

AGEING AND LIVING WELL

A collaborative initiative between
MWV and **USMAA**.

Supported by the **Victorian
Multicultural Commission**
and the **City of Monash**.

Your local community

Wellbeing and Connections

Be out and About
Enjoy life and connect!



First Nations Acknowledgement

We acknowledge the Traditional Owners and Custodians of the lands on which we work and pay our respects to Indigenous Elders past, present, and emerging. Sovereignty has never been ceded. It always was and always will be, Aboriginal land.



Introduction

One of the key contributors to your mental wellbeing is your ability to connect with the people around you. Most councils provide and supports activities within your neighbourhood. Participating in activities, advocating, volunteering keeps your physical and emotional wellbeing.

More important you can make a difference as a contributor to the future generation of older adults an older person's lived experience can.

Important note:

Information provided in this document, (in particular text has been copied verbatim from Government sites and/or booklets provided at many locations.

Our aim is to convey the same message provided by Federal and State government without any interpretations of services.

Our aim in collating information for this booklet is to re-iterate the importance of connection and be connected to what is happening around us. As Culturally and Linguistically Diverse most likely we will not be familiar with the many offerings of support all Federal, State and Local Government have.

We hope that reading this booklet you can not just be informed but also participate as a community member, advocate for your needs and contribute with your input as a lived experience person to better ageing of all Victorians.

AGEING WELL - AN INITIATIVE OF THE VICTORIAN GOVERNMENT

Victoria's population is ageing.¹ In 2021 there were almost 1.5 million Victorians aged 60 years or older. This represents 22 per cent of the total population.

By **2046** that number is expected to increase by around 60 per cent to more than 2.3 million people.

By that point, about 25 per cent of the population will be 60 years of age or older.

Victorians over the next 25 years

Age	Increase in population	2021	2046
20–59 years	40% ↑	This younger cohort will remain at around 55% of Victorians	This younger cohort will remain at around 55% of Victorians
60 years or older	60% ↑	22% of Victorians almost 1.5 million people	25% of Victorians more than 2.3 million people
80 years or older	100%+ ↑	4.3% of Victorians around 280,000 people	7% of Victorians more than 560,000 people

The older population will increase more quickly than younger cohorts. Compared with the 60 per cent increase in the older population over the next 25 years, the population aged 20 to 59 years is expected to grow by 40 per cent. This younger cohort will remain at around 55 per cent of the total population throughout this period.

Among the older population there are more women than men, but the balance is changing. In 2021, 58 per cent of the 80+ population was female. As the gap between women's and men's life expectancy narrows, by 2046 the population aged 80 or older is expected to be about 56 per cent female and 44 per cent male.

The 2016 Census² shows that 27 per cent of Victorians aged 60 or older are from non-English speaking backgrounds. This compares with 21 per cent for Victorians under 60 years of age. Greater Melbourne has the highest proportion of senior Victorians from non-English speaking backgrounds (35 per cent of people aged 60+). Geelong (14 per cent), Latrobe-Gippsland (10 per cent), Shepparton and Hume (8 per cent respectively) also have large rates of older people from non-English speaking backgrounds living locally.

The number of older people in private homes is likely to grow as the population ages. More older people are living longer in their own homes. About half the people living alone are over the age of 60. This number will increase over time. As they tend to live longer than men, women represent almost two-thirds of the people over 60 who live alone.

The action plan recognises the influence of the social determinants on health and people's experience of ageing. Many senior Victorians identify with attributes and traits that can combine to create overlapping systems of disadvantage, discrimination and barriers to ageing well. This action plan adopts an intersectional approach, with particular regard for older Aboriginal Victorians.

The action plan recognises that senior Victorians from migrant and refugee backgrounds can face extra challenges in keeping social connections and taking part in community life. This is often the case where there are language and communication barriers. The action plan recognises that LGBTIQ+ seniors may lack family connections and be at risk of isolation as a result of ageing.

As our population ages, we can expect more people to live to a very old age. More people will live longer in their own homes with support. Ageing well in Victoria sets out actions to address the needs of different groups of older people in Victoria in four priority areas.

The Following priorities have been identified so we can age well in Victoria.



Keep Connected Active and Participating of the many events within your community and the state of Victoria.

Action areas

To address the priority issues of older people, the government will deliver on this action plan in four priority areas.

Priority action area	Outcome
 Resilient, connected seniors	Older people have a sense of purpose through social, cultural and intergenerational connections.
 Tech-savvy seniors	Older Victorians can take part in the digital world. Those who can't do not experience discrimination, and can access services via other means.
 Valuing senior Victorians	Reduced ageism and increased visibility and appreciation of older people as valued and contributing Victorian citizens.
 Health self-care	Healthcare advances driven by the pandemic improve the health of older people and their ability to protect themselves.



ANNUAL FESTIVAL – SENIORS

This is an annual event supported not just by the Victorian Government but also by many local governments to be in your calendar. – Connect! Have Fun! Celebrate life!

The Victorian Seniors Festival is a major state-wide festival for and involving seniors, with an emphasis on fun and good times that takes place every October right across Victoria



Your Local Government

Most local Governments in Victoria have a Ageing and Living well type of program. Visit the local Government websites to identify what is available in the suburbs around you so you can keep connected with services and wellbeing support.

