

The logo graphic for Mainstreet SA is a stylized arrow pointing to the right. It is composed of several overlapping colored segments: a teal segment at the top left, a green segment at the top right, an orange segment at the bottom right, and a red segment at the bottom. A purple segment is also visible on the left side, pointing downwards.

MAINSTREET SA

David Bailey

David Bailey

Heart Foundation Walkshop

Age Friendly Mainstreets

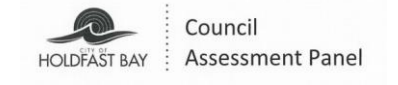
What people experience in age friendly mainstreets and how to move towards it

Ngadjuri Country

**Mainstreet SA 8 June 2021
David Bailey Registered Planner (Fellow)**



**Community
Place Planning**



Wellbeing SA



Government of South Australia
Office for Recreation, Sport and Racing



youtube.com/watch?v=WFhsSW2A608

Research

The Ageing Wave is Here

Young elderly will almost double in size from 220,000 in 2016 to at least 371,000/382,000 by 2041.

1 in 5 South Australians in 2041

vast majority of those who will be 65-84 and 85+ to 2041 **are here now**

Increase will be most dramatic between 2011 and 2026 as the large baby-boomer cohort reaches 65-84 years of age, but is not yet affected by higher mortality of old age

plan.sa.gov.au/state_snapshot/population



Risk of Isolation and Poor Health

24% OF PEOPLE AGED 65
AND OVER ARE REPORTED
TO LIVE ALONE



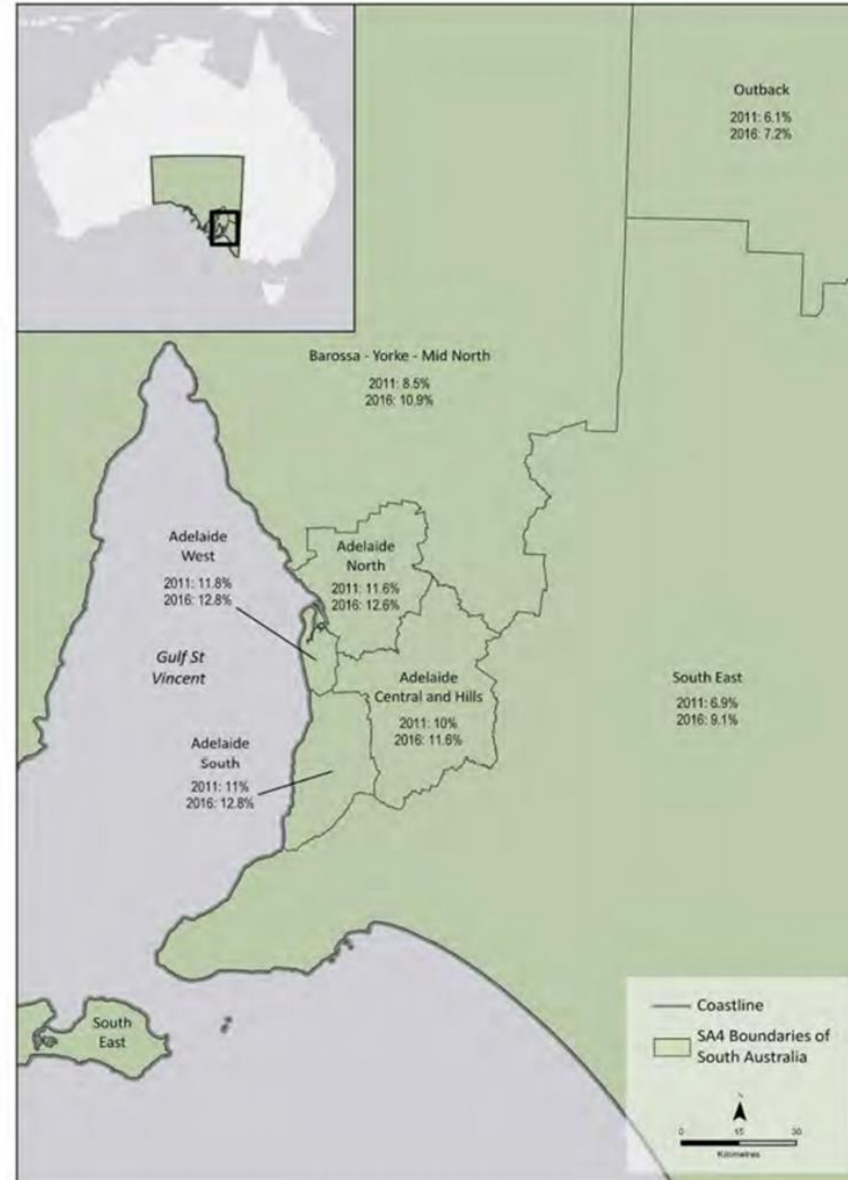
12% OF PEOPLE AGED 50 AND OVER
ARE REPORTED TO NEED ASSISTANCE
WITH ONE OR MORE CORE DAILY
LIVING ACTIVITIES.



