



Future of Centre-based Respite

Spaces and places that keep us connected as we age

Engagement Report

Prepared for Brisbane North PHN

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COTA Queensland

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1. Engagement and Collaboration Framework

Background

COTA Queensland is committed to codesign and collaboration as key approaches for project engagement. We also encourage and support the voices of people who are not always heard to be included in planning and decision making. For the engagement and collaboration phase, we undertook three different but connected activities: stakeholder mapping, engagement offerings, and a collaborative data analysis activity.

Context

The Engagement and Collaboration phase was planned to commence March 2020 however the arrival of COVID-19 and subsequent uncertainty and lockdowns, in particular impacting community groups and networks, disrupted plans and timelines. Engagement planning was put on hold until June; at which time it was decided to progress, through being flexible, and change and adapt methodologies, expectations, and timeframes as the pandemic progressed and in response to community and sector feedback. As a result, the Engagement and Collaboration phase occurred between August 2020 and April 2021.

Stakeholder Mapping

The initial stakeholder mapping exercise informed identification of potential engagement partners and audiences. The activity, including review of existing and projected demographic statistics and needs for the Brisbane North PHN region, identified the Moreton Bay sub region as a key focus area and the Moreton Bay Regional Council as a potential partner. Please refer to the *Stakeholder Map Overview Statistics* in Attachment 1.

Engagement Team

The COTA Queensland project team consisted of Bronwyn Bidstrup, Program Coordinator Aged and Community Care and Karen Wilson, Project Officer Wellbeing. COTA Queensland engaged Campfire Coop to partner in designing and facilitating the engagement phase and activities. The key practitioner involved was Mel Geltch; and facilitators for the Sensemaking Workshop were Moze Crozier and Nick Takavadii.

Language

The adaptation and creation of suitable terminology was an interesting and ongoing 'front of mind' activity during the promotion of engagement and collaboration activities for this visioning phase. We were aware of the stigma attached to the term *centre-based respite* for many people, or not knowing what this term actually means. In addition, we were wanting people to imagine what could be in the future, beyond the current provision of this type of support and care. The project engagement team and the Brisbane North PHN program manager worked on this, resulting in the tagline:

What's our dream for a future full of places and spaces that keep us connected as we age

Acknowledgements

Wording for the acknowledgement and promotion of the project partners during the engagement and collaboration promotions was agreed with the Brisbane North PHN program manager to read as follows:

A joint Brisbane North PHN and COTA Queensland project, delivered through the healthy@home consortium.

2. Engagement and Collaboration Activities

Invitation and engagement

The initial intent for engagement was to encourage, support and foster locally based face to face community conversations and discussions. Due to COVID-19 pandemic restrictions and budgetary limitations, a mixed methods approach was adopted comprising:

1. **Online hosted conversation:** 3-hour participatory session for 12-40 participants, mirroring the design of the face-to-face conversations

2. **Small group self-guided conversations**, based on kitchen table discussion approach, for 4-8 people, with visual host guide and participant placemats (i.e. printed surveys)
3. **Print surveys**: double sided A3 visual placemat to capture community feedback about their connections, experiences, barriers, ideas and vision for the future
4. **Online surveys**: mirrored the printed survey, for those with digital literacy and access.

All engagement opportunities comprised the same questions, for ease of data collection, collation and analysis. 44 people completed the written and online surveys. The online hosted conversation only attracted a few people and did not progress. There was interest in supporting and or hosting kitchen table discussions towards the end of the year, with early in 2021 being identified for these activities. Unfortunately Brisbane and Moreton Bay went into a sudden lockdown late January, and people's enthusiasm and willingness to again gather in groups and consider matters beyond the mere pleasure and need for reconnecting, was again thwarted.

Collaborating for analysis and visioning

The data from the surveys was themed: people were then invited to a workshop to collectively 'make sense' of the data and draft a vision for the future. 18 people participated in the workshop which was held 21 April at Geebung RSL Club. Participants were predominantly managers and staff from centre based respite services and aged care programs as well as community and health organisations. The aim had been to have a more even mix with community members. An interesting mix of people were interested however could not attend at that time. Nevertheless, the numbers still would have most likely been skewed towards providers. This observation would benefit from further reflection and may inform collaborative planning and design activities in the future.

