



Age Well Stay Connected (Townsville) Event 3/9/25

World Café Conversation on Age-Inclusive Communities — Strengths & Opportunities

Key Themes	Participant Examples
Safe Community Spaces and Places	<ul style="list-style-type: none"> • Community facilities: Community and neighbourhood centres, respite centres, women's centre (safe DV support), Seniors Citizens Associations. • Learning and cultural spaces: Libraries, museums and galleries. • Public and outdoor spaces: Local park and nature reserves. • Social and inclusive venues: Neighbourhood bars (e.g., open mic)
Diverse Programs and Activities	<ul style="list-style-type: none"> • Social and recreational: sports, music/arts programs, laughing yoga and wellbeing programs, fat farmers. • Intergenerational and life stage: work connections, mothers groups, transition to retirement. • Community groups: Men's sheds, P&Cs, Parents and friends, The Older Men's Network (TOMNET), general community presence. • Community events: culture-specific events, church, food banks, local events, seniors expos and information sharing activities. • Digital inclusion and outreach: Be Connected (incl. seniors lunches and Banana vans)
Support and Services	<ul style="list-style-type: none"> • Care and Support Services: Home care workforce, respite centres, seniors social connection services, Meals on Wheels. • Health and Wellbeing: First Nations specific support, including dementia and mental health support (Kirwan Health Campus), Carer supports (Wellways Carer Gateway). • Transport and Accessibility: Community transport support. • Volunteering and Sustainability: Valuing volunteers and providing funding for continued services.
Information, Access and Awareness	<ul style="list-style-type: none"> • Centralised Platforms: Online hubs where older people can find programs, community activities, newsletters and relevant info. • Community Networks and Outreach: Inclusive Communities Advisory Network, Mercy Community (emails, networks, identifying carers), word of mouth. • Local Channels: Local Council and community radio. • Information Challenges: Older people and service providers find it difficult accessing clear, prioritised information and staying aware of available programs and services.
Local Leadership and Collaboration	<ul style="list-style-type: none"> • Strategic and systems thinking: Big-picture thinking needed, collaboration and cross-sector partnerships • Community leadership and volunteers: community connectors, leaders, volunteers, Country Women's Association (CWA) • Local government and service orgs: Councils, PCYC learning to drive programs

Ideas generated to inform future initiatives and collaboration included:

- **Strengthened Community Support and Mentoring:** Recognise and expand the role of volunteers, peer mentors, and intergenerational programs in helping older people build confidence, resilience and social connections. It also incorporates transition-to-retirement programs and carer, and mental health supports for First Nations peoples, ensuring tailored support for diverse needs.
- **Identify and Leverage Trusted Community Spaces:** Focus on safe, accessible, and inclusive spaces, both physical and digital, where older adults can engage. This includes centralised online information platforms and service navigation support, enabling older people to easily access information, participate in activities, and connect with others.
- **Enhanced Collaboration and Integrated Approaches:** By fostering cross-sector partnerships, integrating technology into social and community programs, and improving coordination between organisations, this approach maximises outreach, engagement, and impact across communities