Only 27% of Australians over 65 meet
the recommended 30 minutes activity
per day, e.g., walking.

Tightening Disposable Income ...

Figure 7: Proportion of 25–34 year olds living in the parental home, 2011 and 2016



Appendix A

AHURI Australian Housing and Urban Research Institute

PROFESSIONAL SERVICES

Audit of South Australia's current housing assets and mapping of future demand

AUTHORED BY Prof Chris Leishman
University of Adelaide
Prof Emma Baker
University of Adelaide

FOR South Australian Housing Authority

PUBLICATION DATE March 2019

The Case for Being Active

People who accumulate 150+ mins physical activity per week:

OUTCOMES



Report better overall health



Require fewer health services



Enjoy better mental health



Maintain stronger social connections



Have greater self-efficacy

ACTIVITIES



Walking 90%



Sport/rec/fitness 56%

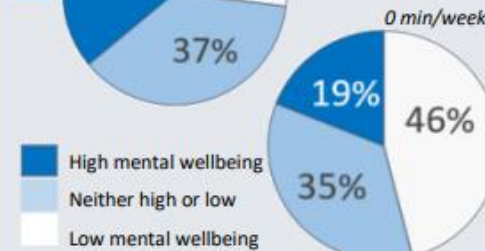


Cycling 24%



Dancing 20%

MENTAL WELLBEING

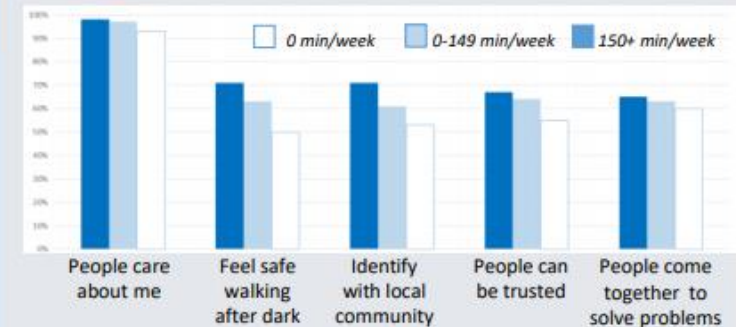


PRIDE

South Australians win on the world stage
SA teams respected in national competitions
Positive sporting role models



SOCIAL CONNECTIONS



SELF EFFICACY



Can achieve most goals I set for myself



62%



76%



88%



If I find something difficult, I keep trying

71%

84%

90%

Being Active Helps Our Taxes

| 2019 GOVERNMENT HEALTH COSTS (based on average analysis) | |
|---|---|
| 150+ min/wk | <div></div> <div>\$2,588 per person per year</div> |
| 0-149 min/wk | <div></div> <div>\$4,211 per person per year</div> |

62%

\$41mil*

savings per annum
(\$51m - \$32m)

Increase
proportion of
active adults by
5%
(from 58% to 60%)

The social benefits (overleaf) and other economic benefits derived from productivity, social capital and/or community uplift have not been factored into the above analysis. These benefits would be in addition to the health system savings.