3. What we heard

We heard that people had a vision for the future in which people and activities were interconnected; environments and supports were adaptive to changing needs; and a person's sense of belonging, worth, meaning and contribution did not suddenly disappear when circumstances or health conditions change.

This vision was captured in the document *A future full of spaces and places that keep us connected as we age: beyond centre-based respite*. Based on what people shared through the engagement phase and worked up through the sensemaking workshop, this document includes Vision, Principles, Outcomes, and a What We All Can Do section.

A future full of spaces and places that keep us connected as we age: beyond centre-based respite document is attached.

4. What we noticed

The project engagement team reflected on the experience of this engagement and collaboration project, especially given the complexity and uncertainty of attempting to engage during the time of COVID. The following two sections capture some of our reflections.








What changed, what worked, what didn't

- We were holding the project in one of the most challenging times, with impacts on community, service providers, community leaders and the team. We didn't anticipate what was to come. There were many challenges when it came to holding conversations with stakeholders. In ordinary times our connectors would have been able to help us connect in with neighbourhood centres, gardening groups etc. Bringing people together even once, for the sensemaking workshop, was so important.

5. What we learned

- A good way of working in complex changing environments is to conduct small experiments (probes into the system) and respond to that. Do more of what works, less of what doesn't.
- The value of focusing on the next steps, not the whole plan. The value of 'what next?'
- The work that we did has been foundational. While we may not have achieved the particular actions we set out to do, we have built a foundation for engagement going forward, in future work and projects.
- It takes time to engage people, and not something we do to anyone. It requires building relationships and inviting well in many contexts and offering people multiple ways to contribute.
- Bringing people together face to face still really matters, for connection, to build relationship.
- The value of bringing people together to engage and gather individual and collective contributions cannot be underestimated. Surveys and individual feedback does not give the depth of collective contribution that participatory engagement can.
- Good time and space are needed for invitations to reach those people we hope to engage. It takes time for messages to reach. The art of invitation is more than just sending an invite or posting something online. Acting as walking, talking invitations for something is what makes the difference. That, and time.

6. Attachments

1	 ATTACHMENT B Demographics and St	<ul style="list-style-type: none"> • Stakeholder Map Overview Statistics
2	 Attachment 2 - Invitation_Menu_Select	<ul style="list-style-type: none"> • Engagement Invitation (i.e., menu selection)
3	 Attachment 3 - Placemap_Survey.pdf	<ul style="list-style-type: none"> • Placemat/Survey (which was also available to complete online)
4	 Attachment 4 - Host Guide.pdf	<ul style="list-style-type: none"> • Host Guide
5	 Newsletter COTA Qld sensemaking worksho	<ul style="list-style-type: none"> • Newsletter from Sensemaking Workshop
6	 Vision Document v1.0 20210825.pdf	<ul style="list-style-type: none"> • Vision Document
7	 Vision Snapshot V1.0 20210825.jpg	<ul style="list-style-type: none"> • Vision Snapshot

7. Appendices

1. Appendix A - Verbatim Data from Engagement Phase

ENVIRONMENT

Principles / Vision

- good / caring environments
- Having a pleasant, welcoming and relaxing environment
- Taking it digital | more variety of activities on offer
- A central building that would stimulate activity and a sense of community and belonging for all residents of all ages
- group and Centres in the midst of all the different activities
- Social housing amongst any and all communities.
- That every community with an official name (town borough, village) would have a centrally placed community centre belonging to the Council, that would be able to accommodate, free of charge (like the libraries), older groups during the day and young people's groups in the evening. It should include a cafe, of course, and a small general/ lecture/concert hall.

Ideas

- Coffee shops with seniors corner
- VIP venues for retired sportsmen and women where they can watch and be part of it again.
- A central building that would stimulate activity and a sense of community and belonging for all residents of all ages
- group and Centres in the midst of all the different activities
- Social housing amongst any and all communities.

