



Age Well Stay Connected (Brisbane) Event 31/3/25

World Café Conversation on Empowering Older Women through Connection

Key Themes	Participant Examples
Barriers to Connection	<ul style="list-style-type: none"> • Ageism: Feeling unheard, invisible, internalised perceptions of ageing, scepticism toward digital supports. • Anxiety: Divorce, fear of unfamiliar environments, navigating change. • Communication: Use uplifting messages, strengths-based language, check-ins to maintain connections, and flexible, tailored approaches. • Digital Exclusion: Support to safely access technology safely; need for printed materials and guidance. • Elder Abuse and Financial Pressures: Early or pressured decisions from family, housing stress, and cost of living. • Limited Autonomy and Practical Challenges: Mobility, transport, and logistical barriers affecting independence.
Enablers to Connection	<ul style="list-style-type: none"> • Agency and Empowerment: Autonomy, decision-making, advocacy • Skills and Support: Access to programs, resources, digital literacy, and intergenerational activities. • Creativity and Wellbeing: Joy, self-expression, health, quality of life • Social and Practical Supports: Flexible programs, supportive spaces, volunteering, recognition. • Resilience and Problem-Solving: Adaptability, confidence, and skills development.
Action Steps	<ul style="list-style-type: none"> • Advocacy and Activism: Participation in community initiatives and policy consultations. • Celebrating Women and Challenging Stereotypes: Campaigns promoting achievements and reducing ageism. • Education and Skills: Financial, digital, lifelong learning programs. • Employment and Leadership: Skills training, equitable pay, mentorship, pathways to governance. • Networking and Connection: Workshops, events, and online platforms • Resources: Fair access to community, historical, and informational supports

Ideas generated to inform future initiatives and collaboration included:

- **Access to Skills, Opportunities and Resources:** Promoting education, digital literacy, financial skills, fair employment, and equitable access to programs and services to strengthen independence and capacity.
- **Connection, Peer Support and Positive Representation:** Building networks, fostering social inclusion, providing peer-to-peer mentoring, celebrating achievements, challenging societal norms, and creating supportive spaces that value women's contributions.
- **Empowerment and Participation:** Supporting women to exercise agency, engage in leadership and governance, advocate for their rights, and take part in meaningful community initiatives.