



A future full of spaces and places that keep us connected as we age

CENTRE BASED RESPITE AND BEYOND

**A COMMUNITY ENGAGEMENT PROJECT
NORTH BRISBANE AND MORETON BAY REGION 2020/21**

OUR VISION

As we age...

- We live in age and dementia-friendly communities with opportunities for belonging and continuing contribution, learning and creativity
- We have meaningful relationships and strong community connections
- We know where and how to join activities and find support to continue living our best life
- We have a diverse choice of activities and supports that are stimulating, meaningful and nurturing, in welcoming, safe and accessible environments
- We are involved in decisions and matters which impact our lives

OUR PRINCIPLES

These principles will guide us...

- We seek innovative ways to create age- and dementia-friendly spaces and communities
- We listen deeply to understand
- We encourage friendships and connection
- We seek opportunities for people to contribute and share
- We make it easy to find services and support
- We include all voices in our decision making

OUTCOMES

Environment

- We have environments to suit our social and cultural needs, interests and abilities
- We have housing options that support more closely connected communities
- Our public spaces, businesses and shopfronts are welcoming, accessible and safe for people to move around with confidence
- Workers and community members understand and proactively support people with changing needs relating to age and dementia
- Our community hubs support and encourage connection and engagement

Belonging & contribution

- We have a sense of belonging, meaningful relationships and feel connected in our community
- Our community honours our elders - we are listened to, and held in high regard and respect
- We have opportunities to contribute in our community
- We have opportunities for intergenerational sharing, connection and understanding

Meaningful opportunities

- We have a wide choice of community-based activities to keep us active, well, engaged and learning
- Activities are responsive to our changing needs
- Activities include elements of strengthening relationships between us and with the wider community
- We have access to technology to keep us connected and engaged

Inclusion & accessibility

- There are enough affordable activities to choose from, suitable for all abilities
- We can find what is available, and what is best suited for our needs
- It is easy to join activities and find support
- We all have accessible transport options to move around freely

Engagement & individual approaches

- We have a voice in planning and decisions, and are able to make choices for how we live, based on what we want to do
- We are engaged and participating in ways that are right for us
- We feel encouraged, motivated and more confident to join activities and meet others

WHAT CAN WE ALL DO?

Here are some suggestions from contributors, as to how we could all contribute to this vision.

- Shift ageist norms and negative attitudes towards ageing and older people
- Look for ways to lead cultural change towards greater respect for elders
- Create safe and inclusive spaces where people feel heard, listened to and respected
- Frequent communication by a diversity of methods, including technology
- Shift old language and stigma associated with the term 'respite'

As governments

- Educate and empower people to engage with governments and services
- Offer education, training and access to information
- Training for age and dementia friendly urban planning and space design
- Design age- and dementia-friendly cities and communities, ensuring age-friendly principles are included in future visioning and planning
- Encourage and build digital capacity and connection
- Remove barriers to creating more intergenerational and shared community housing
- Create safe and accessible environments (e.g., uncluttered walkways)
- Identify and activate existing community hubs, and consider new community hubs in future infrastructure planning
- Safe, accessible and affordable activities
- Safe, accessible and affordable transport
- Redesign My Aged Care system for accessibility
- Simplify and streamline application processes

In the community

- Take time to actively listen to individual's stories and needs
- Seek opportunities for community to contribute and share information
- Welcome and offer support to others with kindness and respect
- Connect with your neighbours
- Encourage and pursue intergenerational friendships, learning, activities and community living opportunities
- Challenge ageist views and negative attitudes towards ageing and older people
- Create a buddy group to welcome new neighbours
- Look for ways to lead cultural change towards greater respect for elders
- Local shops and businesses offering fun and interesting activities
- Retail stores are fully accessible and staff appropriately trained to understand diverse community needs and barriers to access
- Consider all means of communication when sharing information
- Build digital capacity and connection

As service providers

- Empathic listening skills to deeply understand clients' needs and interests
- Focus on individual interests and hobbies and encourage previously enjoyed pursuits
- Ask how the individual wants to be connected with their community
- Offer intergenerational learning and story sharing activities
- Seek meaningful community partnerships to support delivery of unique activities
- Seek ways to lead cultural change towards greater respect for elders
- Create welcoming, safe, accessible environments that encourage engagement
- Ensure environment is age friendly and adapted for individual needs
- Ensure activities are fully inclusive and accessible for our changing needs
- Offer support and engagement at the individual level and respect individual choices
- Find ways to build relationships
- Implement a buddy system to create more welcoming spaces for first time visitors
- Provide support in navigating pathways to appropriate services and supports
- Provide affordable, interesting and stimulating activities, with a sense of purpose
- Make it easy for people to join
- Do things "with", not "for" us
- Offer education, training and access to information
- Co-create activities with potential participants and encourage feedback to inform changes
- Hold regular open info sessions with simple information on how to access services
- Regular communication in many ways (i.e., print, social media, newsletter, outreach etc.)
- Collaborate to explore the option to design and support a one-call system for easy access to information and services

As I age

- Remain curious and active in my community
- Ask for help and support from others, when needed
- Seek opportunities for learning, connection and growth
- Know my community, and understand my own needs
- Look for opportunities to share wisdom, knowledge and expertise

Please share widely, to inspire conversations and guide us in our contributions towards keeping us all connected as we age.



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