ENGAGEMENT AND INDIVIDUAL APPROACHES (PERSON CENTERED)

Principles / Vision

- fostering engagement and connection
- clients keeping their independence
- social, person centred and engaging.
- Participants at the centre of all planning & new participants invited into this too
- Whatever the individual is keen to do, this will depend on their interests and hobbies. encourage engagement in previously enjoyed pursuits
- Recognising that seniors have something to offer and contribute rather than having services DONE TO them or FOR them.
- Do things with, not for people participating. Aim for engagement and find ways to build relationships within the group.
- Organise a variety of activities for everyone to enjoy, one activity does not suit all.
- Engaging person centred activities and outings.
- Giving everyone a voice, letting everyone be heard and everyone having someone!
- Keep challenging personal & societal attitudes that shape the view that older people have of themselves
- every person has different needs and interests. Seniors are not an homogeneous group.
- Shift in basic belief system - honour our elders as the indigenous culture does
- actively choosing how they live their day to day lives.
- continue to empower our elderly community to start looking after themselves
- emotional and social connections and being able to retain a sense of self.
- How will respite change to accommodate the needs of Baby Boomers?

- not knowing anyone
- take the time to build rapport and trust with those reluctant to try community-based activities and support
- Isolation and withdrawal as people become less able. Possibly even some fear about engaging with the broader community.
- wary of 'new experiences' lack of confidence
- feelings of insecurity;
- Reticence due to lack of confidence. Fear of meeting others.
- My own motivation or lack of it.
- Encouragement from friends
- you need be self-motivated to approach activities and groups.
- The motivation to get up and do something.
- Engaged people are excited, want to be where they are, they have meaning in their lives and they look forward to the future.

Ideas

- factor in Fun, achievement and satisfaction to activities and monitor levels of each.
- Engagement is possible through deep knowing of our clients
- More specific groups aimed at particular needs (dementia)
- Difficult when dealing with dementia. In that case focus on fun (whatever that means to the individual)
- Travel insurance that responds to seniors needs.
- create an environment where staff are constantly curious to know more about the clients and using that information to create more interesting spaces for them to inhabit through the process.

ACCESSIBILITY - TRANSPORT, INFORMATION, MOBILITY

Principles / Vision

- Accessibility
- Being able to get out.
- many activities available but most depends on ability to participate.
- Easy to access with less focus on aged care assessment.
- Transport catering to various needs
- organised activities available to all community including transport
- Inclusion-available to everyone. Access-everyone can get there.
- ability to access transport as we need it.
- Illness or Physical barrier to participate in some activities.
- Anxiety about staff helping me to toilet
- Covid
- Since Covid groups are starting to come back in, not always a lot of places available and limited with numbers. Directed to more online groups
- the My Aged Care system of application and long-winded waiting time
- Cumbersome assessment processes.
- I also feel the current My Aged Care system is also an isolating contributor as the application process is so long winded from go to wo that people can die in social isolation while waiting
- Knowing what is available.
- Information about activities easily available
- I had to make the effort to do this and find it all out and so many seniors are not able to do this for themselves.
- Communication

- lack of knowledge regarding what's available and what is involved.
- Just not knowing what's available
- How do we find out about it? Transport to attend. knowledge of what is available. Who will run it where when? How much will it cost?
- Access local activities, know what is available locally
- "Expanded public or community transport to reduce car usage
- Integrated cycle ways. away from heavy traffic to encourage off-road cycling"
- A mini revolution - mainstream and innovative support services for rural areas, attracting a younger demographic in services