ACTIVE LIVES SURVEY

Why investment in physical activity makes sense



Government of South Australia
Office for Recreation, Sport and Racing

INDUSTRY INSIGHTS

SUMMARY

PARTNERSHIP



Data collection April/May 2019
Representative sample n=3000

OBJECTIVES

Measure participation of SA population & test if 150 minutes of activity per week is related to health and wellbeing outcomes.



0 min/week



0-149 min/week



150+ min/week

OUTCOMES

People who accumulate 150+ mins physical activity per week:



Report better overall health



Require fewer health services



Enjoy better mental health



Maintain stronger social connections



Have greater self-efficacy

DETAILED FINDINGS

ACTIVITY LEVELS OF SOUTH AUSTRALIANS



HEALTH

| | 0 min/week | 0-149 min/week | 150+ min/week |
|--|------------|----------------|---------------|
| Health Status (excellent/very good/good) | 54% | 76% | 88% |
| GP Services | 95% | 95% | 90% |
| Specialist Services | 55% | 52% | 45% |
| Hospital Admission | 27% | 25% | 18% |
| Hospital ED | 24% | 20% | 16% |
| Hospital Outpatient | 25% | 24% | 14% |

Proportion using health services

ACTIVITIES



Walking 90%



Sport/rec/fitness 56%

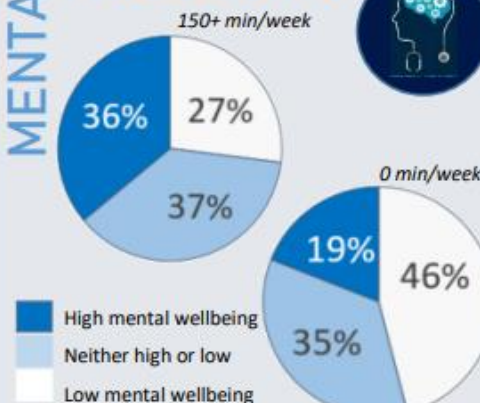


Cycling 24%



Dancing 20%

MENTAL WELLBEING

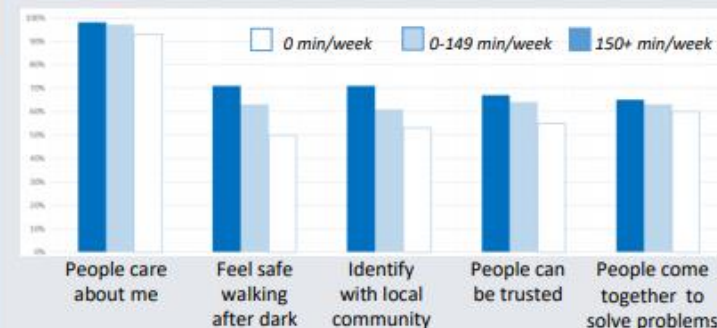


PRIDE

South Australians win on the world stage
SA teams respected in national competitions
Positive sporting role models



SOCIAL CONNECTIONS



SELF EFFICACY



Can achieve most goals I set for myself

If I find something difficult, I keep trying



| | | |
|-----|-----|-----|
| 62% | 76% | 88% |
| 71% | 84% | 90% |

MORE GOOD NEWS



Buddy Up: Overall wellbeing scores were even higher when more than half of the physical activity was done with other people.



Volunteer: 30% of survey respondents volunteered more than once for a sport or recreation organisation. These volunteers were more likely to report better overall wellbeing scores, life satisfaction, happiness and a sense that things they do in life are worthwhile, compared to non-volunteers

