



MOSMAN
**POSITIVE
AGEING
FRAMEWORK**
**CREATING A
BETTER MOSMAN
FOR OVER 55s**

May 2021

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INTRODUCTION

As an inner urban community, Mosman is blessed with many advantages. We have a beautiful Sydney harbour location surrounded by bushland. Our heritage village has relatively good transport links and we have high quality housing and a vibrant shopping and business district. Most importantly, we have a strong cohesive community, where residents feel a strong sense of belonging and connection.

Mosman is also an ageing community typical of many established urban areas with all the opportunities and strengths as well as the challenges that this presents.

This Positive Ageing Framework has been prepared to help us identify and act on the areas we need to improve as a community in order for older people to continue to lead full and rich lives. With effective societal and institutional supports in place, older people have the opportunity to participate in all aspects of community life and remain active, healthy and engaged.

The Framework incorporates:

- the vision and guiding principles on ageing that inform our consideration
- a brief summary of the key policy and planning context at national, state, regional and local levels
- a discussion on the opportunities, issues and challenges around the key themes or elements of an age-friendly community, incorporating the generous feedback from consultation with people 55+, carers and family members, other interested community members, service providers and stakeholders
- suggested actions to make Mosman even more age-friendly.

A demographic and health profile of older people is also included in the Appendices.

The key themes are from the World Health Organisation 'Age-Friendly Cities and Communities' (2007).

These eight themes are:

- Outdoor spaces and buildings
- Transportation
- Housing
- Social Participation
- Respect and Social Inclusion
- Civic Participation and Employment
- Communication and Information
- Community Support and Health Services

This is a pivotal time for all governments in their approach to ageing and support for older people. While many of the suggested actions are for the local community and Council, others will need the support of the NSW and Commonwealth Governments.

BACKGROUND

Who do we mean by 'older' people?

There is no typical older person. Some 80-year-olds' physical and mental capacities compare well with people several decades younger than them while others may require intensive care and support. However, age does impact in many ways. Age discrimination in the workplace reveals that people as young as 45 years can be negatively affected by ageist attitudes¹. Health conditions and disability may increase with age. We need to recognise that, as with any age group, there is much diversity between individuals who are 55-64 years; 65-74 years; 75-84 years; and 85 years and over. Some of the differences between individuals will be influenced by their gender; cultural and indigenous background; education, income and socio-economic status; physical and mental health, disability, sexual orientation and life experience². The importance of recognising this diversity as well as equity issues in ageing is stressed by the World Health Organisation in the WHO Healthy Ageing Report 2015 which views an individual's capacity as being largely shaped by the cumulative impact of advantage and disadvantage across people's lives and in their environments.

For this Framework, we have used 55 years and over as our main classification as it is:

- when most people appear to be more actively thinking about and planning for their futures in terms of work and/or retirement; housing, and lifestyle
- when there is potential to motivate people through preventative programs to make significant positive changes that benefit their long-term health and wellbeing
- the minimum age people can enter 'seniors' housing
- the minimum age people can access most activities at Council's Seniors Centre

Where relevant, we will discuss issues in more detail for age sub-groupings, such as 55-64 years and 65 years and over (the eligible age for community aged care and residential aged care funded by the Australian Government) and older age groups.

¹ Australian Human Rights Commission, 'Age Discrimination: Exposing the Hidden Barrier for Mature Age Workers', 2010. humanrights.gov.au/our-work/age-discrimination/publications/age-discrimination-exposing-hidden-barrier-mature-age

² Ageing Well in NSW Seniors Strategy 2021-2031

Defining Healthy, Active and Positive Ageing

We view ageing as a normal part of the human life cycle and endorse healthy, positive and active ageing approaches which encourage people to age in a way that optimises their health, quality of life, and independence for as long as possible. This is consistent with the World Health Organisation (WHO) which defines *healthy ageing* as the process of developing and maintaining the functional ability that enables wellbeing in older age. WHO highlights that being free of disease or infirmity is not a requirement for healthy ageing.

'Healthy ageing is about creating the environments and opportunities that enable people to be and do what they value throughout their lives'³.

The following infographic from the WHO Healthy Ageing Report 2015 highlights the influences on healthy ageing globally.

The key to healthy ageing is being able to live in enabling environments that support and maintain intrinsic capacity and functional ability and include the home, community and broader society, and all the factors within them such as the built environment, people and their relationships, attitudes and values, health and social policies, and institutional systems, services and supports. Through active ageing, older people are a resource or asset for their families, communities and economies, and they continue to contribute to society. Positive ageing builds on this strengths-based approach to healthy and active ageing. Similar frameworks that incorporate healthy, active and positive ageing are being increasingly adopted by other local government authorities throughout Australia and globally.

At Mosman, we aspire to be an age-friendly community as exemplified by WHO

'An age-friendly city encourages active ageing by optimising opportunities for health, participation and security in order to enhance quality of life as people age. In practical terms, an age-friendly city adapts its structures and services to be accessible to and inclusive of older people with varying needs and capacities'⁴.

This will enable older people to age-in-place in Mosman in their homes and keep them connected to their family, friends, neighbours and community and in control of their lives.

³ World Health Organisation website who.int/ageing/healthy-ageing/en/

⁴ who.int/ageing/publications/Global_age_friendly_cities_Guide_English.pdf 2007 p1

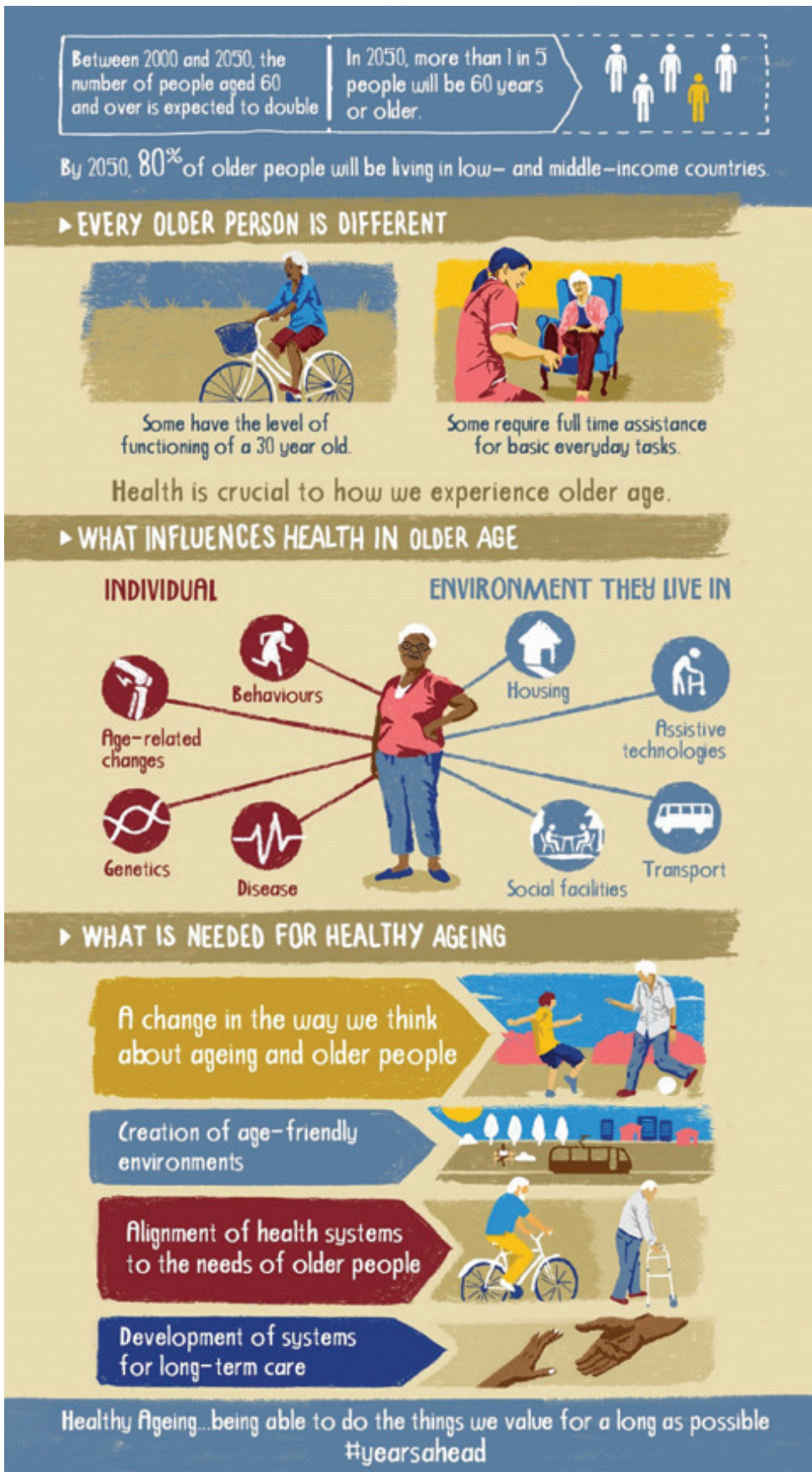


Figure 1 - WHO ageing and health infographic

Rationale for a Positive Ageing Framework

As Mosman is an ageing community, Council needs to have a clear vision and objectives to optimise the quality of life for its older residents. This includes having accurate and clear information on ageing on which to base its decision making and inform its broader planning, policy setting, and program implementation.

Most importantly, this information needs to incorporate the views of older people and the wider community on making Mosman more age-friendly. The information will be used to inform ongoing review of Council services and programs for older residents and as part of Council's integrated planning process. It will also potentially assist other agencies and businesses in their service, program or product offering, and engaging with a growing demographic group.

By having a Positive Ageing Framework on which to scaffold our policy and program responses, we focus on the positive, with a strengths and asset-based lens to viewing population ageing. This still allows a realistic appreciation of potential challenges and issues that may arise, but changes the ageist paradigm of viewing ageing through a more negative, deficit-based response.

Our Vision and Guiding Principles on Ageing

Our Framework is guided by our vision for ageing in Mosman in that all people in Mosman experience the benefits of healthy, active and engaged ageing and enjoy the opportunities to participate in, contribute to and be included in our community.

We endorse the following guiding principles on ageing developed by the NSW Government⁵.

⁵ Ageing Well in NSW: Seniors Strategy 2021-31. www.facs.nsw.gov.au/inclusion/seniors/overview



Recognising the value and diversity of ageing

Where we are able to enjoy ageing with meaning, purpose, self-fulfilment and freedom, and be recognised and respected for our value, diversity and choices. We want our needs responded to, in ways that recognise and preserve our dignity and equality.



Enabling a whole-of-life approach to ageing

Where ageing is embraced by all as a natural lifelong process so we can plan and navigate life's changes, and respond in times of transition. We want to live and participate in an environment where everyone is valued and safe, and we are not limited by assumptions and stereotypes about our capabilities.



Supporting people to have healthier longer lives

Where we are helped to achieve our best possible health and wellbeing, and are cared for. We want to remain healthy and independent for as long as possible, with the ability to access flexible age-related services, supports and choices when needed.



Keeping people connected and included

Where we can continue to actively participate within liveable and supportive communities, and make meaningful connections. We want to enjoy being part of an inclusive society where everyone is able to engage and contribute to community life and civic participation, and have access to information in a variety of formats.



Enabling people to live in their home and community

Where we have the option and ability to age in place or live in an environment that is safe and suits our needs. We want homes and services that enable continued mobility, help us remain independent and are in a community we choose.



Older People in Mosman: A Demographic Snapshot

A brief snapshot of key demographic information on older people in Mosman follows.

More detailed data and associated graphs and tables is contained in Appendix 1.

This information has been sourced from Mosman's population profile, atlas and forecast⁶ (based on ABS 2016 Census data) unless otherwise specified.