Ideas

- More reasonably priced transport options for Seniors who do not drive. More than group transport
- some would like to attend group activities at a centre, others wish to go out on trips, many cannot go out but welcome visits in their home or a group of friends in their home with someone to care for them.
- Seniors accessing the Taxi Subsidy scheme have to jump hoops with difficulty at their GP to obtain this. If they can walk 100m they probably will be unsuccessful @#* ridiculous!
- UNFORTUNATELY for some, technology becomes the biggest bug bear - ok for those who want to learn, but there are some who say that - we have got by for 70+ years, so we don't want it. Any community organisation needs to be aware to these folk, and also those with sight, hearing, physical disabilities and how we can help them.
- Free travel INTRASTATE ... Subsidised travel INTERSTATE.
- For older members in our community, a visible noticeboard, updated as often as possible, a monthly newsletter delivered, and online notifications for those who have such skills.
- Information, social media
- Empowering oneself with information to better enable connectivity.
- Under represented in media
- Sometimes the information reaches those intended.
- Available through council websites
- A monthly activity planner displayed and discussed and outings highlighted to prepare them for the event . There is information available to suggest how to start these up, possibly from Logan
- Activities information circulated in other ways than online, perhaps from an information centre.
- The Brisbane Council magazine could do more to promote information.
- having sufficient numbers of volunteers; supportive (non-controlling) leaders
- Advertise these activities within the local community, access needs to be easy - just one call to that provider and ready to start.
- Research activities that elderly like to attend and do and implement them
- We need a COTA group Funded by government to ensure that information on what is available, finance, transport organisation and publicity via the media gets to EVERYONE. "

BELONGING AND CONTRIBUTION

Principles / Vision

- Homesteads, families living separately but connected, with communal sharing and resources
- Encouraging people to take responsibility for their parents and grandparents.
- Having children learn long forgotten crafts from the seniors before these crafts are lost forever.
- intergenerational housing whether that be with my own family or through a specifically designed residential complex
- Reminding myself we are all one, there is more that joins us than divide us.
- HOW SEGREGATED WE HAVE BECOME YET 'WE ARE ALL IN THIS TOGETHER'
- and the opportunity to spend time with people who have similar interests and capacity
- like-minded people;
- to join groups where I share a similar interest with people, ie plants.
- Linking with people who have similar interests.
- How important it is to stay connected
- the positive community outcomes from sharing
- Having the knowledge of community around you and your own personal needs. Being involved with community activities before we become too old to have the information required to join in local communities, and with the help of family and friends helps along the way.
- Engagement, deep knowing
- A sense of belonging, that means having meaningful relationships that keep a person engaged and feeling of value in the community
- As people lose friends and family as we age, natural attrition happens and we become socially isolated.
- caring responsibilities (not enough time for myself)
- don't like to be labelled as old;
- people need to know that their voice will be heard and valued.
- far greater mutual respect
- Greater tolerance in society
- my dream is for far more lifestyle integration and understanding between the generations and ethnicities
- Return to extended family / neighbours
- "I hope none of my grandchildren will be lonely or be unfulfilled.
- Making the family GREAT again!
- I hope to always be connected with loved ones and remain active in my community.
- Welcoming-kindness and respect. People being friendly. Looking out for each other
- Intergenerational Living , Housing and Education.
- I hope that the need and want for socialisation is never forgotten
- I dream of their lives being devoid of loneliness and despair.
- That no older person would be living alone without connection to at least one other person/group.
- Having friends to laugh and cry with.
- Bringing lonely people together
- Always keep in contact with your friends, this is very important as we age, do things together.
- To be able to connect socially and not feel alone
- I dream of not being lonely,
- having access to conversations & involvement with others
- Being amongst people of like mind and values where we can express and demonstrate our love for the planet and each other.
- Contributing in some way and feeling valued
- people talking to one another using an organised process so all views are aired and heard

- I would like to see a world where older people return to the status of elders like they are in other cultures. Where they are held in a position of respect and high regard in our community rather than relegated to unwanted spaces which no one wants to go to.
- For society, stop treating and speaking to older people in ways that patronise them and which infers that they are ""less than""
- Future generations will not have the same mind set as today's older generation who often feel that retirement is necessary.
- Ageism needs to be a thing of the past.
- That stigma will be gone, venues/activities etc will be accessible, inclusive and inspire connection and participation. That no matter the age of the person - opportunities for learning, growth, and sharing of knowledge and expertise is welcomed and available.