Stronger, healthier, happier and safer communities



Government of South Australia
Office for Recreation, Sport and Racing



ACTIVE LIVES SURVEY

Why investment in physical activity pays dividends



Government of South Australia
Office for Recreation, Sport and Racing

INDUSTRY INSIGHTS

Professor Simon Eckermann



AIHW

& Professor Andrew Willan

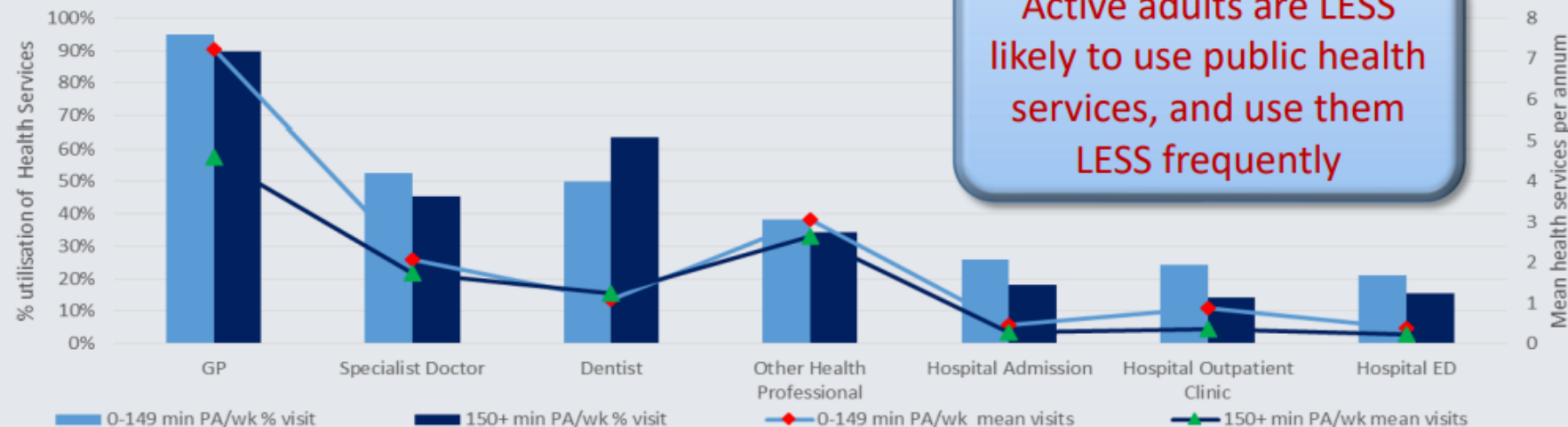
commissioned to analyse health service utilisation data

THE TASK

Conduct a robust academic analysis using 3 methodologies to calculate the value of health services consumed in 2019 by South Australian adults who were active for 150 minutes per week (or more), compared to South Australian adults who were less active.

Paper available: https://www.orsr.sa.gov.au/about_us/publications

HEALTH SERVICE UTILISATION



2019 GOVERNMENT HEALTH COSTS

(based on average analysis)

150+ min/wk



\$2,588

per person per year

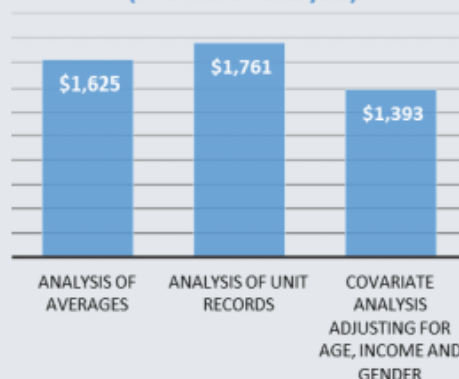
0-149 min/wk



\$4,211

per person per year

SAVINGS PER ADULT P.A. (3 levels of analysis)



POLICY OPPORTUNITIES (based on covariate adjusted analysis)

\$804mil*

savings per annum (\$1,016m - \$647m)

All South Australian adults active for 150+ min/week

\$95.4mil*

savings per annum (\$121m - \$77m)

Increase proportion of active adults by 5% points (from 58% to 63%)

\$41mil*

savings per annum (\$51m - \$32m)

Increase proportion of active adults by 5% (from 58% to 60%)

FOCUS ON YOUTH

lifetime savings

Shifting from inactive to active:

| | |
|-----------------------------------|---------|
| One 18y.o. | \$86.4k |
| 5% of one cohort of 18 y.o.'s | \$91m |
| 5% of one generation of 18 y.o.'s | \$917m |

* Savings calculations based on reduced health care service utilisation correlated with increased activity levels in the Active Lives survey.