With an estimated Total Resident Population at 30 June 2019 of 30,981, compared to Greater Sydney, Mosman is characterised by:

- A relatively older median age at 42 years (37 years Australia wide)
- Long life expectancy, for people 65+ in 2018, life expectancy was 89.9 (90.6 for females & 88.6 for males), increasing by 2 years since 2001.
- An ageing population, with people 55+ at 9,073 or 29.7% (24.7% in Greater Sydney) and forecast to grow to 33.4% or one-third of the total population by 2036
- Continued population ageing, with forecasts indicating the five year age groups with the greatest growth between 2016 and 2036 being all older groups with an increase by 2036 in age groups for 75-79 (+419); 80-84 (+377); 60-64 (+311); 85+ (+184) and 55-59 (+148).
- The areas in Mosman with the highest percentages of people 85 years and over (who may have higher support needs) are Middle Harbour, Mosman Junction; Mosman Central, Beauty Point-The Spit and Balmoral.
- One-third of people 55+ were overseas born, mainly from English speaking countries
- less cultural diversity than Greater Sydney in people 55+ but this is slowly changing with 10.2% of people 55+ in Mosman speaking a language other than English. The top ten community languages were Mandarin; Italian; Cantonese; French; Greek; German; Spanish; Japanese; Polish; and Croatian.
- Higher education levels, with 55% of people 55+ having tertiary qualifications and higher internet connection at 89.9% for people 55-64 and 80.4% for people 65+.
- Higher workforce & educational engagement, with 43% of those 55-64 fully engaged.
- Higher volunteering rates for all residents 15 years and over at 25.6%
- Higher weekly household income, with 35.8% of people aged 65+ earning \$2,500 or more. However there were 25.2% or a quarter with income less than \$1,000.
- Higher percentage of lone person households of people 55+ at 16.9% and for people 65+ at 29.2%.
- A higher percentage of people 65+ who at 70.3% own their homes outright. Approximately 10% had a mortgage, 9% renting privately and 1.3% in social housing.

⁶ mosman.nsw.gov.au/community/people-culture-and-history/people-and-demographics

OUR POLICY AND PLANNING CONTEXT

Planning for population ageing is embedded in Council's integrated planning, including its Community Strategic Plan 2018-28 and in Council's environmental planning instruments. Social planning documentation also has a specific focus on ageing and older people. These include 'Mapping Mosman's Community Services and Programs' (2018) available on Council's website⁷. Our planning and policy context builds on research and policy work at a global, national, state and regional level. A brief overview of this planning and policy context follows. There are common threads, being creating age-friendly environments, including and connecting older people to communities, facilitating healthy and active ageing; encouraging social and civic participation, and ensuring older people have information and support.

International and National Organisations and Policies

United Nations

The United Nations statements on ageing include Principles for Older Persons (1991): Proclamation on Ageing (1992): and International Plan on Ageing (2002)⁸. The International Day of Older Persons is celebrated on 1 October each year.

World Health Organisation Age-Friendly Cities and Communities

The WHO Age-Friendly Cities and Communities⁹ framework has significantly informed international research, policy making, education and promotion to facilitate age-friendly environments in cities and local communities worldwide. A growing number of Australian councils, including the neighbouring councils of Lane Cove and North Sydney, have utilised this framework and we have followed the framework for this project. The 8 themes or focus areas for Age-Friendly Cities and Communities are Outdoor Spaces and Buildings; Transportation; Housing; Social Participation; Respect and Social Inclusion; Civic Participation & Employment; Communication and Information and Community Support and Health Services.



⁷ mosman.nsw.gov.au/council/plans/social-planning

⁸ UN ageing policies. un.org/development/desa/ageing

⁹ Global Age-Friendly Cities: A Guide (2007). who.int/ageing/projects/age-friendly-cities-communities/en

Dementia Australia and Dementia-Friendly Communities

Dementia is a term used to describe the symptoms of a large group of diseases of the brain which cause a progressive decline in a person's functioning, including memory loss, intellect, rationality, social skills and physical functioning.

Dementia affects an estimated 472,000 Australians, with this number set to rise to almost 1.1 million by 2058¹⁰. The majority of people living with dementia live in the general community. Given its prevalence, it is important that strategies be in place to support people living with dementia and their carers in the community. Dementia Australia has established Dementia-friendly Communities¹¹ which provides a framework for organisations, groups, and businesses, including local government to become 'dementia-friendly'. It is very complementary to the WHO Age-Friendly Cities and Communities Framework.

A dementia-friendly community has previously been defined by Dementia Australia (2018) as a place where people with dementia are understood, respected and supported and confident they can contribute to community life. In a dementia-friendly community, people will feel included and involved, and have choice and control over their day-to-day lives

The following priority areas are identified in the Dementia Friendly Communities Toolkit for Local Government:

1. Increasing community awareness and understanding about dementia

2. Improving access to social activities and opportunities for engagement including volunteering
3. Employment opportunities or support to remain employed
4. Access to appropriate health and care services to support people living with dementia to continue living at home for as long as possible
5. Access to affordable and convenient transportation options
6. Improving physical environments including appropriate signage, lighting and colours

The Dementia Friendly Communities checklist (2018) for creating dementia-friendly communities incorporates considerations for designing indoor and outdoor physical environments; social engagement; and employment, volunteering and study. Dementia Australia promotes Dementia Action Week in September each year and Council has previously marked this and other relevant events. Comprehensive resources are available from Dementia Australia, targeting individuals, community groups, organisations and businesses and online and face-to-face workshops for people with dementia and their carers, the community and service providers, including Councils. Mosman Community Care has previously partnered with Dementia Australia to offer relevant information and education for older people, carers and the wider community.

Given their complementary nature, considerations around a dementia-friendly community have been incorporated in this Positive Ageing Framework using the Age-Friendly Cities and Communities framework.

¹⁰ Dementia Australia 'Key Facts and Statistics'. www.dementia.org.au/statistics

¹¹ Further information at www.dementia.org.au/resources/dementia-friendly-communities

Australian Government

The Commonwealth provides funding for aged care, including community care and residential care. Aged care has been the subject of major reform in the past decade. The Inquiry report *Caring for Older Australians* Productivity Commission (2011) sparked major aged care reform to address weaknesses, including variable service quality, inconsistent pricing and subsidies, limited consumer choice and difficulty in navigating the system.

In April 2012 the Living Longer, Living Better reform package ushered in major changes including a simplified gateway for accessing services (now known as My Aged Care); consumer choice in community care providers; greater consistency in pricing; and removal of distinctions between residential high and low care. The diagram below demonstrates the assessment and referral pathways for receiving Commonwealth subsidised aged care.

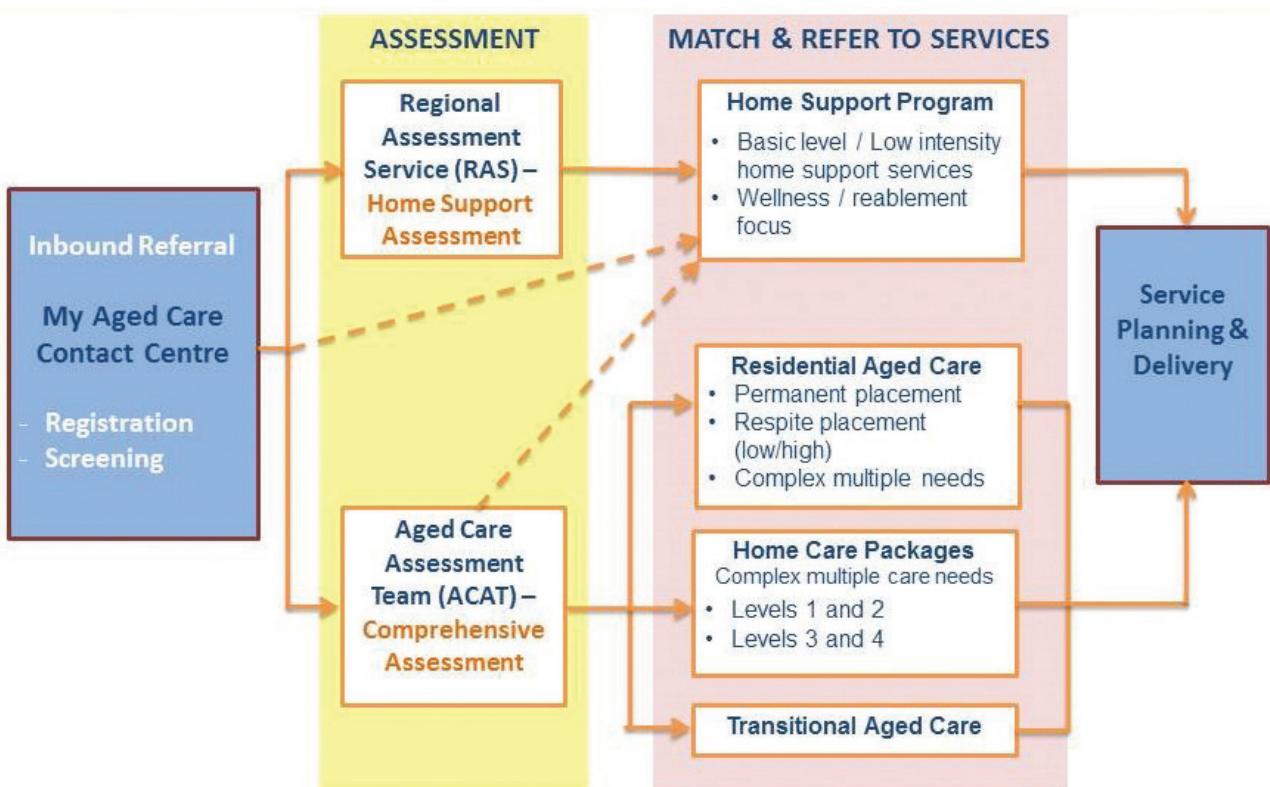


Figure 2 - My Aged Care Assessment & Service Referral Pathways

In July 2015, the Commonwealth Home Support Program (CHSP) commenced, subsuming the prior Home and Community Care Program. The CHSP provides entry level home support for frail older people (for people 65 years and over, except for Aboriginal people who are eligible from 50 years and over) who need assistance to keep living independently.

In October 2018, an Aged Care Royal Commission was established into Aged Care Quality and Safety. The terms of reference include inquiring into the quality of aged care services, the extent that these services are meeting the needs of those accessing them; how best to deliver accessible, affordable, high quality and sustainable aged care services; and how to strengthen the system. The Commission found significant deficits in aged care, including very long waiting periods for home care packages. One consequence has been the release of additional home care packages. The Aged Care Royal Commission Final Report, 'Care, Dignity and Respect'¹² was released in February 2021. It is anticipated that the Commonwealth Government's response (due May 2021) to the Commission's findings and its 148 recommendations will lead to further significant reform of community and residential aged care. As a CHSP provider, Council will need to consider the implications of these reforms to its service provision.

NSW Government

The Ageing Well in NSW: Seniors Strategy 2021-2031¹³ released December 2020 sets out the NSW Government's ten year plan to respond to the opportunities and challenges of an ageing population.

It builds on the NSW Ageing Strategy 2016-20 and has four focus areas:

1. Living in age-friendly environments

An age-friendly environment provides appropriate and affordable housing options with well-maintained recreational and green spaces, safe footpaths, ample rest areas, accessible buildings and transport infrastructure.

2. Participating in inclusive communities

An inclusive community encourages social participation so that older people are engaged and active in their communities doing the things they value and enjoy (recreational, social, cultural, creative, educational and spiritual); are valued and respected; and are encouraged to participate in civic life and employment.

3. Staying safe, active and healthy

Physical health and mental wellbeing are vital for the quality of life of older people and a healthy environment encourages older people to be active and independent, with a partnership approach to community support and health services.

4. Being resilient and informed

Change is a constant throughout life and older people can be supported to manage change such as illness, death of a partner, changes to finances, technology and natural hazards.

The NSW Government has primary responsibility for delivery of public health services, including hospitals. The NSW Health Plan provides the direction for the Northern Sydney Local Health District Strategic Plan 2017-22 with older people identified as a priority group.

¹² agedcare.royalcommission.gov.au/publications/final-report

¹³ www.facs.nsw.gov.au/inclusion/seniors/overview

Regional Planning

The Sydney North Primary Health Network Needs Assessment 2019-22 gives a profile of the health of people living in Northern Sydney and for particular priority target groups, including older people. The Network's findings for health of older people are that

- the complex needs of an ageing population increase demand on health services
- there are financial barriers for older people in accessing services
- North Sydney- Mosman has a lower proportion of bulk-billed GP attendances
- A growing number of older people from culturally and linguistically diverse backgrounds experience language and cultural barriers in accessing aged services

The Northern Sydney Ageing Strategy 2016 arose from the two regional action plans developed by the NSW Government with councils in Northern Sydney and built on the prior NSW Ageing Strategy and outcomes of community and other stakeholder consultations.

It identifies how NSW Government agencies and councils can work together to deliver outcomes across seven priority areas:

1. providing community information and making referrals
2. collaborating across sectors on planning for population ageing
3. supporting people to plan for their older age
4. increasing the supply of housing for older people and essential workers
5. improving the accessibility of transport for older people
6. supporting the community to be healthy and active
7. providing opportunities for older people to connect with their communities.