Ideas

- Encourage Neighbourhood Golden Years Watch-neighbours to become more aware of their neighbours
- Support seniors to actively participate in decision making of community projects, therefore encouraging them to remain in their current home as long as possible
- connecting with local groups
- being committed to regular community conversations
- Maintaining social connections, keeping active in community
- Seniors love animals and children get them together.
- Encourage families without grandparents to 'adopt' grandparents without families for Christmas, birthdays. We do it for animals in shelters why not for single seniors
- Living alone. As well as 'adopt a pet for Christmas and a grandad or grandma as well'. Get Gruen to market it in a sensitive way!
- Community groups that allow for conversation, book clubs, keeping up with the news
- Hubs for community connection that give the experience of a 'shopping centre' or 'casino' or 'library', or other familiar hubs that provide social engagement/connection.
- Integrating community-based activities with educational institutions to create space for the intergenerational sharing of knowledge, skills and expertise."
- people sharing experiences, laughing, eating, talking, doing, with other people.
- The magic of Christmas is being together. Can you help? Ok so it just Christmas but we can start here and work our way up!!
- If support for older people can no longer come from immediate families the need for social company will be required from the older community ourselves with measure of Government spending
- People need to be connected via groups, whether it be regular activity/social groups or volunteer somewhere.
- Homesteads, families living separately but connected, with communal sharing and resources
- Get schools to encourage 'adopt a granny or grandad'
- Matching families and 'grandparents' at Christmas
- Encouraging people to take responsibility for their parents and grandparents.
- Having children learn long forgotten crafts from the seniors before these crafts are lost forever.
- intergenerational housing whether that be with my own family or through a specifically designed residential complex. If in a residential complex various activities could take place at the site, e.g. community gardening; yoga; exercise classes; nutrition; mental/emotional wellbeing; etc.
- Intergenerational connections with 2 way exchange of skills and interests where the older person shares their knowledge or stories to the younger ones. ability to live independently at home, with good support systems if that is what the person wants. If they choose supported accommodation for health or other reasons, that they still have a chance to live a normal life, with choices and not be considered a "patient" that just needs to be cared for.

Story

- I'm sure many seniors have amazing stories to tell.
- Get old and young to swap stories and ideas!
- Take young people to the seniors let them interact and old people to schools let them relate their stories.
- Getting seniors to share their stories with people willing to record them for history, perhaps school projects. Some seniors have amazing stories to tell,
- By getting generations together and recording their stories it will bring so many people together.
- Recognise how each person you meet has a life story... Listen!

HEALTH & WELLBEING

Principles / Vision

- maintaining good health including active mindset & variety of special interest areas
- Activity and connectedness is acknowledged as being beneficial to health.
- Access to medical and mental health support, "well-being" interaction.
- Ideally the individual would have interests and connections in community before they are at risk of becoming isolated.
- Free (or subsidised) Medical and Mental Health services and Therapy.

Ideas

- Firstly to become aware of the opportunity to realise our own "self compassion" and fully embrace the notion of our own "self worth". Then we will be motivated to extend ourselves to stay connected to our community.
- Focusing on positivity and seeking out support services if negativity and depression are an issue;
- Ideally the individual would have interests and connections in community before they are at risk of becoming isolated. Caring communities and neighbours that engage with seniors still living at home and encouraging participation in activities outside of their own homes, plus visits to their homes from people of intergenerational demographics. Children keep older people young at heart.
- Experience with healthy ageing yoga/strength building exercising.
- It's massively important for healthy minds
- Keeping physically, intellectually (mentally) and spirituality active by helping others.
- To keep fit, so, fitness groups.
- Health information sponsored by community providers
- Activity and connectedness is acknowledged as being beneficial to health. This needs to be brought more to the fore and GPs need to be able to add this to their choices of treatment. More effort needs to go into prevention as we age to counteract some of the prevalent conditions- ie diet, exercise and interaction.

