

Working Together - Age Friendly Hamilton



Nick Chester
Team Leader Planning and Policy (Community),
Hamilton City Council

- Hamilton joined the World Health Organisation's Age Friendly Network of Cities and Communities in May 2018

- Hamilton was the first city in NZ to join the network, and the 600th in the world

- There are now over 700 cities in the network

HAMILTON, NEW ZEALAND
An age friendly city

Photo: Hamilton City Council

Photo: Age Concern

Plan and process for becoming a more age friendly city, 2018 - 2021

For presentation to the World Health Organisation

What is the Hamilton Age Friendly Plan?

- A 4-year action plan to make Hamilton a better city for older people
- An increasing number of older people in Hamilton and NZ
- Hamilton organisations working collectively on actions that will improve the wellbeing of older people
- Supported by an internationally recognised Framework



	2013	2018	2028
Hamilton Population 60+ years	23,440	27,800	37,400
Percentage of Hamilton Population	15.6%	17.0%	20.3%

Starting points



OUTCOMES

GOALS

OBJECTIVES

ACTIONS

OLDER PERSONS PLAN

Hamilton City Council
A COMMUNITY GARDEN

MAY 2015

PLAN PURPOSE
HAMILTON IS A
DESIRABLE PLACE
TO LIVE FOR
OLDER PEOPLE

ACCESS

Older people can get around Hamilton and use facilities and services easily.

SAFETY

Older people are safe and secure in Hamilton.

INCLUSION

Older people are a valued part of the Hamilton community

Facilities and services provided to older people are age appropriate and accessible

Increase older people's perceptions of safety and security

Older people can actively participate in the community and be engaged with issues that matter to them

The contribution that older people make to the Hamilton community is acknowledged and celebrated

1. Consideration will be given to ensuring council facilities are accessible to older people, and recognise decreasing levels of independence and mobility of users.
2. Consideration will be given to the transport and mobility needs of older people.
3. Council documents are publicised in a format which older people can read and access easily.

4. City programmes for safety and personal well-being consider the needs of older people.
5. Programmes aimed at increasing readiness for Civil Defence emergencies and evacuation will address the needs of older people.

6. Older people are well informed and opportunities exist for them to be engaged with Hamilton City Council.
7. Barriers to older people participating in the community will be identified and addressed.
8. Opportunities are provided for older people to participate in recreational and community activities that are age appropriate and affordable.

9. The ethnic diversity of our older residents is celebrated.
10. The contribution older people make to Hamilton is celebrated and acknowledged.
11. The contribution of older people to the voluntary sector is acknowledged.

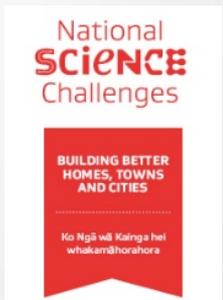
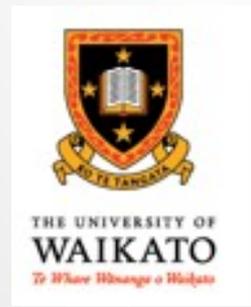
1. Newly installed outdoor furniture from 2016 is of an age-friendly design.
2. Conduct a review of pick up and drop off zones at key locations used by older people by December 2016.
3. Develop guidelines for council information in formats more accessible to older people by December 2015.
4. Continue to consider transport options for older people (both public and active transport), including provision of accessible bus shelters and footpaths/walkways, when preparing the Minor Safety and Access Improvements programme of work.
5. Council's 2 annual disability audits will continue to consider the needs of older people.
6. Council utilises the communication channels available to it to raise awareness of and provide information about older person's issues relating to access, safety and inclusion.

7. City Safety signage will continue to be produced in large font and can be easily read by older people.
8. A minimum of 2 city safety workshops will be held with older people's groups annually.
9. Make new resources available to prepare older people for a Civil Defence emergency.
10. Hamilton's Resident Survey will continue to monitor issues for those aged 65-80 and 80 and over.

11. Review recreation programmes for older people by December 2016.
12. Continue to provide age appropriate services and collections within city libraries.
13. Provide 6 workshops in rest homes on using mobile technology services provided by libraries by December 2015.
14. Continue early engagement with the Older Persons Advisory Panel on council plans and strategies.
15. Develop guidelines to support community gardens, which maybe used by older people by December 2017.
16. Explore opportunities to provide computers for use by older people in Council facilities by June 2016.