Complementary to the regional ageing strategy was the development of the NSROC Regional Ageing Priorities (2013). The major priorities for action were better transport and mobility; more housing choice and affordability; building community capacity to provide social and home support services; and better information that connects people in local communities and increases their participation in healthy choices.

Northern Sydney councils have focussed efforts on progressing opportunities for older people to connect with their communities. This led to the development of the Northern Sydney Social Inclusion Evaluation Framework 2017 between the Northern Sydney councils for evaluation of their strategies to connect and include older people.

The program logic diagram from the Northern Sydney Social Inclusion Evaluation Framework which follows provides a clear overview of the outcomes sought by Northern Sydney councils (including Mosman) in undertaking social inclusion programs and activities, including those specifically targeting older people.

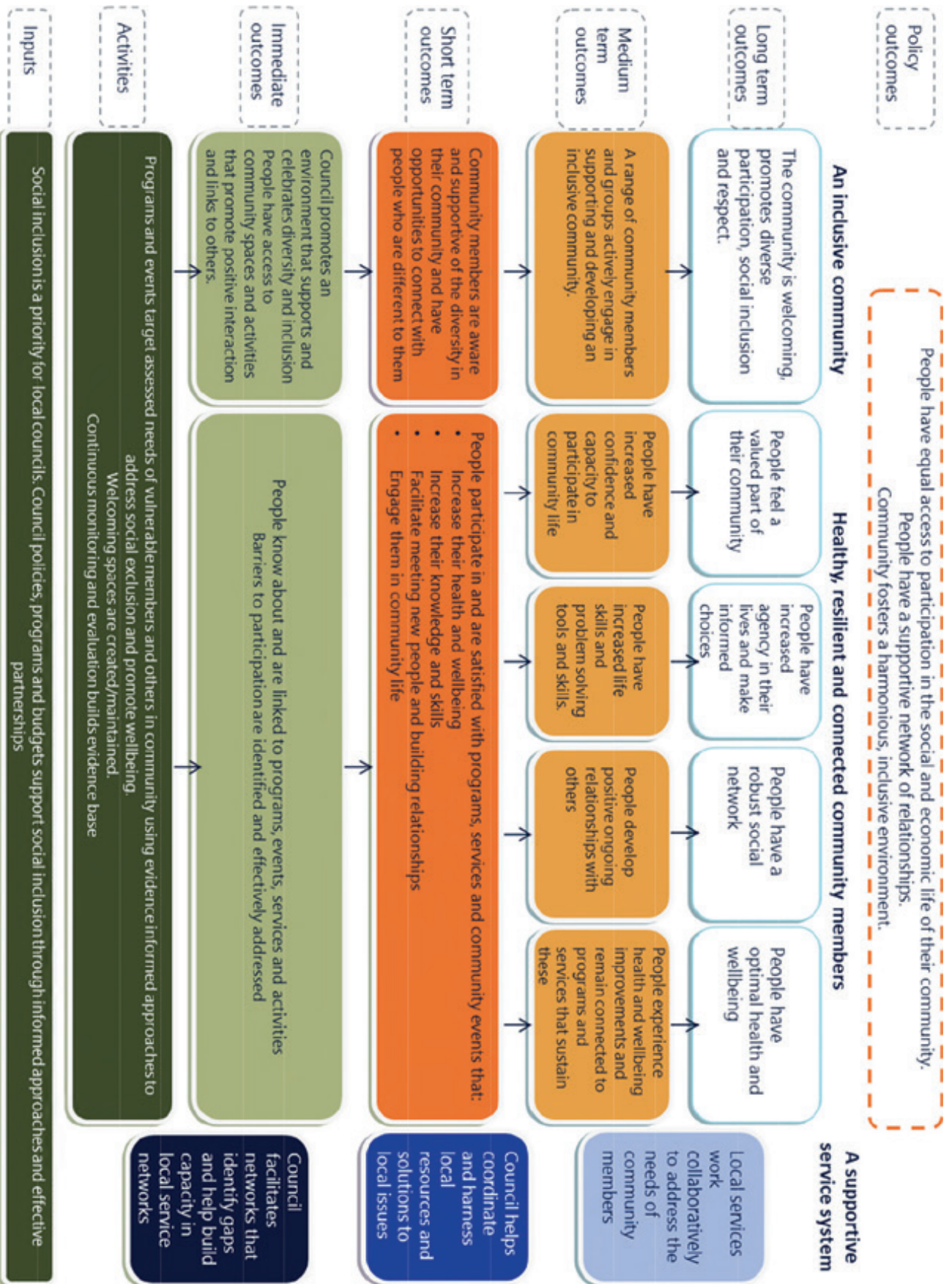


Figure 3 - Program logic for NSROC's social inclusion programs and activities



Mosman
Community Care.

Council Planning

In developing Council’s Community Strategic Plan, MOSPLAN 2018-28, social and demographic data and community consultation outcomes informed the Plan’s directions and strategies.

Social planning documentation such as Mapping Mosman’s Community Services and Programs (January 2018) also provides input on social trends, current provision of services, and identified areas for service enhancement.

Relevant strategies in the Community Strategic Plan include:

Strategic Direction	Relevant strategies
A Caring and Inclusive Community	Assist residents to feel connected to their community and each other
	Ensure support is available for people in need
	Promote opportunities to acknowledge and embrace diversity
A Culturally Rich and Vibrant Community	Nurture cultural and creative endeavours
	Provide further opportunities to laugh, learn and play
An Attractive and Sustainable Environment	Effectively manage parklands for community use
An Informed and Engaged Community	Actively involve the community in planning and delivering Mosman’s future
	Deliver community information that is accurate and readily available
	Ensure the community knows how and why decisions are made
A Business-Friendly Community with Sound Civic Leadership	Council delivers high quality and convenient service to customers
Well Designed, Liveable and Accessible Places	Enhance daily life by providing high quality public infrastructure and public places
	Improve access for everyone to, from and within Mosman
A Healthy and Active Village Lifestyle	Support active healthy lifestyles
	Facilitate safe environments for everyday living

For Council's Disability Inclusion Action Plan 2017-21, many of its actions have and will continue to provide significant benefit for older people, especially those for 'Creating Liveable Communities'.

Urban planning for development also has a major impact on housing, transport and infrastructure for older people. The Local Strategic Planning Statement 2019 includes significant actions around reviewing planning controls for adaptable housing and universal design.

In providing services and programs for older people, Mosman Community Care undertakes consultation and planning with their users.

Mosman Council provides four services funded through the Commonwealth Government under the Commonwealth Home Support Program (CHSP). These are:


- Community Transport
- Food home delivery and community restaurant
- Social Support - individual and group, assistance with shopping, volunteer community companionship
- Sector Support

The following infographic highlights the results by Mosman Community Care over the financial year 2019/2020.


Mosman CommunityCare. OUR IMPACT IN 2019/2020

16,224
Older Adults came to the Centre
Average **1,802** Monthly
90 Daily

**TRANSPORT SERVICE
KEEPS PEOPLE INDEPENDENT**

 **4,124** Trips
provided for older adults
Average **23** Per Day

INDIVIDUAL SOCIAL SUPPORT

 **5,250** Hours received
352 Instances of service

GROUP SOCIAL SUPPORT

1,440 Hours **288** Instances of service
Discussion Group - Saturday Social Club - Care Cafe

 **22** Events

89 People

449 Hours 

Assisting people with their computer literacy and comfort with technology

FOOD FOR SOCIAL CONNECTION

 **3,366** Meals served at the Community Restaurant

MOSMAN MEALS, FOOD SECURITY

18,757 Meals delivered at home 
Average of **1,563** Meals delivered monthly
18% over the GOV target. Up **36%** since 2018/19

FRIDAY YOUTH GROUP



20 Young adults with a disability 18-40 yrs old

264 Hours

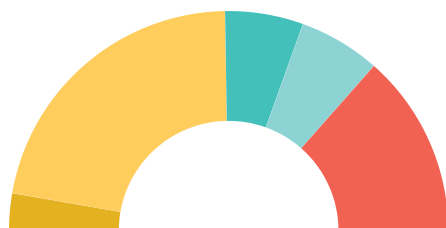
 **HEALTH AND WELLNESS**

4,885 Instances/Sessions

301 People

Improved their health through our Wellness Programs - up 3%!

185 VOLUNTEERS
Helped older adults in our community



Community Transport (5.5%) Mosman Meals (44%)
Centre Activities (11.5%) Restaurant (12%)
Community Care (27%)

ENGLISH CONVERSATION CLASS

63 Adults From **17**
Countries improved their English language skills

CARERS SUPPORT 

818 Hours

61 Carers

Mosman COUNCIL

9978 4128 | Civic Centre, Mosman Square Spit Junction
community.care@mosman.nsw.gov.au

Numbers based on 2019/20 data

Figure 4 - Infographic highlighting Mosman Community Care results over the financial year 19/20

KEY THEMES, CONSULTATION FINDINGS & SUGGESTED ACTIONS

This section addresses the issues, challenges, and opportunities around the eight key themes from the WHO Age-Friendly Cities and Communities Framework, incorporating consultation findings, indicative quotes from respondents, comments on the current context and suggested actions to address them.

From February to April 2020, Council engaged with community members to find out their views about how we can create a better Mosman for people 55 years and over.

Through local media and networks, we reached older residents; carers; family members; volunteers; service providers; and other interested community members through:

- A survey which was undertaken by 199 respondents (online and hard copy)
- Three workshops, specific to community members (28 participants); service providers (15 participants) and the Mosman Carers group (13 participants)
- Nine engagement events undertaken with Peer Volunteer Consultants, including focus groups and stalls at Bridgepoint Shopping Centre and Mosman Market.

There was a positive response across all the consultation to Council engaging with older people in the community. Overall, the feedback confirmed that Mosman has much to celebrate in the quality of life enjoyed by older residents but there is still room for improvement.

The majority of survey respondents felt that Mosman was age-friendly across most domains but were less certain about the age-friendliness of the domains of Housing and Civic Participation and Employment where results were more equivocal. The overall feedback from the workshops and engagement events undertaken by the Peer Volunteer Consultants was very consistent with the survey results and is highlighted where this adds further insights.



1. Outdoor Spaces and Buildings

Ensure footpaths are well-maintained and clutter around shopping precincts is reduced to prevent falls. (Survey respondent)

Theme Description

An age-friendly community provides a pleasant, clean and safe environment with well-maintained green spaces, adequate accessible public toilets, and seating. Buildings and footpaths are accessible, including for people using mobility aids, with safe pedestrian crossings and adequate street lighting.

Consultation Findings

Most survey respondents (86.6%) felt Mosman was age-friendly for outdoor spaces and buildings, particularly the green spaces and civic spaces such as Mosman Square Seniors Centre. At 97.3%, almost all rated it as important (the highest rating of the 8 domains).

The most cited areas for improvement were:

- Fixing uneven footpaths and paving
- Provision of outdoor seats and shelters
- Needing additional accessible public toilets
- Better street lighting; more pedestrian-friendly crossings and traffic calming

The reason for this high rating of importance of outdoor spaces and buildings may be that older people see the immediate relevance of the natural and built environment to their health and wellbeing and quality of life. Urban design and the built environment are integral to active and positive ageing-in-place in the Mosman community and in their homes.

Comment

Council's Environment and Planning Department, with input from the Access and Mobility Consultative Committee, prioritises and implements works to improve the accessibility of open space and the built environment in Mosman. This work is informed by Council's Access Strategy and Pedestrian Access and Mobility Plan (PAMP). Recent improvements have included additional street furniture (seating) in key locations; the building of accessible public toilets in Raglan Street West; a ramp to the water at Clifton Gardens; and installation of outdoor gym equipment in open spaces. With Health data showing Mosman has a significantly higher than average rate of falls-related hospitalisations, it is important that Council appropriately addresses trip-hazards such as uneven footpaths and paving and barriers to pedestrian paths of travel.

Suggested Actions

1. Continue to program and fund footpath and paving repairs and reconstruction as part of Council's annual planning and budgetary process.
2. Explore opportunities for installation of additional outdoor seats and covered shelters as part of public domain improvements.
3. Monitor community feedback on the adequacy of accessible public toilets in Mosman and consider additional accessible public toilets in future developments.
4. Ensure information on the location of accessible public toilets is promoted.
5. Continue to advocate and liaise with state instrumentalities for better street lighting and traffic calming.
6. Encourage Mosman businesses to consider appropriate access improvements
7. Review existing access audits for relevance and currency for older people.