City of Monash

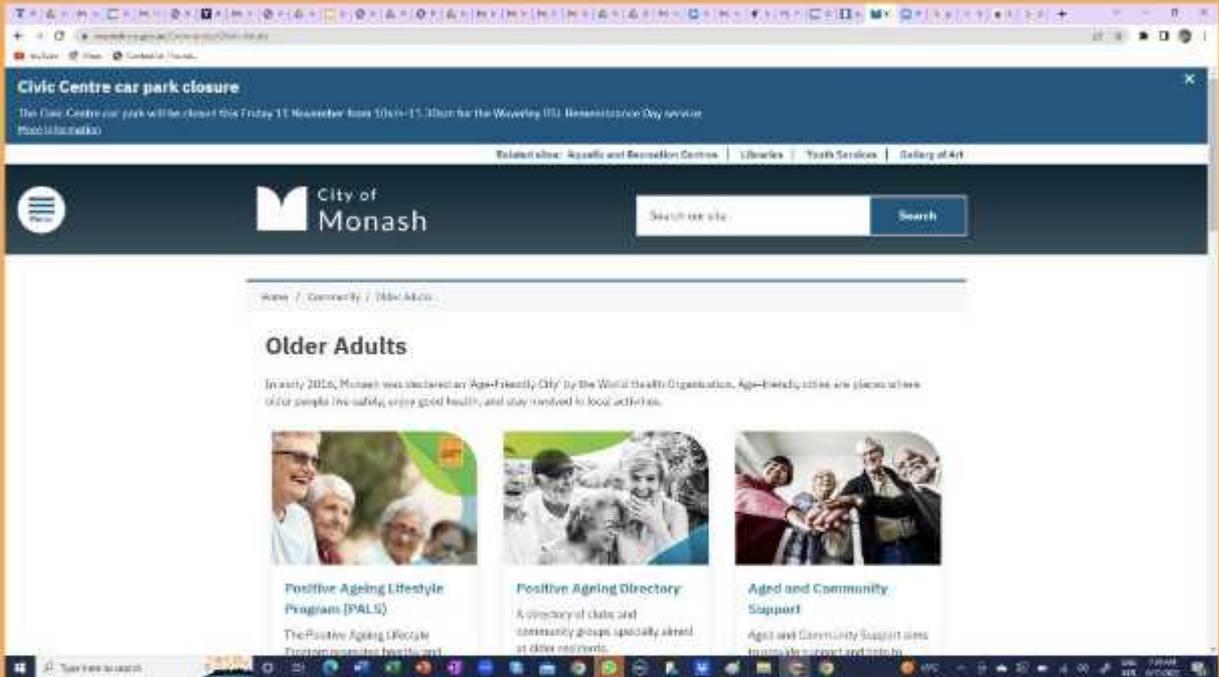
The City of Monash has several wellbeing being programs for you, being on physical health or a host of community activities that can keep you connected.

Just go to the menu and click communities. A new page will open for you so you can chose the activities below.

Older Adults

A dedicated page has been created to host information about activities specific for older Adults. This gives you the opportunity to read about the programs.





<https://www.monash.vic.gov.au/Community/Older-Adults>

Be out and About

Be Active with a **healthy body and mind.**



Here is a great map prepared by Link Health guiding you to many places where you can enjoy your life in the City of Monash.

Go out and explore!

SBS Radio & News – Your Own Language

Over the past few years, SBS radio has expanded its offer of language specific program. Currently there are over 60 languages for which news and information as well as interesting and important aspects of our life here in Australia of our society are covered with great interviews and insights.

Tune in, for the program of your language. – Listen to the Podcasts! The program also is supplements by Facebook and podcasts you can listen on the day or any other time if, for whatever reason you missed out on the day your specific language show has been on air.



Grass Roots Community Activities

In addition to the activities delivered by the City of Monash via its Positive Ageing Programs the City of Monash supports many grass roots-organisations to deliver programs for their culturally diverse communities. Participate!



USMAA SENIORS



Keep Connected ActiUSMAA Centre is the long-cherished dream of Sri Lankan Muslims living in Melbourne. USMAA invites contributions from anyone wishing to contribute to this development.

USMAA has a seniors group led by Sithy Marikar. There is plenty to share with our experience as a first generation Australians. USMAA is there to support the Sri Lankan community and work with other projects such as the Living and Well Forums, Interfaith groups.



MULTICULTURAL WOMEN VICTORIA – CITY OF MONASH PROGRAMS



Diversity, Connection and Inclusion

- Monash Circles and Global Kitchen



Since 2012 we have been working in the South East region in partnership with the Monash City Council. We are bringing together migrant and refugee women who are feeling isolated and disengaged who are also unaware of the local services available to them.

We have Women's Circles (Mondays), Global Kitchen (Thursdays every second week) and Mother's Playgroup (Mondays and Thursdays) in the Clayton Community Centre.

In the Women circles we aim to bring our women from home, have conversation based learning, connect on a regular basis, acquire new skills and be informed on support provided by government (Federal, State and Local).

At the Global Kitchen we get together on a fortnightly (face to face) basis we cook, share recipes with each other. We also keep in touch regularly during the week via WhatsApp.

These groups meet on a regular basis and is open to young and older women from any nationality.

Come and join us!