17. Implement 2 culturally appropriate programmes annually for all older people in partnership with Hamilton's ethnic community.
18. Continue to acknowledge International Older Persons Day annually on 1 October and support organisations who celebrate it.
19. Profile 10 volunteers within the older person's community during the annual volunteer week in June 2016.
20. The Older Persons Panel will develop a plan for communicating with and obtaining the views of older people.

What Community Groups and Agencies did we talk with?



Other groups consulted included:

- Hamilton Chinese Golden Age Society
- Hamilton Service Clubs Association
- Retirement Villages Association, National Office Wellington, and Waikato
- Various religious organisations.

International Age Friendly Plans we looked at:

- New York City, USA
- Boroondara, Victoria, Australia
- London, Ontario, Canada.

Developing the Plan

(a) Raising awareness and sourcing good ideas through:

- City-wide public forums (older people, agencies, business)
- the media (radio; Prime Hamilton; community newspapers)
- public presentations (service clubs, seminars, workshops)
- ongoing conversations (Kaumatua, Migrants & Refugees, Chamber of Commerce, Retirement Village Association)...
- Steering Group meetings, and meetings with individuals, city leaders, etc.

(b) Projects negotiated and planned, to “**continue**”, “**enhance**” or “**establish new**” activity, in the 9 areas of WHO themes.

- (c) Documenting what we had, and proposed developments:
- Establishing 2017 situation (baseline).
 - Proposed projects; indicators of success; and deadlines for implementation.

AND THEN:

(d) Implementing the Plan

(e) Evaluating the Plan...

(f) Continuing to think of other good ideas!