2. Transportation

Accessible, frequent and cheap – very impressive. (Survey respondent)

Theme Description

An age-friendly community has available, accessible, reliable, frequent, affordable, integrated, comfortable and safe public transport. It has transport options for older people experiencing difficulties using public transport. There is optimal driving conditions and appropriate parking and drop off/pick up bays.

Consultation Findings

At 75.9%, most survey respondents felt that Mosman was age-friendly for transportation, pointing to the relatively good public bus and ferry network to key locations, and 88.1% indicated this domain was important to them.

The most cited areas for improvement were:

- The need to retain the existing bus and ferry services and have more frequent services on weekends and evenings
- Increased parking and parking times and drop off/pick up bays to allow for shopping, medical and other appointments
- Expanded community transport within and outside of Mosman.

Comment

Mosman has been relatively well served by public buses and ferries to date along major corridors. However, as recently demonstrated with proposed ferry route changes, there needs to be continued vigilance and advocacy with the NSW government to maintain and enhance these services, particularly to locations with less access to services.

Council has provided a community transport service for older people under the Commonwealth Home Support Program (CHSP) and also offers transport services to residents with specific transport needs through the A to B service. There are other CHSP community transport providers that also offer services to eligible Mosman residents.

Other on-demand commercial transport services, such as Uber, also provide potential transport options for older residents. Transport 'training' can assist older people making the transition from driving to being informed about and confident in using other transport.

Suggested Actions

1. Monitor the continued provision of existing bus and ferry services and advocate for weekend and evening coverage.
2. Investigate the feasibility of establishing additional drop off/pick up bays in identified locations.
3. Continue to provide a range of community transport services to Mosman residents.
4. Investigate expansion of Council's volunteering program to include new volunteer driver roles to enable more transport options
5. Develop and promote a local mobility map

3. Housing

Housing needs to be close to other family and facilities especially when not driving. (Survey respondent)

Theme Description

An age-friendly community provides adequate, affordable, well-designed and safe housing options that are close to services and facilities. It has adequate and affordable home maintenance and modification services to assist ageing in place.

Consultation Findings

At 49.9% approximately half of all survey respondents felt Mosman was age-friendly for housing, which was significantly less than for other domains of the Age-Friendly Framework.

Respondents seemed less certain of their opinions on the age-friendliness of housing in Mosman, with 28.1% or more than a quarter responding they were 'unsure' and 77.1% indicating this domain was important to them. Comments suggest that many respondents felt existing housing stock per se did not incorporate age-friendly design.

The most commonly cited areas for improvement were:

- Inclusion of accessible and universal design in new and renovated developments
- Well-designed seniors housing located near facilities and transport
- Increased affordable housing
- Enhanced home maintenance and modification services for people living at home.

Comment

While most housing stock in Mosman is of a relatively high quality, most houses and units do not fully incorporate universal design to facilitate access for people with disability or frailty and ageing-in-place. Universal design principles could be incorporated with new development and retrofitted to existing housing. Council could play a leadership role in encouraging developers and homeowners to consider incorporating these features in their development or renovation. Council supports community and social housing providers, including Link, Bridge, the Women's Housing Company, and Women's Community Shelters to offer affordable housing in Mosman. Council will continue to liaise with other councils in Northern Sydney to identify opportunities for affordable housing in the region. The Mosman Local Housing Strategy 2020 acknowledges the high proportion of older people living in Mosman and includes several actions that will be pursued by Council to facilitate appropriate housing for Mosman's ageing population.

Suggested Actions

1. Develop a Council fact sheet and related promotional materials to promote incorporation of universal design principles to developers and other applicants for all new residential development and renovations.
2. Review development control plans to ensure best practice for adaptable housing and universal design.
3. Work with Northern Sydney Regional Organisation of Councils (NSROC) colleagues on regional planning matters including affordable housing.
4. Promote the existing publicly subsidised home maintenance and modifications service to eligible older residents in Mosman.

4. Social Participation

I don't believe older people need to be treated as a separate group. Let's find more ways to bring all residents together on a regular basis. (Survey respondent)

Theme Description

An age-friendly community provides opportunities for older people to participate in a range of accessible, affordable and engaging social activities and encourages participation, inclusion, and intergenerational connection.

Consultation Findings

At 74.3%, most survey respondents felt Mosman was age-friendly for social participation and 82.1% indicated it was important to them. Positive comments were provided on Council's services, including Mosman Square Seniors Centre, in facilitating social participation as well as the myriad community-based clubs and groups.

The most commonly cited areas for improvement were:

- Provision of information and promotion of local activities.
- Greater recognition of the diverse needs of people 55 years+
- Expansion of intergenerational social activities

At the pop-up consultation events undertaken with Volunteer Peer Consultants, there was significant support by participants for more informal, less structured social activities and for those that catered for people who were more active as well as frail older people.

Comment

Older residents enjoy a myriad of opportunities for social participation through community-based clubs and organisations as well as Mosman Square Seniors Centre, Mosman Art Gallery and Barry O’Keefe Library which have a specific focus on promoting social connection. Mosman has numerous cafes, restaurants and parklands that also provide an avenue for social interaction. However there still remain some older people who are socially isolated or at risk of isolation and who experience loneliness and other issues.

Mosman Community Care actively reaches out to offer support to isolated residents that come to their attention but is also reliant on good neighbours and other community members to seek support for them. The growing interest in intergenerational activities has been recognised by Council services in holding more events such as tournaments, concerts and workshops to bring children, young people and older people together. There is also awareness of the wealth of expertise of older residents and the potential for successful community-led initiatives, such as the Waverton Hub , to increase social and other opportunities for older people in Mosman.



Suggested Actions

1. Produce an annual guide for older residents on local services, programs and activities that can be downloaded from Council's website.
2. Continue to actively review programming for Mosman Square Seniors Centre to ensure diverse needs of people 55+ continue to be met, including those from culturally diverse backgrounds.
3. Continue providing volunteer opportunities for social support, welcoming and inclusion for isolated people to participate in Council and non-Council activities.
4. Investigate opportunities with other local clubs and organisations.
5. Where appropriate, encourage community-based sporting, leisure and learning clubs and organisations to expand their offering to residents 55 years and over and to incorporate intergenerational activities.
6. Encourage inclusion in programming for activities for people 55 years and over at Mosman Swim Centre.
7. Support community-led initiatives by older residents to expand the offering of social and other activities to meet the diverse needs of people 55 years and over.
8. Build on existing joint efforts with external agencies and other councils to reach and offer support to older people who are at risk of social isolation.
9. Further embed community connection and inclusion strategies across all relevant Council services and programs, including Mosman Community Care.
10. Update Council's campaign 'Every day is Neighbour Day' to promote community messaging about neighbourliness and available support for older people.
11. Undertake intergenerational activities across Council, including Children and Family Services; Youth Services, Library, and Art Gallery.
12. Investigate community interest in a range of different skills classes at the Mosman Square Seniors Centre.
13. Maintain high quality programs focussed on lifelong learning and creative ageing opportunities for older people through Council programs, including Mosman Square Seniors Centre; Barry O'Keefe Library and Mosman Art Gallery and other non-Council providers.

5. Respect and Social Inclusion

Although I have experienced ageism elsewhere, I find Mosman to be very tolerant, inclusive and inventive. (Survey respondent)

Theme Description

An age-friendly community respects and includes older people, values their present and past contributions, and is helpful to them. Older people are consulted on ways to serve them better, and are included as partners in decision-making affecting them.

Consultation Findings

At 75.2%, most respondents felt Mosman was age-friendly in respect and inclusion of people 55 years and over. It was telling that at 92.7%, the overwhelming majority of respondents rated respect and inclusion as important, the second highest rating for any of the domains.

The most commonly cited areas for improvement were:

- Community education to challenge ageism and promote positive community attitudes
- Expanded intergenerational activities to promote respect and inclusion
- Extension of opportunities for consultation and engagement with older people

Comment

Council has previously undertaken activities to counter ageism in the community and provide positive images of older people and their significant contribution in the community, including 'The Art of Ageing' photographic exhibition held at Mosman Seniors Centre in 2019. The intergenerational activities organised by Council are also predicated on respect and inclusion of all generations. Unfortunately, ageism and elder abuse are significant problems in Australian society and more work needs to occur across the community to tackle these issues, seek support for those affected and raise community awareness and prevention. Mosman Community Care currently liaises with relevant agencies, including Health and Police, and further expansion of joint initiatives with these agencies can raise community awareness of the rights of older people, including the prevention of abuse. Further this work to promote respect and social inclusion needs to ensure that older people from all backgrounds are valued and appreciated, and no one is excluded based on age, race, culture, language, gender, sexuality, ability, or socio-economic status.

Suggested Actions

1. Support anti-ageism campaigns and messaging, recognising links between ageism, barriers to healthy ageing and elder abuse
2. Promote positive stories on older people, ageing, and intergenerational connection.
3. Raise community awareness of elder abuse and supports available to those affected
4. Ensure Council programs, services and initiatives value the diversity of older people, including people who are Aboriginal; from culturally and linguistically diverse backgrounds; lesbian, gay, bisexual, transgender, intersex or queer (LGBTIQ); living with disability, dementia, chronic disease or mental illness; carers; and from lower socio-economic status.

6. Civic Participation and Employment

Should be more effort to engage older residents and younger people in joint activities to share skills. (Survey respondent)

Theme Description

An age-friendly community supports older people in paid and volunteer work and fosters their participation in civic life. Their contributions are valued and acknowledged.

Consultation Findings

At 56.9%, just over half of respondents felt that Mosman was age-friendly for civic participation and employment and at 27.7% or just over one-quarter being 'unsure'. Comments indicate it may be as much about lack of information as well as perceived limited opportunities, particularly for employment. At 85.8% this domain was considered by the majority to be important to them.

The most commonly cited areas for improvement were:

- Further communication on ways for older people to participate in civic life and Council engagement processes
- Promotion of volunteering opportunities (Council and non-Council)
- Creation of new volunteering roles that utilise the skills and expertise of older people

Comment

Council's Community Engagement Policy and the related Community Engagement Toolkit identifies a range of ways Council will communicate and engage with older residents on a regular or themed basis. Its Customer Service Policy facilitates a customer focus with effective and timely responses. With a highly educated and articulate community, Mosman benefits from significant community participation and feedback through its engagement processes, particularly from older residents. As highlighted through the survey undertaken for this project, older residents are keen to participate even further and consideration can be given to how best to expand effective consultation and engagement with them at strategic and operational levels.

Council significantly utilises older people in its volunteering programs, with a total of 327 volunteers of which 135 or 41.3% are over 55 years of age. With such a highly educated and skilled population, there may well be the potential for more skilled volunteering roles across Council or local organisations such as mentoring; support for people who are isolated or in need; and inclusion for people with disability.

Suggested Actions

1. Ensure that all sectors of the community, including older people, are appropriately consulted as part of Council planning processes.
2. Work with Council's Access and Mobility Community Consultative Committee to ensure that social inclusion issues for older people, including access and mobility, are considered.
3. Consider broadening the role of Volunteer Peer Consultants to work with Mosman Community Care and other Council programs to engage older residents in Council consultative processes, existing programs and services, and new initiatives
4. Develop the volunteer database to incorporate a skills register for those volunteers able and interested to offer specific skills to the local community.
5. Promote specific Council and non-Council volunteering opportunities in Mosman.
6. Work with Mosman Chamber of Commerce regarding programs for employment of older workers to promote with local business.

7. Communication and Information

Keep up the conversation. Keep communication channels open. (Survey respondent)

Theme Description

An age-friendly community ensures widespread distribution of 'the right information at the right time' through a variety of accessible media for older people. Person-to-person service is available on request. There is public access to computers and the internet.

Consultation Findings

At 74%, almost three-quarters of respondents felt that communication and information in Mosman was age-friendly, and 89.5% felt this was important to them. Positive comments pointed to Council communication through various mediums and that Council's Customer Service, Library and Seniors Centre provided helpful information.

The most commonly cited areas for improvement were:

- Significantly enhanced digital literacy education for older residents
- Continuation of printed, phone and face-to-face communication
- Provision of printed and home-delivered regular local newspapers and newsletters
- Offer a 'one-stop shop' for information for older residents

Comment

While many respondents to this consultation were complimentary to Council on its communication, many older people in this and previous consultations have also reported difficulty with accessing information (Council and non-Council). Some older residents do not have computer access or sufficient skills to fully utilise the online environment. Mosman Square Seniors Centre and Barry O'Keefe Library have been very proactive in offering group and individualised computer training and computer access for older people and the ongoing enhancement of technological education and access would be beneficial. While the non-digital cohort will significantly shrink over future years, there is still a current need to provide printed hard-copies, phone and face-to-face information to complement online information. Mosman Community Care currently offers an invaluable information hub for older people and this could be further developed and promoted within the community.

