people of all ages feel respected, included and valued. Their voices are heard in decision-making and they are supported to independently live and participate in ways they choose in the unique communities of the region.

Message from the Community

To develop this strategy, the Tablelands Regional Council (TRC) engaged and connected with a wide range of people in the community: older people themselves, business owners, community groups, and more. Their involvement is critical to the process and the success of creating an age-friendly community. The following message was developed in collaboration with a group of older people to share with the wider community.

We are grateful to Council for supporting the continued inclusion of older people in the community and hopeful that the Age-Friendly Strategy will help guide planning and development into the future.

Our hope is that this strategy will shift mindsets. It's important to us as older people that our contribution to the community is valued. It's also important to us that we have access to housing, transport and services that meet both our physical and social needs and that we can continue to participate safely in the community and easily enjoy the natural environment of the Tablelands.

Partnerships between older people, the community, business and local government should be underpinned by respect, empathy and meaningful consultation. We ask you to think about how your projects might benefit from the lens of older people. How would you do things differently? What could change to improve inclusion? How might we get involved?

We look forward to the Strategy having a positive influence on community attitudes towards ageing and older people, bringing benefits to people of all ages across the Tablelands Region.

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Key Principles for an Age-Friendly Tablelands

An age-friendly community is built on shared values. Valuing the contributions of people of all ages, no matter their abilities or backgrounds and enabling their participation at all levels is vital.

- Inclusive: An age-friendly approach enables people of *all* ages to actively participate in community life and thrive. It supports people to **access** community activities and services to make the most of community life. It enables people to have opportunities to express their **creativity**, be **adventurous** and have the **freedom** to live a life free from barriers to participation, **no matter their age**.
- Collaborative: Age-friendly communities need a wide range of stakeholders to work together to meet the needs of older people. This includes a commitment from multiple stakeholders in the community, business and other levels of government to work **collaboratively** to achieve the goals of the Strategy.
- Respectful and continuing engagement with older people: The **involvement** of older people is key to the development of successful age-friendly community initiatives. Age-friendly strategies include older people as **decision-makers**, **value** older people's **lived experience** and see older people as **self-determining**, **autonomous**, **capable** and **independent**.
- Leadership and **advocacy** by local government: Local government leadership on age-friendly communities ensures an ongoing commitment and recognises the key role of local government to **inclusive** and **sustainable** communities.