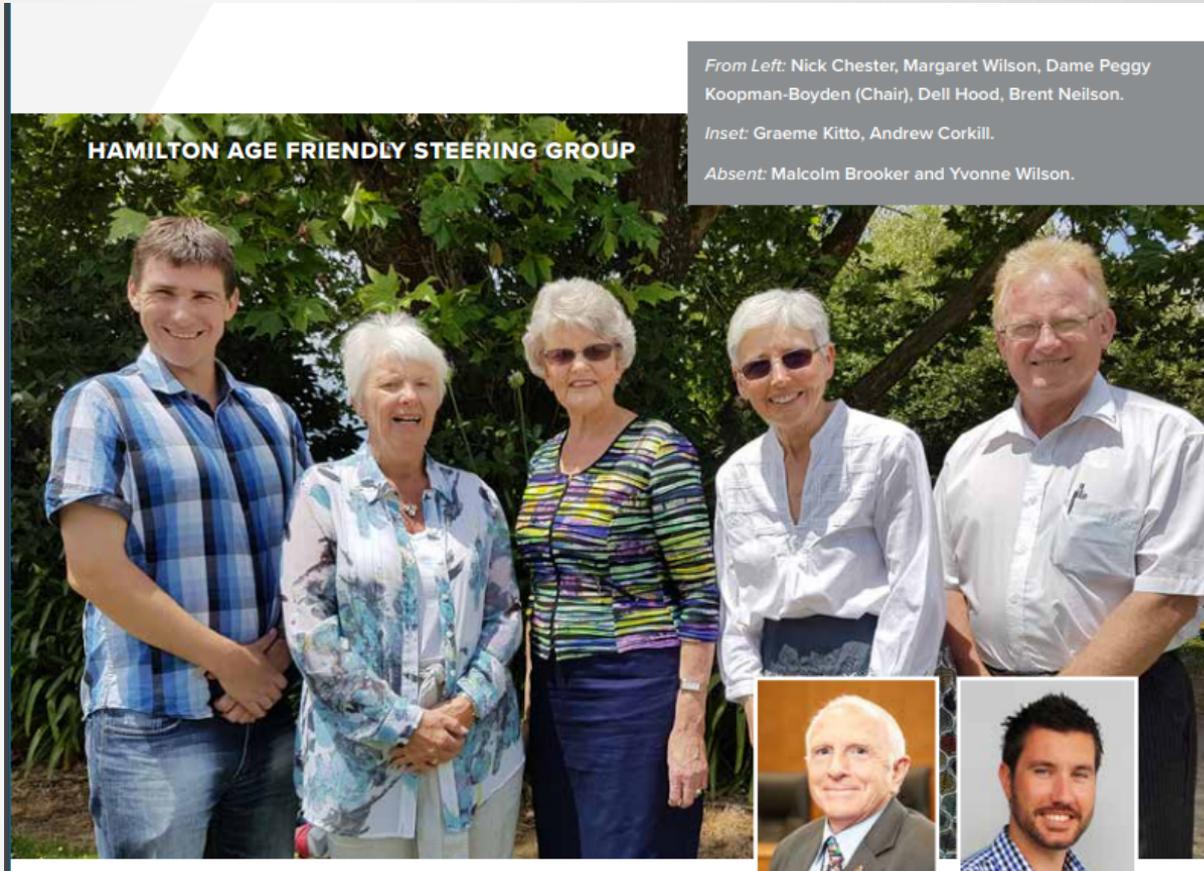


Where we are now

Who have you already got?

1. Lots of experienced older people!
2. People with skills in leadership, local knowledge, negotiation, networks, community spirit and energy.
3. People with passion – about older people, getting older, ageing
4. Sponsors of existing facilities and services (not-for-profits, sports organisations, etc).

Who did Hamilton have?



Hamilton Age Friendly Steering Group – had a high level, strategic overview of what the plan needed to achieve. Members had backgrounds in: Gerontology, Public Policy, Public Health, Ethnic issues, Kaumatua and Older Maaori wellbeing, Sport and Recreation, Business, community organisations.

HOW? Principles guiding the Age Friendly Hamilton Plan 2018-2021

1. Focus on the older person from a Wellness perspective
2. Build on what already exists
3. Encourage local community action
4. Working together
5. Being culturally appropriate.

Getting Age Friendly Plans off the Ground



HOW do we get there: Sell the Story – why your City/Community needs Age Friendly?



It's all about the community



BUT what about Council?

- It is not a “Council Plan” – only 15 of 48 actions in the Hamilton Age Friendly Plan are delivered by HCC.
- The Age Friendly Model is not about “accreditation”. It is about acknowledging the work Hamilton is doing for older people, and about joining the Global Network with access to information.
- Joining the Network does not tie Councils into long term commitments they cannot exit.
- Councils do not become the “Police” of the Plan.
-but to ensure the Plan is well delivered, the Council needs to be involved in ongoing monitoring.
- Also Councils should support and enable the community to achieve their vision of an Age Friendly society.

Who will lead and anchor the Project?

- Local Council? what level of involvement/investment will the Council have.
- A strong and positive advocate for older people, separate from the Council.

Dame Peggy Koopman-Boyden recognised for 45 years of service

DONNA-LEE BIDDLE
Last updated 05:00, June 5 2017



DOMINICO ZAPATA/FAIRFAX NZ

Emeritus Professor Dame Peggy Koopman-Boyden was one of two dames named in the Queen's Birthday Honours.

She has given more than 45 years of service to gerontology, but a newly recognised dame said the honour is not hers - it's for the thousands of elderly people she's served.

Dame Peggy Koopman-Boyden was recognised for services to seniors in the Queen's Birthday Honours 2017.

Dame Peggy was one of two dames named this year - the other was Dame Julie Mollay, recognised for services to

Outdoor spaces and public buildings

Victoria on the River – a new public space built to open the CBD to the Waikato River. Age friendly seating, slopes and walkways allow pedestrians to walk to the river path.



Social Participation

- Hamilton has much to offer older people – but many do not know what is available to them.
- Events such as the new “50+ and loving it” Expo (April 2018), Kaumatua Olympics (Annually in September) and International Day of the Older Person (1 October) which will help meet that gap.



Communication and Information

Encouraged two local free monthly magazines for older people – Seasons Magazine and PRIME Hamilton, along with Age Concern’s “Older and Bolder.”

Hamilton libraries will undertake at least one workshop a year, showing older residents how to use online catalogues (e-books and audio books), and how to use e-book readers.

The workshops were originally held in rest homes – plans to take into the wider community in 2018/2019.



Where to next

- First 6 month report to Council – 30 October 2018. Over 30 of the 48 actions have begun or already completed.
- Working with other agencies to expand the number of action in future plans
- Working with funders to ensure projects benefitting older people are given greater prioritisation
- Working alongside other councils to get a larger NZ Age Friendly network in place



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Thank you