The printed Mosman Daily remains an important source of local information for many local residents alongside Council newsletters. As previously highlighted, a brief Council guide on local services, programs and activities could fill a gap in local information.

Suggested Actions

1. Maintain Council's commitment to improving digital literacy for older people through Barry O'Keefe Library, Mosman Square Seniors Centre, and other local organisations.
2. Ensure Council's communication and information strategies continue to make provision for some older residents who do not have computer access.
3. Follow up funding and other opportunities to enhance information services for older people and their families offered through Mosman Community Care.

8. Community Support and Health Services

Pretty hard to find a bulk-billing doctor. I go to a doctor out of the area (Survey respondent)

Theme Description

An age-friendly community has an adequate range of affordable and accessible health and community support services for promoting, maintaining and restoring health. Health and social services and residential care facilities ensure older people remain connected in the community. Services address the needs of older people.

Consultation Findings

At 67.6%, approximately two-thirds of the survey respondents felt that community and health services in Mosman were age-friendly and 21.5% were 'unsure'. Comments indicated that this equivocation may be partly due to a lack of knowledge of available services and limited affordable community and health services. There were positive comments about the breadth and quality of community services offered through Mosman Community Care. At 91.6%, this domain was also rated by the majority of survey respondents as important, the third highest rating, with comments indicating concern about being able to access appropriate community and health care for current and future needs.



The most commonly cited areas for improvement were:

- Affordable primary, specialist and allied health services, including GP bulk-billing
- Increased provision of affordable and flexible community care services (non-Council and Council) that can support people with temporary and permanent impairments
- Outreach and support services for older people who are isolated and vulnerable eg people with mental health issues or dementia or with a limited social support network.

Feedback through the consultation workshops raised similar issues.

The Carers Group consultation raised specific concerns with the lack of information and complexity in accessing publicly funded or subsidised health and community care services and dementia care and support. Carers highlighted the limited availability of respite services (including overnight, day and in-home services) and support for male carers.

At the workshops for community members and service providers, there was consistent feedback on the need for more targeted services and programs for men, people with dementia, and people at risk of isolation. There was also agreement on the need to raise awareness and provide information and education on life planning for people in their 50's and 60's to better meet their financial, social, legal, housing and care needs as they age. There was also significant support for Council continuing to promote information on available services, programs, activities, and lifelong learning.

Comment

Mosman has close access to world-class public and private hospitals and associated outpatient clinics as well as local general practitioners and allied health services. However, for those unable to afford gap fees, the limited number of GP practices that bulk-bill is of concern as is for specialists and allied health services. Mental health issues, including anxiety and depression can often go unrecognised in older people and their carers and there is a need to promote better community awareness and access to mental health support. Community resilience has been sorely tested in 2020/21 with the COVID-19 pandemic and many older people have felt vulnerable and isolated. Council's Mosman Community Care services quickly responded with telephone and other support.

Yet there may be other ways Council can support the resilience of older people in challenging times, including catastrophic events such as recently experienced with the COVID-19 pandemic and future climate change impacts. Similarly there is much younger generations can learn about resilience from older residents who may have lived through depressions, wartime and other major life events.

For Commonwealth funded community care services for eligible people 65 years and over, Mosman residents can choose from a plethora of service providers. As reported through the positive feedback in the consultations, Mosman residents have the benefit of the locally-based and Mosman Community Care (MCC) services provided by Council.

MCC provides a comprehensive range of integrated services to support older people to remain living independently in their homes, including meals services, community transport, and social support. It also provides significant support to carers and actively promotes dementia support through its programs. It has positioned itself well in responding to its user needs, Commonwealth service standards and Council objectives. However, possible future changes to Commonwealth funding may require a reshaping of these services. There are also services that MCC does not provide such as home modifications and maintenance, domestic assistance and personal care and the four levels of home care packages for people with higher level needs. These often have long waiting periods for people to access services and therefore lead to premature entry to residential aged care.

The Aged Care Commission findings and recommendations and the Commonwealth Government's response in 2021 are likely to lead to significant reform of the aged care system, including community care. Council will need to consider the implications of these policy and funding changes and options for its continuing role in supporting older residents.



Suggested Actions

1. Liaise with the Sydney North Health Network regarding access to GP bulk billing; participation in health screening (including 75+ years health assessments; bowel and breast cancer screening; mental health and falls prevention).
2. Promote the availability of health screening, mental health support services and falls prevention programs for older residents.
3. Ensure MCC services remain relevant to and reaching older men as well as women.
4. Increase promotion of available services and programs (Council and non-Council) through a variety of media to raise awareness and access to support.
5. Provide dementia training for Council customer-facing staff, including but not restricted to Civic Centre reception and Mosman Community Care staff.
6. Undertake ongoing assessment of Council's Seniors Centre and other MCC and Council programs for suitability in serving people with dementia and their carers.
7. Promote dementia-friendly business resources with Mosman Chamber of Commerce
8. Offer information and forums for residents 55 years and over to assist them in undertaking retirement and life planning, including health promotion; lifelong learning; care and support; housing; financial; and legal matters.
9. Consider establishing a User advisory group for Mosman Community Care, to provide input into, and to assist with wider consultation with older people for service and program delivery. This should include representation of carers and people with dementia.
10. Strengthen working relationships and partnerships between Mosman Community Care staff and key external agencies providing support to older residents
11. Continue interagency initiatives to engage older people who may be socially isolated to connect with services and the wider community.
12. Review the Commonwealth Government's response to the findings and recommendations of the Aged Care Royal Commission with a view to determining Council's options for its roles in supporting older residents.
13. Build in resilience strategies in Council's programs and services for older people to ensure their continued health and wellbeing.

SUMMARY

The feedback provided by older residents and other stakeholders has provided valuable information for Council on ways to improve the wellbeing and quality of life for people 55 years and over.

These results will inform Council service, program and strategic planning and the ongoing development of Council's Positive Ageing Framework.

Council thanks the many older residents, carers, family members, volunteers, service providers, and other interested community members for their participation and support in sharing their views and ideas to make Mosman even more age-friendly.

With the Commonwealth Government's response to the Final Report of the Aged Care Commission, there will inevitably be significant future changes in aged care policy and funding. This may require further consideration by Council of its future role in supporting Mosman's older residents. Regardless, Council's role in social planning, community development and advocacy will require ongoing review to ensure older residents receive the support they require to age well in Mosman.

This Positive Ageing Framework has highlighted Council's focus on supporting older residents to remain healthy, active and engaged. While services are an integral part of supporting older people in the community, the Framework acknowledges the many other elements that make for an age-friendly environment. A whole-of-Council and whole-of-community approach is needed to deliver the right kinds of outcomes for Mosman.

As an ageing community, it is important that Council continues to monitor and respond to demographic and social trends, Commonwealth and NSW government policy development, and the needs and aspirations of older residents. By ensuring that older residents continue to be actively engaged in its planning processes, Council will be best placed to deliver a better Mosman for over 55's.



APPENDIX 1

Demographic Profile of Older People in Mosman

A Demographic Snapshot

With an estimated Total Resident Population at 30 June 2019 of 30,981, compared to Greater Sydney, Mosman is characterised by:

- A relatively older median age at 42 years (37 years Australia wide)
- Long life expectancy, for people 65+ in 2018, life expectancy was 89.9 (90.6 for females & 88.6 for males), increasing by 2 years since 2001.
- An ageing population, with people 55+ at 9,073 or 29.7% (24.7% in Greater Sydney) and forecast to grow to 33.4% or one-third of the total population by 2036
- Continued population ageing, with forecasts indicating the five year age groups with the greatest growth between 2016 and 2036 being all older groups with an increase by 2036 in age groups for 75-79 (+419); 80-84 (+377); 60-64 (+311); 85+ (+184) and 55-59 (+148).
- The areas in Mosman with the highest percentages of people 85 years and over (who may have higher support needs) are Middle Harbour, Mosman Junction; Mosman Central, Beauty Point-The Spit and Balmoral.
- One-third of people 55+ were overseas born, mainly from English speaking countries
- Less cultural diversity than Greater Sydney in people 55+ but this is slowly changing with 10.2% of people 55+ in Mosman speaking a language other than English.
- The top ten community languages were Mandarin; Italian; Cantonese; French; Greek; German; Spanish; Japanese; Polish; and Croatian.
- Higher education levels, with 55% of people 55+ having tertiary qualifications and higher internet connection at 89.9% for people 55-64 and 80.4% for people 65+.
- Higher workforce & educational engagement, with 43% of those 55-64 fully engaged.
- Higher volunteering rates for all residents 15 years and over at 25.6%
- Higher weekly household income, with 35.8% of people aged 65+ earning \$2,500 or more. However there were 25.2% or a quarter with income less than \$1,000.
- Higher percentage of lone person households of people 55+ at 16.9% and for people 65+ at 29.2%.
- A higher percentage of people 65+ who at 70.3% own their homes outright. Approximately 10% had a mortgage, 9% renting privately and 1.3% in social housing

Population Profile & Forecasts

A summary of relevant demographic data follows with graphs and tables of the most salient information relating to ageing. This information has been sourced from Mosman's population profile, atlas and forecast (based on ABS 2016 Census data) unless otherwise specified.

With an estimated resident population of 30,981 at June 2019, Mosman's population ageing is characterised by:

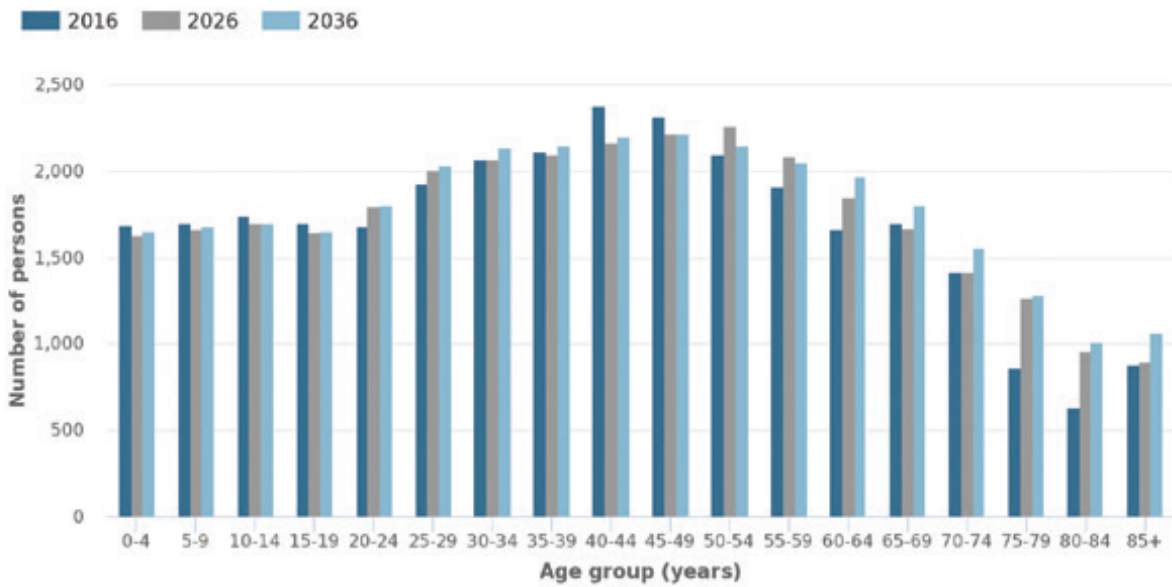
- A relative older median age of 42 years (37 years for Australia-wide)
- Long life expectancy, for people 65 years of age in 2018, life expectancy was 89.9 years for all persons in Mosman, with 90.6 for females and 88.6 for males¹⁴. This has increased by approximately 2 years since 2001, when life expectancy for people 65 years of age was 87.2 years for all persons in Mosman, with 88.5 for females and 85.3 for males.
- The population profile and forecasts indicate a significantly ageing population. People 55 years and over numbered 9,073 or 29.7% in 2016, increasing from 7,904 or 28.8% in 2011. Population ageing is more pronounced in Mosman, with 55+ in Greater Sydney being 23.5% in 2011 and 24.7% in 2016, and in NSROC region 26.2% in 2011 and 27% in 2016.
- Forecasts indicate this ageing trend increasing further in Mosman, with 55 + years increasing to 10,147 or 32.3% in 2026; and 10,742 or 33.4% in 2036, representing one-third of the total population.
- Residents 65 years and over were 5,447 or 18.1% of total population in 2016 (rising from 14% in 2011), compared with 15.8% for NSROC or 13.9% in Greater Sydney
- Population forecasts show an increase in people 65 years and over from 5,447 or 18.1% in 2016; 6,212 or 19.7% in 2026; and 6,713 or 20.9% in 2036.
- The five areas with the highest percentages of 65+ population were Balmoral (21.8%); Middle Harbour (21.3%); Mosman Central (19.2%); Mosman Junction (19.0%); and Beauty Point - The Spit (18.7%).
- Residents 85 years and over numbered 910 or 3.2% of total population in 2016, (3.1% in 2011) compared with 2.7% for NSROC and 2% for Sydney.
- The five areas with the highest percentages of 85+ population were Middle Harbour (5.2%); Mosman Junction (3.2%); Mosman Central (3.1%); Beauty Point - The Spit (2.7%); and Balmoral (2.1%)
- Population forecasts show an increase for people 75 years and over from 2,379 or 7.8% in 2016; to 3,122 or 9.9% in 2026; to 3,358 or 10.4% in 2036.
- The five year age groups with the greatest growth forecasted between 2016 and 2036 are the age groups 75-79 years (+419); 80-84 years (+377); 60-64 years (+311); 85 years and over (+184) and 55-59 years (+148).