MEANINGFUL ACTIVITIES / OFFERINGS

Principles / Vision

- Although many NGOs provide opportunities most seem replicated and there seems to be a lack of innovation or motivation to pilot new services or programs.
- options that provide opportunity for seniors to be actively engaged in activities they have been involved in when younger whether that is recreationally or professionally.
- Bringing people together; sharing experiences,
- support hubs | activity centres | online options
- Finding interest groups and learning to do that online
- Staying involved in community activities

- intentional planning of connection points;
- activities for interest and growing;
- Having a smorgasbord of small, community based functions that are easy to get to and enjoyable.
- Using modern technology to keep connected
- Engaging in meaningful activities.
- A variety of meaningful activities intended to benefit participants
- Workshops (online or in person) to assist with well-considered transition to retirement.
- Gather information that interests people and group those together so they can share activities.
- Some are well conceived and many are organised by us oldies for our own benefit not much support for those carrying the organisational load
- a range of physical, social and emotional activities to meet the needs of each individual.
- There are lots of things available, but selecting the appropriate ones can be difficult, see above.
- Older people need more than just a 'class', they need the support of making friends in a regular group that shares one's interest and stimulates one's mind and activity. (eg: U3A)
- Offer Structured. Target particular age & interests.
- Greater sense of purpose and enjoyment through community options that suit a person's needs, preferences and goals
- Creating an atmosphere that is welcoming and engaging.
- Innovation, challenge, fun -that meets everyone's needs not just the frail or those living with age related cognitive decline
- Technology will play a big part
- Not always appropriate for set age group. I.e exercise group taken by a 18year old with no idea of range of movements
- Community based activities must somehow foster relationships amongst the people attending.
- Providing engaging, creative and relevant activities/opportunities for connection that are inspiring and respect and promote dignity is important.
- Phrases such as respite.
- There is almost no support for people who want to plan a fulfilling life in retirement then make a purposeful transition to that new life and new identity.
- many providers at capacity
- Lack of support options available
- Funding
- The ability to get together physically, as well as digitally connecting regularly
- Flexible to changing needs as we age
- A lot of lived experience healthy fun
- I see activities moving to more small groups focused on specific skills of the participants.
- support to remain engaged at whatever level is right for them
- Technology will play an integral role
- Regular well-planned groups being run in hub areas to assist people to plan the next stage of their life, considering the things they love to do/want to learn, their need for purpose and identity, and managing all that with their personal and financial situation.
- Existing employment support companies, hopefully with trained personnel, supporting the specific needs of older workers.
- My vision is that it be like new mothers' groups used to be; run by the same person over a 4 - 6 week period, following a workshop plan that provides a forum for discussion and encouraging social interaction outside of the group.
- Meaningful,mentally stimulative activities offered
- All ages should have access to supported, safe engaging activities and supports.

- enjoying exercises to keep my body healthy and able.
- In my absence/death - serviced apartment and meals availability for my wife.
- To remain an active participant in community - based activities

Ideas

General - for elders

- To join an active Senior Citizens organisation in our area.

General - for service providers

- Enlarging the numbers of classes; recruiting people to assist in contacting and keeping contact with the lonely aged
- Exercise classes need to be retained in retirement villages & nursing homes at a reasonable cost; Sadly, diversional therapists are no longer employed at a nursing home I visit. They should be reinstated; Outdoor activities (morning tea, walk, sit in a park, beside the water) for those who enjoy such things;
- Conduct a proven survey of a likely audience as to what community based activities they find relevant to them.
- Common interest groups, outings, key note speakers for older people who are in good health and are able to engage in a boarder variety of offerings
- options that provide opportunity for seniors to be actively engaged in activities they have been involved in when younger whether that is recreationally or professionally. More opportunity to engage with pets.
- Could be more neighbourhood activities.
- Local area support groups could be run online or in person to meet the ongoing needs of older workers seeking employment...but they MUST be run by people who understand career development needs.
- For those making a transition to retirement, funded presentations about the deeper issues surrounding retirement...finding purpose, personal fulfillment and identity.
- Staff focused on Task Based duties. higher levels of training needed - career focused.
- Some places culture change is needed . "
- My Aged Care and residential care, government and private care must be have a more caring scope.