IMPORTANT DISCLAIMER:

The social benefits (overleaf) and other economic benefits derived from productivity, social capital and/or community uplift have not been factored into the above analysis. These benefits would be in addition to the health system savings.



Government of South Australia
Office for Recreation, Sport and Racing

**When older people
are healthier,
happier, more
active and
engaged, this
delivers a social
and economic
benefit for us all**



UNIVERSAL DESIGN



Making design accessible to everyone in society

How well are you catering for SA's ageing 'market' in your mainstreet?

2 minutes and then discuss

Age Friendly Mainstreet

Experience 1 – Part of a Liveable Neighbourhood



Professor Billie Giles-Corti
Director RMIT
Urban Futures Enabling Capability Platform

Experience 2 - Easy to walk

| Activity centres: Convenient public and on-demand transport options and universally accessible paths are required to connect to and through activity centres and destinations of interest for older people. | Yes | No | N/A |
|---|--------------------------|--------------------------|--------------------------|
| Within activity centres, or at destinations, are traffic calming measures integrated into the streetscape to slow traffic and support the safe crossing of the street? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| The average walking speed of an adult is some 4.8km/h. For people aged 65+ this average speed drops to 3.0km/h. For people aged 80+ it falls further to 2.0km/h: Has the design of movement networks and more walkable suburbs and town centres taken into consideration the slower walking speeds of older people? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Are the paths safe, including lighting, contrasting colour, unobstructed sightlines and integrated CPTED design considerations? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Are paths sufficiently wide enough to enable two people walking arm in arm to pass those with scooters, a child's bicycle, wheelchairs, mobility devices, wheeled devices and protection from motor vehicles? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |



Experience 3 - Easy Public Transport



| | | | |
|--|--------------------------|--------------------------|--------------------------|
| Public Transport System: Older people rely on a safe, respectful, convenient, and accessible public transport system to stay active and independent i.e. access to community gardens, basic food needs, places of work/volunteering are critical. | Yes | No | N/A |
| Are clear, real-time-information systems and audio assistance provided on public transport modes and pick up points? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Does the public transport system provide access to priority seating for older people? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Are smart crossing technology for people with disabilities and older people been included in streetscape upgrades? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Do public transport provide universal access to low floor buses, raised platforms for stops across all public transport modes? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Does the street design support a public transport network that provides a highly accessible and frequent service in areas with high numbers of individuals aged 65 years and over? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Experience 4 – Updated Parks

Parks: Green, welcoming and accessible open spaces are key destinations to support older people to stay active, walk and be engaged in their community.

Are there specifically targeted recreation provisions, such as exercise equipment designed for older people to support substantially improved muscle strength, balance, and physical function? These are all risk factors for falls.

Yes

☐

No

☐

N/A

☐

Is the senior's exercise equipment co-located with children's playgrounds and seating, drink fountains, toilets and shade?

☐☐☐

Are public spaces and landscapes designed to develop connections to Aboriginal communities and to respect all cultures and traditions represented within communities?

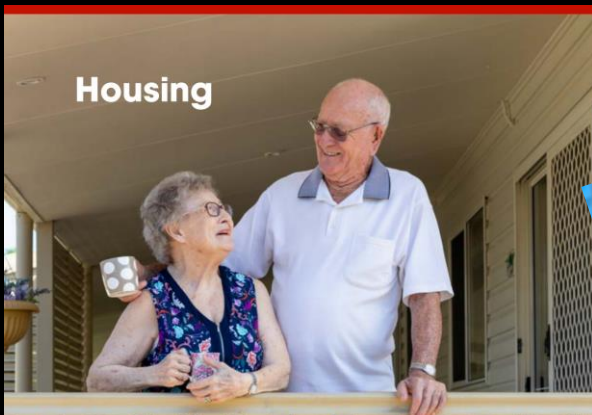
☐☐☐

Healthy Active Ageing Checklist



Healthy Active Ageing Checklist

Eight Domains to Live Well!





