



Age Well Stay Connected (Longreach) Event 10/10/25

World Café Conversation on Thriving at Home and in the Community

Key Themes	Participant Examples
Community and Social Networks	<p>Community groups and activities fostering connection</p> <ul style="list-style-type: none"> Arts and craft centre, gardening clubs, hobby clubs Community-based activities Dance schools, sports clubs (netball, walking groups, Scouts, water aerobics) Faith groups and church communities Local events, community organisations and the Longreach Lions <p>Mix of formal and informal spaces for connection</p> <ul style="list-style-type: none"> Drop-in for coffee and conversation Social media and community noticeboards <p>Volunteering as a key connector</p> <ul style="list-style-type: none"> St Vincent de Paul, skill sharing mentoring Need to build a volunteering culture among younger generations
Access and Inclusion	<p>Physical and environmental accessibility</p> <ul style="list-style-type: none"> Footpaths, kerbs, shop access, home entry levels, mobility supports Safety measure like yellow lines and heat protection <p>Barriers to participation</p> <ul style="list-style-type: none"> Financial constraints Complex criteria and paperwork Lack of a 60 & Better Program in Longreach <p>Supports that improve inclusion</p> <ul style="list-style-type: none"> Informal drop-in spaces Service navigation assistance Subsidised programs
Independence and Wellbeing	<p>Health, safety, and daily routines that support wellbeing</p> <ul style="list-style-type: none"> Staying active, staying safe, and maintaining routines (e.g., shopping days) <p>Affordable and manageable supports</p> <ul style="list-style-type: none"> Low-cost activities Gaps in mobility scooter hire/repair <p>Opportunities for learning and personal development</p> <ul style="list-style-type: none"> Distance education and lifelong learning. <p>Assistance to maintain independence at home</p> <ul style="list-style-type: none"> Service navigation support
Community Development and Sustainability	<ul style="list-style-type: none"> Collaboration across sectors and organisations Intergenerational engagement as a long-term connector and sustainability strategy

Ideas generated to inform future initiatives and collaboration included:

- **Expand Access and Participation:** Reach smaller or remote communities and encourage diverse engagement through both formal groups (clubs, organisations, programs) and informal networks (neighbours, casual meetups). Address program gaps and provide flexible, drop-in opportunities, including recreational, arts, and hobby activities, to keep older people actively involved.
- **Enhance Accessibility, Support and Wellbeing:** Improve inclusivity through mobility supports, funding, safe participation, wellness programs and digital literacy. Support older people to maintain independence through practical everyday supports, routines, low-cost activities, and service navigation, with non-digital access to information.
- **Strengthen Networks, Engagement and Sustainability:** Build resilient communities through volunteering, peer support, intergenerational engagement, and collaboration across formal organisations and informal networks. Leverage social media, distance learning, and partnerships to facilitate connection, access to services, and long-term sustainability.