The following graphs highlight population ageing forecasts in Mosman to 2036.

¹⁴ Data sourced from Health Stats NSW, Life Expectancy by LGA, NSW Government 2018

Forecast age structure - 5 year age groups

Mosman Municipal Council - Total persons

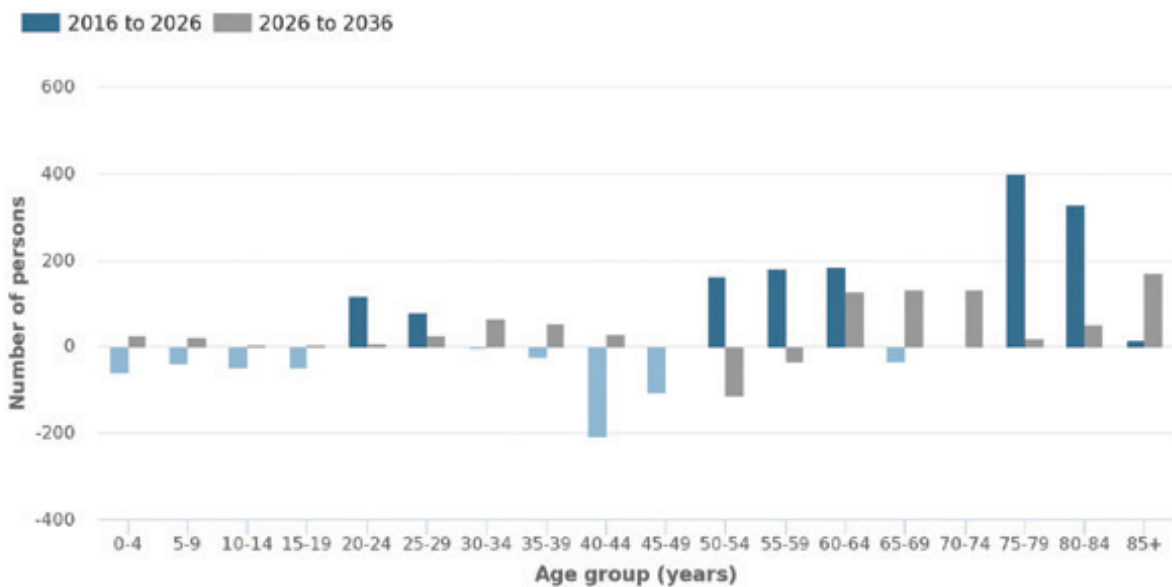


Population and household forecasts, 2016 to 2036, prepared by .id the population experts, December 2017.



Forecast change in age structure - 5 year age groups

Mosman Municipal Council - Total persons



Population and household forecasts, 2016 to 2036, prepared by .id the population experts, December 2017.



- Older lone person households (65+) numbered 1,417 or 12% of total households in 2016, with 9.1% for NSROC and 8.1% for Greater Sydney.
- At June 2018 there were 1,199 people receiving the Age pension (part or full not specified); 28 people receiving carers payment; and 189 people receiving a carer allowance¹⁵.
- For overseas born, 2,941 or 33.2%, being one-third of people 55 years and over were born overseas, mainly from English speaking countries, with the top non-English speaking countries of birth being China (140 or 1.6%); Germany (95 or 1.1%); Italy (81 or 0.9%); India (63 or 0.7%); & Malaysia (56 or 0.6%).
- For languages spoken at home, 10.2% of people 55 years and over spoke a language other than English at home. The top 10 community languages were Mandarin (118 or 1.3%); Italian (91 or 1%); Cantonese (74 or 0.8%); French (69 or 0.8%); Greek (65 or 0.7%); German (62 or 0.7%); Spanish (53 or 0.6%); Japanese (33 or 0.3%); Polish (23 or 0.3%) and Croatian (21 or 0.2%)
- Residents who identify as Aboriginal and Torres Strait Islanders in Mosman are relatively few but are growing at 58 or 0.2% (27 or 0.1% in 2011).
- For education, 4,871 or 55% of people 55 years and over in Mosman have a tertiary qualification, double that for Greater Sydney at 27.9%

¹⁵ Data sourced from Selected Government Benefits and Allowances, Regional Statistics, ABS. 2018

- With need for assistance with core activities, 650 people 65 years and over self-reported need for assistance with core activities in 2016. In Mosman people 65 + years (the age group eligible for the Commonwealth Home Support Program) were less likely to self-report need for assistance with core activities than for Greater Sydney. This is particularly so for those under 85 years. For those 85 years and over in Mosman, 395 or 43.5% self-reported need for assistance, which was less than that for Greater Sydney at 50.4%.
- For workforce and educational engagement, a significantly greater proportion of older residents in Mosman were engaged compared with Greater Sydney and with a slight rise in engagement for Mosman residents since 2011.
- For residents 55-64 years, 1,462 or 43.1% were fully engaged (39.3% for Greater Sydney); 813 or 24% partially engaged (21% for Greater Sydney); and 880 or 25.9% disengaged (33% for Greater Sydney).
- For residents 65 years and over, 469 or 8.6% were fully engaged (5.9% for Greater Sydney); 812 or 14.9% partially engaged (7.9% for Greater Sydney); and 3,669 or 67.1% disengaged (7.7% for Greater Sydney).

Mosman Council area - Persons (Usual residence)				2011			Change
Assistance needed by age group (years)	2016			Number	% total age group	Greater Sydney %	2011 to 2016
	Number	% total age group	Greater Sydney %				
65 to 69	36	2.2	8.5	31	2.1	7.7	+5
70 to 74	58	4.1	11.8	44	4.7	11.4	+14
75 to 79	67	7.4	18.7	54	8.0	18.1	+13
80 to 84	94	14.6	29.9	129	19.2	27.7	-35
85 and over	395	43.5	50.4	368	43.9	48.4	+27
Total persons needing assistance	878	3.1	4.9	792	2.9	4.4	+86

Figure 5 - Need for assistance with core activities by age

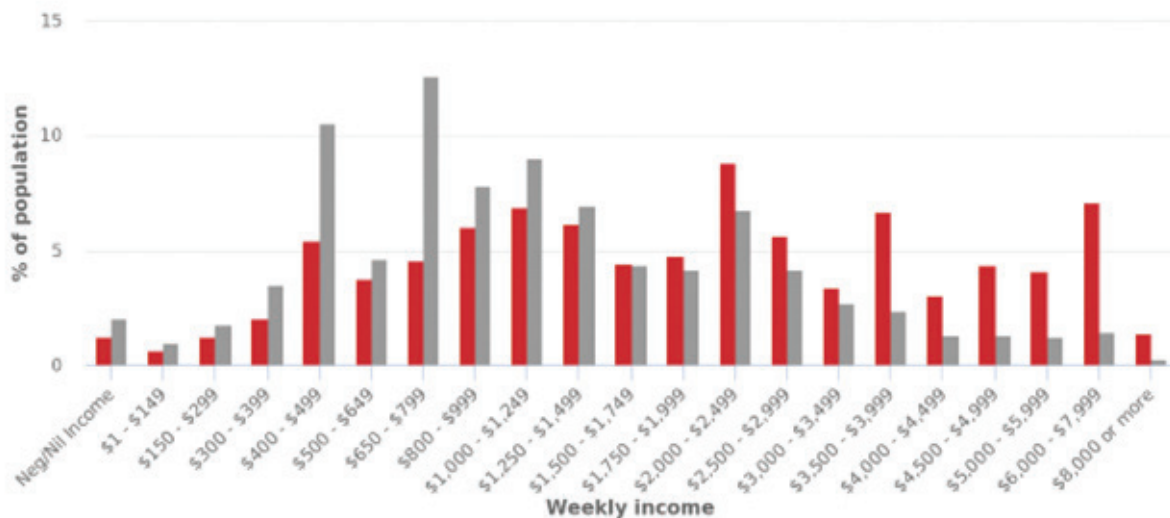
Source: Australian Bureau of Statistics, Census of Population and Housing 2011 and 2016

- For hours of work, 2,237 people aged 55 to 64 years living in Mosman were employed, of which 1,433 or 61.3% were working full time (35 hours per week or more) and 771 or 33% part time (less than 35 hours per week). For 65 years and over, 1,230 people were employed, of which 450 or 36% were full time and 748 or 59.8% were part-time.
- For voluntary work, 25.6% of residents 15 years and over in Mosman reported doing some form of volunteering compared with 16.7% for Greater Sydney.
- For unpaid care, there were 621 carers aged 55-64 years and 635 carers aged 65 years or more in Mosman (1,256 for total 55 years and over).providing unpaid assistance to a person with a disability, long term illness or old age
- For unpaid child care, 301 or 13.4% of people aged 55-64 years and 923 or 16.9% of people 65 years and over provided unpaid care for children other than their own.
- For household income, 53.2% of people aged 55 to 64 years were in households earning \$2,500 or more per week. However, there were also 10.8% in households earning less than \$1,000 per week.
- Household affluence for older residents reduces as more people enter retirement and move to limited income from superannuation, age pension, or other income sources. For people 65 years and over, 35.8% of people aged 65 years and over were in households earning \$2,500 or more per week and 25.2% were in households earning less than \$1,000 per week.

Weekly household income, 2016

People aged 65 years or more

■ Mosman Municipal Council ■ Greater Sydney



Source: Australian Bureau of Statistics, Census of Population and Housing, 2016 (Enumerated data). Compiled and presented by .id, the population experts.



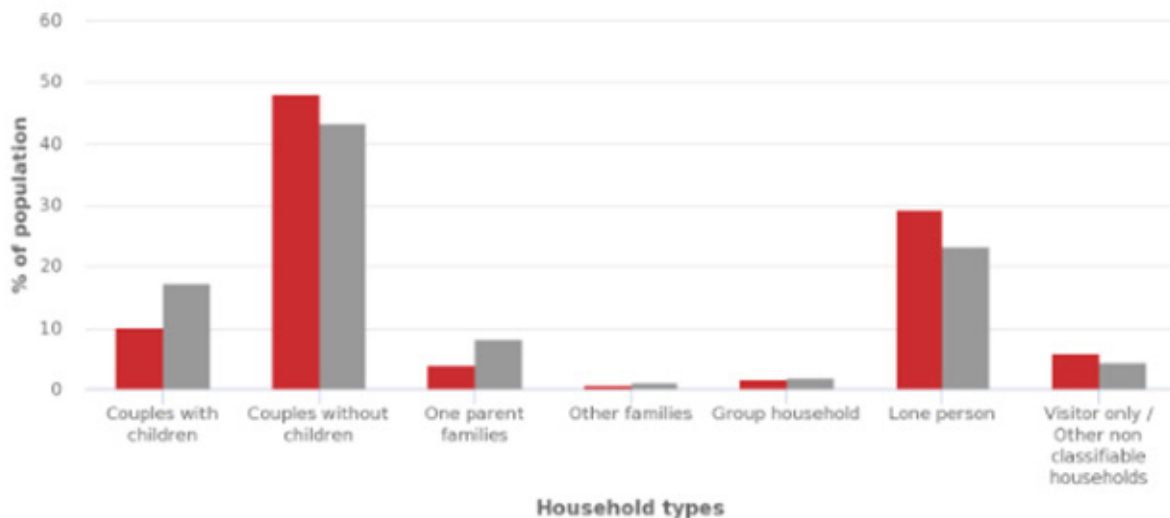
▪ For household type for people 55-64 years, the most common household types were ‘couples with children’ at 1,219 or 37.7% (increasing from 30.8% in 2011); ‘couples without children’ at 983 or 30.4% (decreasing from 36.2% in 2011); and ‘lone-person’ at 546 or 16.9% (decreasing from 17.3% in 2011). Mosman had a higher percentage of lone person households or this age group with the Greater Sydney average being 12.8%.