A Healthy Active Ageing framework
features four inter connected principles:

1. **ageing affects all ages** across the life-cycle
2. **physical activity improves the health and well-being** of older people
3. **social engagement provides the motivation** to maintain healthy levels of physical activity
4. **key design features are needed to facilitate both the physical activity and social engagement** required to support the highest possible quality of life for older people

Experience 5 – Updated Public Spaces



Have initiatives such as seating been included in public spaces to encourage socialising?

| | | |
|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|--------------------------|--------------------------|--------------------------|

Are public open spaces designed to enable several different activities, such as dog off-leash areas, access nature, allotments and community gardens, exercise areas, playgrounds and access to toilets?

| | | |
|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|--------------------------|--------------------------|--------------------------|

Do health and other essential services work across sectors to facilitate support in ageing in place, particularly in rural areas?

| | | |
|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|--------------------------|--------------------------|--------------------------|



Experience 6 – Mix of Uses and Slow Pace



Does the built environment support areas for slower-paced activities, such as walking or low impact exercise, across the day, and night?

| | | |
|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|--------------------------|--------------------------|--------------------------|

Does the precinct support a high diversity and mix of land uses, including aged care, medical centres, community centres, childcare centres, access to affordable, fresh healthy food, dementia friendly cafes, banks and other retail amenities?

| | | |
|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
|--------------------------|--------------------------|--------------------------|

Experience 7 – Updated Civic Buildings



Civic Participation and Employment

Are public buildings designed to meet universal design guidelines and remove physical barriers to older people engaging in civic activities and employment?

Yes No N/A

☐ ☐ ☐



Experience 8 – Easy Communication

Are programs and initiatives targeted and promoted to older people?

☐☐☐

Have the needs of older people been considered in the design of walking programs that use information and gaming technology prizes and incentive schemes to motivate an increase in walking and socialising?

☐☐☐

Does technology support the use of digital wayfinding in public spaces?

☐☐☐

Has engagement with older people been tailored to local conditions and based on bottom-up participatory community consultation that supports ageing in place?

☐☐☐

Communication & Information

Experience 9 – Communication For Diversity

Are there transnational support networks to help address the challenges of ageing in place of older migrants?

Are there awareness programs to support dementia-friendly environments?



Community Support & Health Services



Active Ageing

STRATEGY

THE CITY of
Unley

DECLARED 2015
UPDATED 2020

Is Unley
leading the
way?

FOREWORDS

Dr Alexandre Kalache

Unley Mayor, Michael Hewitson AM

PART A - INTRODUCTION AND CONTEXT

PART B – THE STRATEGY

Vision and Aim

Guiding Principles

Alliance Model

Key Focus Areas Overview

PART C – FOCUS AREA OBJECTIVES

Focus Area 1: Outdoor Spaces and Buildings

Focus Area 2: Transportation

Focus Area 3: Housing

Focus Area 4: Social Participation

Focus Area 5: Respect and Social Inclusion

Focus Area 6: Civic Participation and Employment

Focus Area 7: Communication and Information

Focus Area 8: Community Support and Health Services

Focus Area 9: Active Ageing Leadership

CONCLUSION

APPENDICES

Indicative Active Ageing Action Plan

Age-friendly City Indicators for the City of Unley

| | | | | | |
|--------------------------------------|-------------------------------------|---|--|-----------------------------------|-------------------------------|
| Daily Moves Program | Co-housing Project | Dementia Friendly Training to school aged children which brought together aged care | Local Government Leadership Excellence Award | mobility device recharge stations | Age-friendly Business Network |
| corporate Dementia Training Program. | Hosting of the First 90 Years event | Increased resting spots | Taxi rank reviews | Trial parklets | Active Ageing events |
| | Pets as Companions Project | Age-friendly standards and criteria for footpaths and walkways | Listening to the needs of the community | Unley Legends short film series | |

KEY FOCUS AREAS OVERVIEW

Our *Active Ageing Strategy* is based on the WHO Age-friendly Cities Guidelines which features 8 Key Focus Areas. We have included a 9th Focus Area within our strategy to highlight our role in leading the development of Age-friendly Cities within this State and Australia.

