

AGE WELL STAY CONNECTED TOWNSVILLE

If it wasn't for our Elders, we wouldn't be here

All of the Tribes of the Townsville region are connected through our Moiety, our Skin System

welcome

WELCOME TO COUNTRY: RANDAL BANBARI ROSS • SETTING THE SCENE: KAREN WILSON & STACEY EILERS
• VALUING AGEING & OLDER PEOPLE is EVERYONE'S BUSINESS: DR CATHERINE BARRETT

SOCIAL ISOLATION

is a



GLOBAL ISSUE

26% ↑ Risk = of premature death



CONNECTION



community collaboration

Place-based solutions

Happiness & GOOD HEALTH

DR CATHERINE BARRETT

AGEISM

drives loneliness

The **I** in Ageism



Discrimination

Internalised AGEISM is terrible for our Health and Wellbeing



Almost EVERYONE in Australia has internalised AGEISM



Our SERVICE providers too!

BEAUTY

is so much more than external qualities

It's reflected in how we live our lives



AGE WELL
STAY CONNECTED
TOWNSVILLE

SHARING the LIVED EXPERIENCE
of OLDER PEOPLE

ALLAN GOODBUN - MEN'S SHED TOWNSVILLE
CELSIE MEAD - COTA QLD VOLUNTEER
JENNI LAWSON - DEMENTIA AUSTRALIA - DEMENTIA ADVOCATE

ALLAN

I nursed my wife for 7 years
I ended up on a walker



my walker went into the cupboard

I joined the MEN'S SHED
and became the woodwork manager



We get along & spend the day laughing and working TOGETHER

We get a new member every day



Someone ALWAYS gives us a lift

★ We have a low membership fee to cover insurance



Some of our members are young



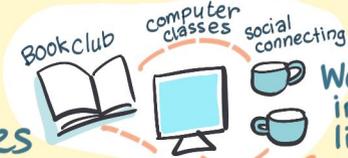
\$50/year



CELSIE

Volunteering gives me

PURPOSE and gives me **CONNECTION**



Welcoming in the library

Helping others identify skills they could share...

finding + making connections



feeling **VALUABLE & useful**

Bringing in Speakers to SHARE information

Continual Learning
Sharing opinions and ideas

Carolyn, on behalf of



Jenni

Living with dementia, courageously living a 'normal' life



I fear not being able to recognise my grandchildren

so I've written Children's books about it!



As a registered Nurse I'd planned to work ten years more...

One day I was lost in my ward
My dementia diagnosis Shocked me

I moved to North Qld thinking this would help, being closer to family.

Instead of being redeployed, after 36 years, I lost my job!

STAFF are turned out like RUBBISH



I was robbed of my Super

I had to accept strangers into my home

- ♥ I have a long and academically rigorous career.
- ♥ I am intelligent
- ♥ I still have abilities

I could have been working further years in research

Some Activities are very Patronising

ndis

And some were AMAZING

Many support workers were abusive

So much is TAKEN from us with our DIAGNOSIS
DON'T ASSUME we can't do things → ASK FIRST

I am STILL JENNI and I am STILL HERE!

AGE WELL STAY CONNECTED TOWNSVILLE

COMMUNITY VOICES: STORIES of CONNECTION in TOWNSVILLE

- KIRSTY AHERN-ADA LINK
- NGAIRE TRIGG-TOWNSVILLE CITY COUNCIL
- RILEY NAISH (he/him)- QC for LGBTI HEALTH
- PHILLIP ALLEY-KIRWAN HEALTH CAMPUS
- JULIE ANNE COBB- NEAMI NATIONAL

DIGNITY

ADA LINK

TRUST and connection
Community connectors

carers can be the most isolated

Relationship-Based Support

Grief support & connection in community



"I see YOU"

"Sawubona" - isiZulu

Covid → stats on isolation improved because of the messaging: we're all in this TOGETHER... people felt CONNECTED

QLD COUNCIL for LGBTI HEALTH

- Older LGBTIQ+ people lived through terrible discrimination
- Often Aged Care services reinforce this experience
- Many lost a lot of friends during the AIDS epidemic



To overcome social isolation we offer the LGBTI Seniors Visiting Scheme



a safe place



We also offer Weekly coffee mornings and chances to connect & catch up

COMMUNITY INDIGENOUS LIAISON OFFICER (OLDER PERSONS)



I provide information to help create Culturally Safe Services

I help create links between people, services, and My Aged Care

And help remove the barriers

SERVICES



The barriers are linked to many socioeconomic factors:

- Education
- Employment/finances
- Geography
- Spirituality } hearing + seeing
- Culture } Spirits is misinterpreted
- transport
- Housing

There are many CULTURAL factors:

- Customary Law and LORE
- Cultural needs
- Cultural rites and ceremonies
e.g. to retrieve the clothes a person was wearing at the time of death



TOWNSVILLE CITY COUNCIL

Support for those going through Grief
Fathers' Day Memorial

Neighbours Every Day



connection and community Safety

Inclusion & BELONGING

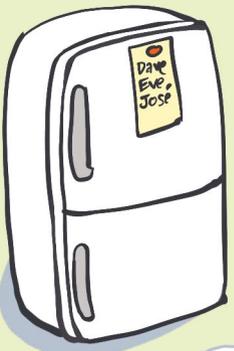
Helping each other in disasters



The Village

Build your connections and learn about each other's superpowers

I'm here if you need me!

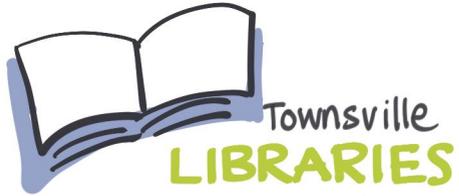


Mental Health Support: Neami

- ♥ Peer worker support
- ♥ wellbeing coaches
- ♥ Clinical staff
- ♥ carers' support group
- ♥ Service navigation
- ♥ no referral needed
- ♥ free crisis help



- AMANDA MEAD - TOWNSVILLE CITY LIBRARIES
- JENNY HAZLEWOOD - LiveUp
- ALLAN GOODBUN - MEN'S SHED TOWNSVILLE



Townsville
LIBRARIES
are open 7 days
for you to
drop in and
just *BE.....*

They are free, vibrant and
(sort of) quiet spaces

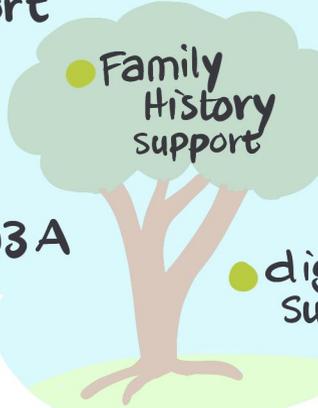
- 1:1 info support
- Group learning
- outreach

Family History support

Feedback please!

U3A

digital support



work **Third** home
spaces



We printed
3D crosses
with poppies
for the widows

We're starting
a **3D**
Printing
course



so easy
to do and
inexpensive
to make
parts



Assistive
technology
can AID your
independence

Technology
↓
face-to-face
contact



One of these days
our
VOICES will
be LISTENED to
by you!

World Café CONVERSATIONS

Age Inclusive Communities - Strengths & Opportunities

COLLABORATION!

We can't do it alone

peer mentor
→ find out what's happening and SHARE THE EVENTS

- Cafés
- Volunteer orgs
- GREEN Spaces

Central place for info

- mentors
- volunteers
- peers

Safe + Trusted places + spaces
Third spaces

- Social activities
- A TRUSTED



Supporting Safe, Connected and Independent Living

- Informal supports friends family neighbours
- Domestic assistance

- Connection
- Accessibility

→ Transport!
It's not as Accessible as it should be

- Accessible parking



• Communication & help to navigate the system

- Check and don't cancel-reschedule

Building New Connections and Friendships

- Choir groups
- dancing
- Bring new people along

- Street parties
- Online apps



Dog walking

- Intergenerational activities → BRIDGING



- Arts + Craft markets



'pay it forward' making people feel comfortable

• Don't forget your humanity

• Recognition and welcoming including diverse people in your group

Inclusive Communities - Belonging for Everyone

• Visibility!

- Lived experience
- Signage
- Representation

• Physical ACCESSIBILITY

• Flyers should be readable → Vision Australia

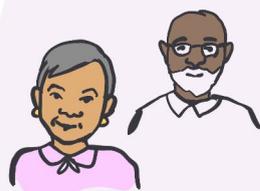
• Braille on business cards

• Transport

• Gender-neutrality- e.g. toilets

• Respect and Acceptance

• Broaden our knowledge
Learn about the place we live in and its First Nations history



Become an Ally!

Digital Connections for Healthy Ageing



• YouTube with ad blockers



old movies

zzzz Sleep apps

Health apps to measure your steps



Supporting Older Men to Stay Connected

How? The 1st involvement is IMPORTANT

- word of mouth
- introduce yourself
- markets
- friends

What? Men need to be doing something

- cards
- men's shed
- Food

Where? Men's Sheds ✓