▪ For household types for people 65 years and over, the most common household types were ‘couples without children’ at 2,401 or 48.2% (decreasing from 46.2% in 2011), ‘lone person’ at 1,456 or 29.2% (decreasing from 32.2% in 2011); and ‘couples with children’ at 507 or 10.2% (increasing from 8.7% in 2011). Mosman had a significantly higher percentage of lone person households for this age group with the Greater Sydney average being 23.2%.

Household type, 2016

People aged 65 years or more

■ Mosman Municipal Council ■ Greater Sydney



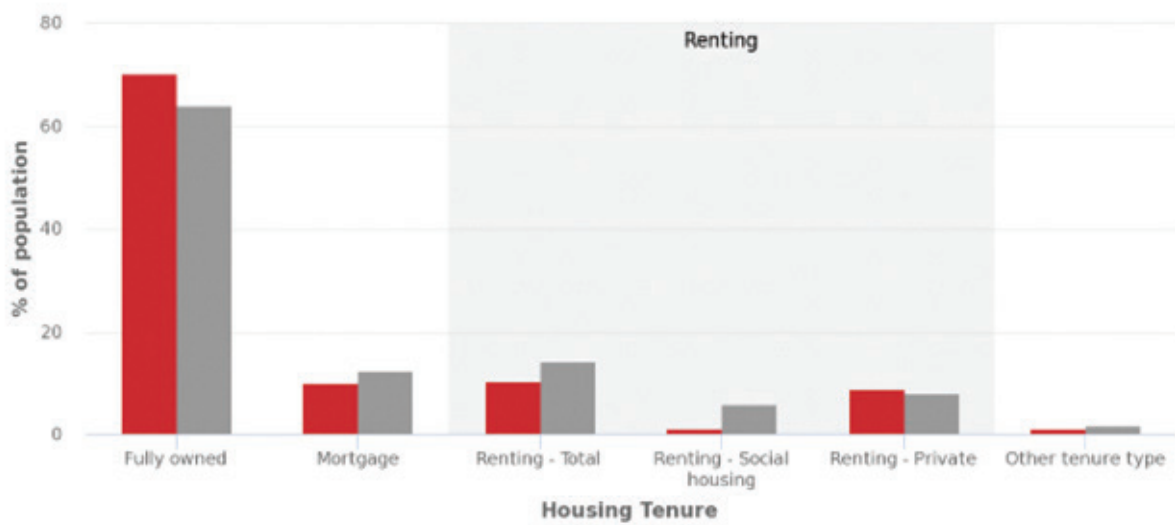
Source: Australian Bureau of Statistics, Census of Population and Housing, 2016 (Enumerated data). Compiled and presented by .id, the population experts.

- For housing tenure for people 55-64 years in Mosman, there were 1,462 or 45.2% who fully owned (decreasing from 50% in 2011); 956 or 29.5% with a mortgage (increasing from 26.9% in 2011); 553 or 17.1% renting privately (increasing from 14.3% in 2011) and 22 or 0.7% renting in social housing (increasing from 0.2% in 2011). Mosman had a higher percentage of people 55-64 who fully owned their house with the Greater Sydney average being 40.5% and significantly less people who rented through social housing with the Greater Sydney average being 4.7%. For housing tenure for people 65 years and over in Mosman, there were 3,497 or 70.3% who fully owned (decreasing from 71.4% in 2011); 502 or 10.1% with a mortgage (increasing from 8.8% in 2011); 443 or 8.9% renting privately (increasing from 7.6% in 2011); and 64 or 1.3% renting from social housing (decreasing from 1.6 % in 2011). Similar to the 55-64 years cohort, Mosman had a greater percentage of people owning their house outright compared to the Greater Sydney average at 64.1% and lower percentage of people renting from social housing with the Greater Sydney average at 5.8%.
- For dwelling structure for people 55-64 years in Mosman, 1,614 or 50% lived in a separate house (decreasing from 54.3% in 2011) and significantly less than the Greater Sydney average of 69.8%. Medium density dwellings accounted for 809 or 25.1% (increasing from 22.7% in 2011) and significantly more than the Greater Sydney average of 16.4%. High density dwellers numbered 787 or 24.4% (increasing from 22.4% in 2011) and almost double the Sydney average of 12.9%. For dwelling structure for people 65 years and over in Mosman, 1,976 or 39.7% lived in a separate house (decreasing from 43.8% in 2011) and overwhelming less than the Greater Sydney average of 67.4%. Medium density dwellers accounted for 1,498 or 30.1% (increasing from 23.4% in 2011), and significantly more than the Greater Sydney average of 19.2%. High density dwellers accounted for 1,484 or 29.8% (decreasing from 32.2% in 2011) and over double the Greater Sydney average of 12.6%.
- In Mosman, 89.9% of people aged 55 to 64 years were in households with access to an internet connection at the dwelling, rising from 87.4% in 2011 and slightly more prevalent than that of the Greater Sydney average of 86%. For people 65 years and over, at 80.4% internet connection was slightly less common than that for 55-64 years cohort, but had increased significantly from 70.6% in 2011 and was well above the Greater Sydney average of 69.7%.

Housing tenure, 2016

People aged 65 years or more

■ Mosman Municipal Council ■ Greater Sydney



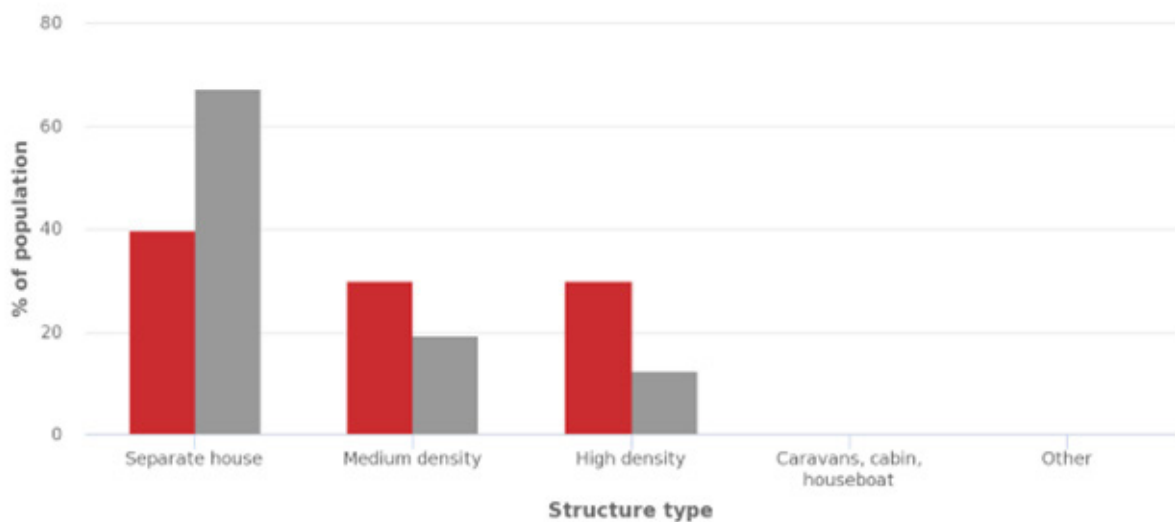
Source: Australian Bureau of Statistics, Census of Population and Housing, 2016 (Enumerated data). Compiled and presented by .id, the population experts.



Dwelling structure, 2016

People aged 65 years or more

■ Mosman Municipal Council ■ Greater Sydney



Source: Australian Bureau of Statistics, Census of Population and Housing, 2016 (Enumerated data). Compiled and presented by .id, the population experts.



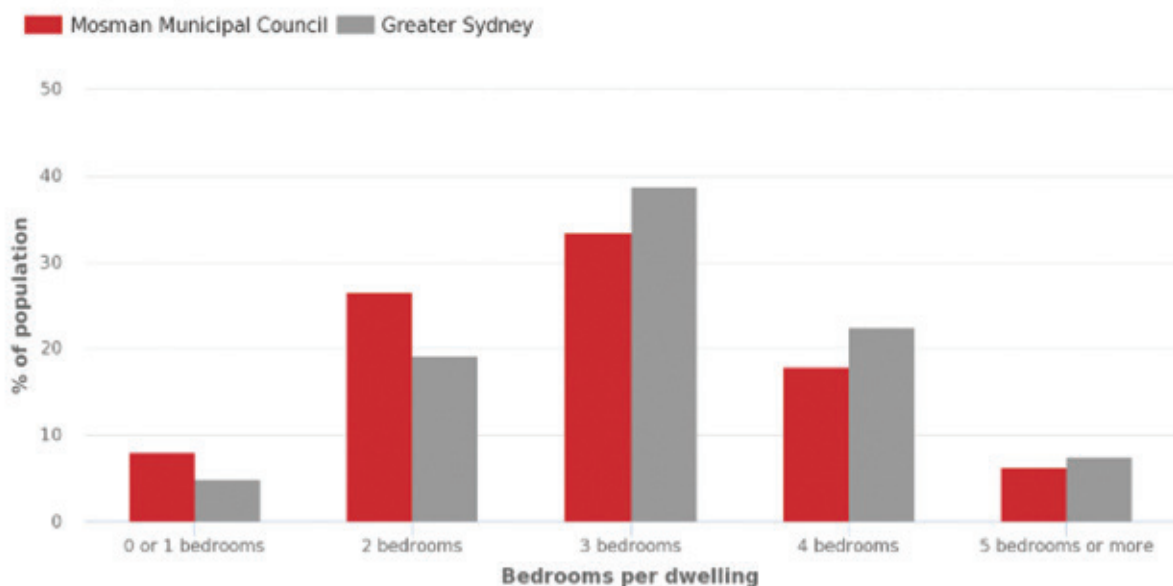
- For the number of bedrooms in dwellings occupied by people 55-64 years in Mosman, the most common configurations were 3 bedrooms at 873 or 27%; 4 bedrooms at 821 or 25.4%; 2 bedrooms at 655 or 20.2%; 5 bedrooms at 421 or 13% and 0-1 bedrooms at 258 or 8%. Compared with Greater Sydney, Mosman had a larger percentage of people in 0-1 and 2 bedroom dwellings and a smaller percentage of people in 3 and 4 bedroom dwellings.

- For people 65 years and over, the most common configurations were 3 bedrooms at 1,667 or 33.4%; 2 bedrooms at 1,327 or 26.6%; 4 Bedrooms at 898 or 18%; 0-1 bedroom at 406 or 8.1%; and 5 bedrooms or more at 320 or 7.5%. When compared to Greater Sydney, this represented a larger percentage of 0-1 and 2 bedroom dwellings and a smaller percentage of 3 and 4 bedroom dwellings.

The next ABS Census will be held in August 2021 and information will be gradually released from December 2021 for analysis.

Number of bedrooms per dwelling, 2016

People aged 65 years or more



APPENDIX 2

Health Profile of Older People in Mosman

A Health Snapshot

Older Australians are healthier than they have ever been¹⁶ and the health of Mosman's older residents is representative of this positive trend. Mosman's general population enjoy relatively good physical health, with high life expectancy and lower rates of smoking and obesity.

However, some health data indicates that these areas may be of concern for Mosman residents:

- falls hospitalisations
- mental health
- alcohol consumption

There were lower rates of participation by Mosman residents in health screening for:

- annual health assessments for people 75 years and over
- bowel cancer screening
- breast cancer screening.

There was also less availability to bulk billing by general practitioners, which could act as a barrier to residents on more limited incomes in accessing primary health care.