General - for community more generally

- Age Friendly Cities. Activities open to all, with appropriate cost considerations, and the transport to get to them.
- Would like to see more funding given to Neighbourhood Centres for programs such as exercise; nutrition; chronic health conditions; mental/emotional wellbeing, etc. Perhaps a comparison could be made between Men's Sheds funding and that of Neighbourhood Centres. Community based activities could also operate out of Retirement Villages, Residential Complexes, etc. but would these be open to the general public??

Special interests

- Appropriate keep fit classes in community centres or pools with cuppa and chat
- More morning open-air exercise classes for older people (with a visit to a cafe afterwards)
- set up regular small group community conversations about important topics
- Craft themed activities, morning tea trips
- Men have men's sheds what have women if they don't want to do craft
- "Providing 'taste tester' classes that allow 'try before you buy' -- for example, trying a woodworking class
- thai chi, line dancing, indoor bowls, cards and crafts, fishing club
- Music Therapist, Art Therapist
- Book Club. The Arts and Theatre groups

- Stay Active, Latin Dance, Technology Classes
- Computer literacy; Having an inquisitive brain and always learning;
- Music, Exercise, Arts and Craft
- Creativity - arts crafts music literature
- Have a seniors art competition
- Forget The Archibald have The Adam (he lived 930 years so he was definitely a senior!
- Introduce Seniors to online games like Wii. There are plenty of craft & exercise activities, allow something more IT oriented but something they can have fun learning and doing.
- Gardening groups, sharing recipes, swap a pot plant groups, dog walking groups, yoga for seniors, art workshops in nature, how to fix things old school with seniors, how to fix electronic things, how to fix clothing , how to embroider, how to crochet, how to make a basic pattern, how to sew, swap a home made meal (to take away) for some help around the home, fitness, boxing, stretching, walking groups, hiking
- Pilates near Caboolture
- "Activities: all aspects of art painting drawing mosaic photography etc etc. getting together seniors who have major knowledge of various crafts e..g embroidery woodwork etc etc
- have seniors with literary skills to liaise with others to ensure these forgotten crafts are written down and kept for future generations.
- Involve the elderly at University in specialised subjects of course where it would benefit the student. History perhaps.Horticulture, Arts. Even some engineering students would be impressed by the knowledge 'oldies have, been involved in built, created, etc. "
- Concerts; table games (we play Scrabble a lot);
- Choosing activities similar to University of the Third Age.
- Good topics of interest for conversation. Light hearted "chats" that are interesting and in line with hobbies, lifestyle, family etc. Specific topics e.g. Gardening, Mens Shed, Concerts, Dining out etc. could attract smaller groups.
- "Health - for those that are able supervised activities that join exercise dance and FUN together.
- "Healthy fun activities
- Learning Good eating habits "
- dance classes, active classes, art, craft, investing, spiritual, new age.
- Visits to interesting places, eating at interesting places, attending theatre/movies, learning new skills, volunteering, assisting at local schools, gardening
- Exercise or study class with like minded people followed by a coffee chat
- Opportunities to engage in relevant activities, social events, outings
- family/friends visits; TV; Telephone calls
- Interaction with others; variety of activities; mind & body exercises; transport; being independent as well as dependent; being informed; assistance with technology
- In home support with providers (cooking, cleaning, showering, physio, etc); Day/s respite centres where activities are provided; retirement village exercise classes, coffee shops, lunches, outings (Pre Covid)
- Local Councils run activities also libraries. U3A Neighbourhood centres
- MBRC support and advertise many healthy and active events
- Faith based activities, community radio presentation, learning activities for senior citizens
- new sites to explore together, sharing food,
- Local support groups for self-employed older workers, older workers seeking employment, and older workers dealing with ageism at work.
- Support groups ...classes...
- The many community-based resources associated with libraries
- Access to diverse activities eg picnic at a park, tai chi, visits to museum or gallery, high tea, history lessons, cultural sharing, dance & song.

- Continue with the Wellness Centers for socialization with peers, Centers to provide social outings
- Through deep knowing, small groups target a particular skill or experience and produce a deeper level of engagement eg a photography group or a group who love sailing. These groups then have a natural and easy connection with the community.
- I anticipate working well into my 70's so having connections with others who are working or even the younger generation to accept the older worker

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