FOCUS AREA 1: OUTDOOR SPACES AND BUILDINGS

KEY CONSIDERATIONS:

- Pleasant, clean environments
- Importance of green spaces
- Places to rest
- Age-friendly pavements
- Safe pedestrian crossings
- Accessibility
- A secure environment
- Walkways and cycle paths
- Age-friendly buildings
- Adequate public toilets
- Service to older customers

FOCUS AREA 2: TRANSPORTATION

KEY CONSIDERATIONS:

- Availability
- Affordability
- Reliability and frequency
- Travel destinations
- Age-friendly vehicles
- Specialised services for older people
- Priority seating and passenger courtesy
- Transport drivers
- Safety and comfort
- Stops and stations
- Taxis and Community Transport
- Information
- Driving conditions
- Courtesy towards older drivers
- Parking

FOCUS AREA 3: HOUSING

KEY CONSIDERATIONS:

- Affordability
- Essential services
- Design
- Modifications
- Maintenance
- Access to services to support independent living
- Community and family connections
- Housing options
- Living environment

FOCUS AREA 4: SOCIAL PARTICIPATION

KEY CONSIDERATIONS:

- Accessible opportunities
- Affordable activities
- Range of opportunities
- Integrating generations, cultures and communities
- Awareness of activities and events
- Encouraging participation and addressing isolation

FOCUS AREA 5: RESPECT AND INCLUSION

KEY CONSIDERATIONS:

- Respectful and disrespectful behaviour
- Ageism and ignorance
- Intergenerational interactions and public education
- Place within the community
- Helpfulness of the community
- Place in the family
- Economic exclusion
- Celebrating ageing and valuing contribution

FOCUS AREA 6: CIVIC PARTICIPATION AND EMPLOYMENT

KEY CONSIDERATIONS:

- Better employment options and more opportunities
- Volunteering options for older people
- Flexibility to accommodate older workers and volunteers
- Encouraging civic participation
- Training
- Entrepreneurial opportunities
- Valuing older people's contribution

FOCUS AREA 7: COMMUNICATION AND INFORMATION

KEY CONSIDERATIONS:

- Widespread distribution
- The right information at the right time
- Responsive and caring service
- Age-friendly formats and design
- Information Technology
- A personal and collective responsibility

FOCUS AREA 8: COMMUNITY SUPPORT AND HEALTH SERVICES

KEY CONSIDERATIONS:

- Accessible care
- A wider range of health services
- Ageing well services
- Home care
- Residential facilities for people unable to live at home

FOCUS AREA 9: ACTIVE AGEING LEADERSHIP

KEY CONSIDERATIONS:

- Leadership initiatives
- Partnering
- Networking
- Innovation and prototyping
- Influence and advocacy
- Community safety

Trader Group Staff, Marketers, Urban Designers, Transport Planners, Traders, Council members

About Me – ALC, planner about communities

What Characterises an Age Friendly Mainstreet
Tools

Funding Sources

The wave

Demographics, Spatial Near Too

You and I are In IT

- HAA
- Domains
- Unique to Older Australians

Padlet – what might you change in your mainstreet?

Examples – Unley, CoA, some traders
switched on, others less

The health case – save budget

The business case for mainstreets
considering older Australians

Safe – no trip hazards

- Lighting
- Wayfinding

Comfort – seats with backs

- Staff aware
- Accreditation system for disability

what is the experience of an age friendly main street
and how to get one

HOW TO GET THERE?

If you were to use HF or Unley checklist, how would you use the results?

Pairs for two minutes

Thank You



**Heart
Foundation**



**Government
of South Australia**

Office for Recreation,
Sport and Racing



**Government
of South Australia**

Wellbeing SA

Age Friendly Mainstreets

Catch the ageing wave

Consider your situation with checklist, Heart Foundation or Unley

Collaborate to make changes