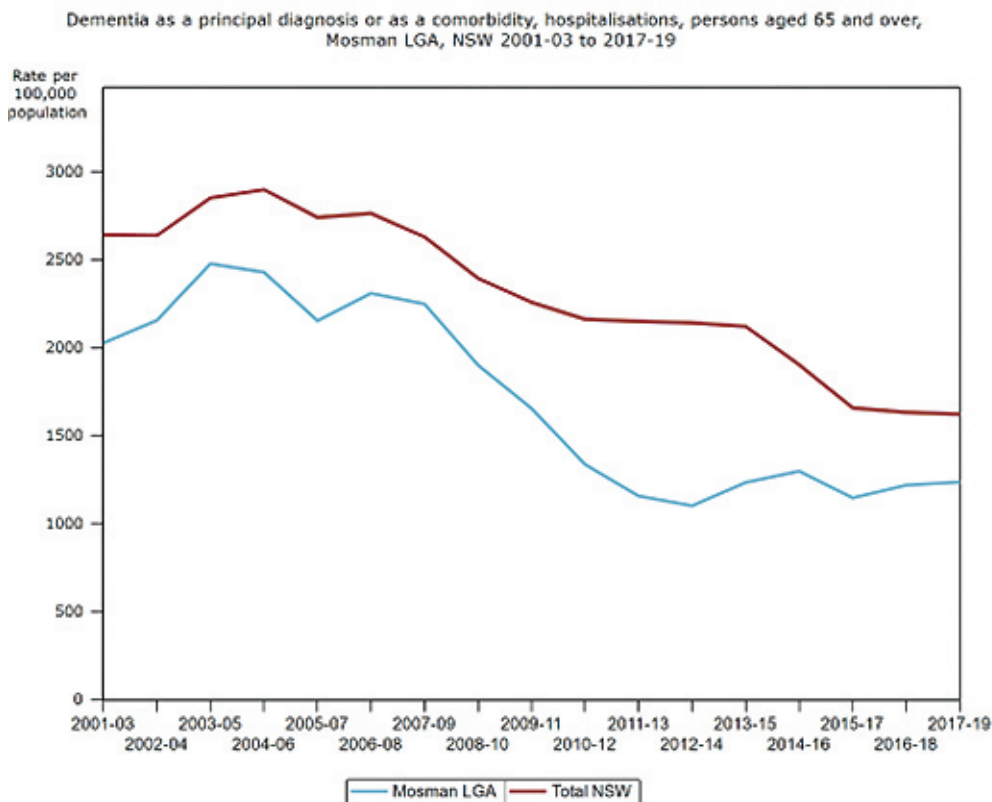
More detailed health data related to population ageing follows and is sourced from HealthStats NSW and Sydney North Primary Health Network Health Needs Assessment 2019/20¹⁷ and 2017/18 (2017/18 is used where it has available Mosman LGA data) unless otherwise specified.

- 80% of the population 75 years and over in SNHN region have at least one chronic condition and 63% have two or more conditions. Despite these chronic conditions, previously two thirds of people aged 75+ rated their health as good, very good or excellent.
- Estimated prevalence of selected chronic conditions in the SNHN region for the population 75 years and over per 100 people are Musculoskeletal 37; Coronary Heart Disease 15; Mental Health Condition 11; Diabetes 11; Asthma 7; Dementia 5; Stroke 5; Renal Impairment 5, and Heart Failure 4.
- In Australia, the leading cause of death for people aged 75 and over is coronary heart disease, followed by dementia. However, dementia is the leading cause of death for females.

¹⁶ Sydney North Primary Health Network, Health Needs Assessment 2017/18

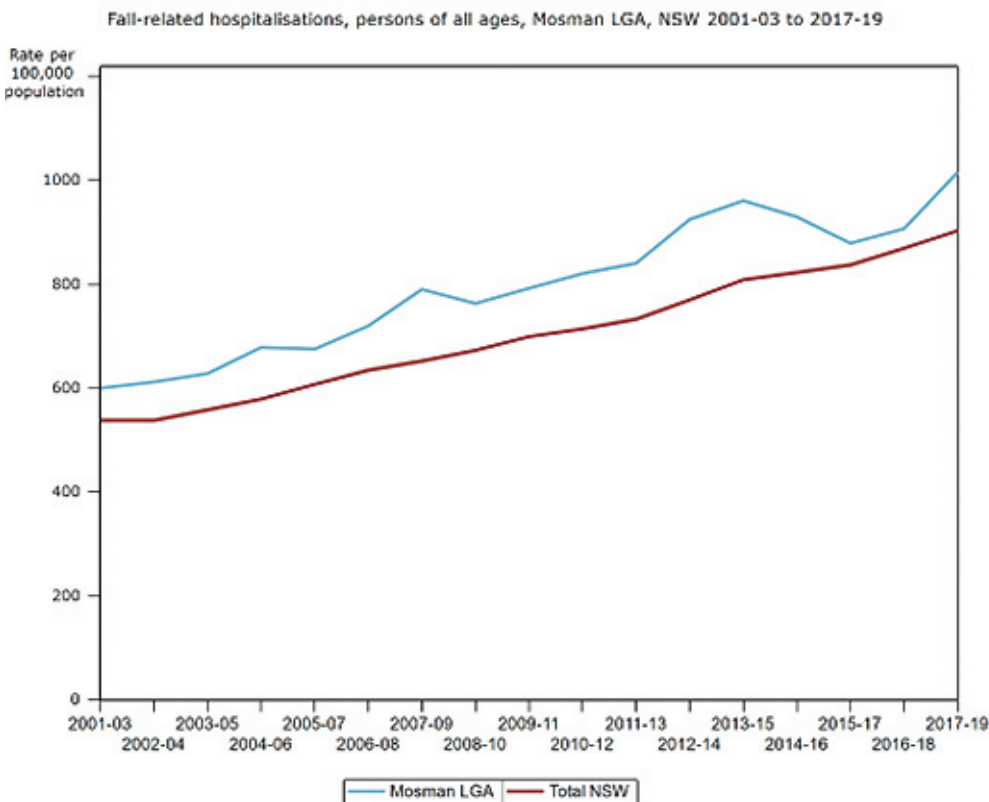
¹⁷ sydneynorthhealthnetwork.org.au/about-us/commissioning/commissioningplanningperformance

- Dementia Australia¹⁰ has estimated approximately 10% of people aged 65 years have dementia and based on 2016 data for Mosman, the number affected is estimated to be 545.
- Dementia related hospitalisations for people 65 years and over showed Mosman to have a slightly lower hospitalisation rate at 1,239.1 spatially adjusted rate per 100,000 population than for NSW at 1,624.
- For coronary heart disease hospitalisations during 2017-19, Mosman had 123 hospitalisations, with a spatially adjusted rate of 403.7 per 100,000 population, lower than that for NSW at 492.5.
- For stroke hospitalisation in 2017-19, Mosman had a spatially adjusted rate of 97 per 100,000 which was less than that for NSW at 134.9.

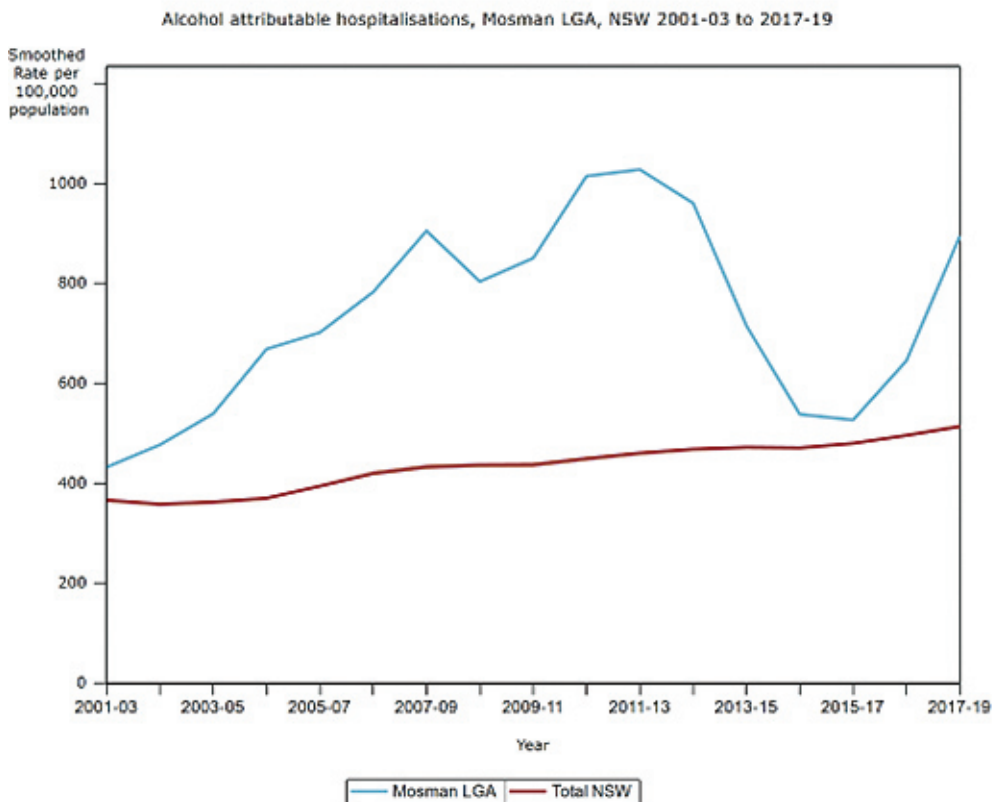


¹⁰ Dementia Australia <https://www.dementia.org.au/statistics>

- In Australia, falls are a leading cause of hospitalisations, with the highest rates of falls in people above the age of 75 years. For falls related hospitalisations in 2017-19, the total spatially adjusted rate per 100,000 population for Mosman was 1,015.9 which was higher than that for NSW at 903.6. A higher falls rate for Mosman has been an area of concern in recent years as highlighted in the graph below from Health Stats NSW.
- For annual health assessments by GPs for people 75 years and over (an indicator of good practice in aged care), 40% in the SNHN region had received this in 2019. There may be a need to better promote annual health assessments to older people and their families.
- The bowel cancer screening participation rate among people aged 50-74 years in Mosman was 37 per 100, lower than SNPHN at 39 and similar to NSW at 36.8.
- For breast cancer screening, participation rates among women aged 50-69 years was 43 per 100, lower than both SNPHN 53.2 and NSW at 53.1



- There were 12 GP practices in Mosman with a rate of 207 GPs per 100,000 population compared with SNPHN at 128 and NSW at 118 per 100,000.
- For bulk-billing, at 57.8%, North Sydney-Mosman SA3 had a lower proportion of bulk billed GP attendances than those within the NSHN region at 76.2% and 85.7% nationally.
- For people from culturally and linguistically diverse backgrounds, SNHN has identified that there are barriers for access and availability to health services.
- SNHN has identified that the diverse needs of the LGBTI population is under-represented in aged care planning.
- While for the population as a whole over 15 years of age, Mosman has higher levels of risky drinking. For alcohol related hospitalisations in 2017-19, Mosman had 272.5 separations and a spatially adjusted rate of 894.7 per 100,000 population, significantly higher than that for NSW at 514. The following graph from Health Stats NSW shows the trend of higher related hospitalisations since 2000.



- People 65 years and over are the most likely to experience social exclusion¹⁸.
- For mental health, 15.3% of people aged over 15 years in Mosman reported having a mental health and behavioural condition which was similar to that for the SNHN region at 15.8% and slightly lower than that for NSW at 17.7%.
- For use of Medicare Benefits Schedule (MBS) mental health services by people 75 years and over, people in the SNHN region had a higher rate of use at 512 per 10,000 population than compared to NSW at 494 in 2016-17
- According to the Mental Health Commission of NSW (2017), approximately 50% of older people living in residential aged care facilities report symptoms of depression.
- For mental health conditions for older people, SNHN has identified limited options to hospitalisation, with limited availability of day care services; alternative residential care and limited information and guidance services.
- For older people in Northern Sydney waiting on a Commonwealth Home Care Package (HCP) at their approved level who had yet to be offered a lower level HCP as at 30 June 2020, there were 176 for Level One; 857 for Level Two; 613 for Level Three and 161 for Level Four, totalling 1,807 across the region¹⁹.
- Residential aged care places as at June 2016 numbered 287 places in Mosman, with Mosman's residents aged 70 years and over at 3,567 residents and a rate of 80.5 places per 1,000 population. This was slightly less than that for NSW at 83.4 and Australia at 82.6²⁰.

¹⁸ Australian Institute of Health and Welfare (2018). 'Australia's Health 2018'

¹⁹ Commonwealth Department of Health. 'Home Care Packages Program Data Report 1 April -30 June 2020', October 2020

²⁰ PHIDU from data supplied from Commonwealth Department of Health and Ageing

**POSITIVE
AGEING
FRAMEWORK**

**CREATING A
BETTER MOSMAN
FOR OVER 55s**



**Mosman
COUNCIL**

