

Positive Ageing

Anglicare acknowledges and actively promotes the right of all people of all ages to lead positive and fulfilling lives. Promoting Positive Ageing is one of Anglicare's four strategic directions. Anglicare's Vision of Justice, Respect and Fullness of Life for All is fundamental to the direction and development of our services and operations.

Ageing — the context:

People are living longer and contributing more. This could be considered one of the greatest achievements of our time. In June 2009, South Australia was demographically the second oldest State/Territory in the Commonwealth of Australia. The number of South Australians aged 65yrs + was 250,930 out of a national total of 2.92 million. The proportion of people aged 65 and over is projected to rise to 22 per cent in 2049, compared with around 13 per cent today, and 8 per cent in 1969.

This provides great opportunities to ensure the rights of older people, develop quality support and recognise the beneficial contributions that older people make to society.

Growing older can have advantages including the development of more knowledge and life experience and, for some, reduced stress and increased time to enjoy life.

What is Positive Ageing?

Positive Ageing is experiencing optimum quality of life including pursuing interests that one considers important. It is about being respected, informed and having access to resources to achieve goals. In positive ageing older people are valued for their inherent worth as a full member of society and recognised for their achievements.

Advocacy vision statements:

Socially, that every person is recognised and valued for their past and present and able to make choices for their own future. Ageing is an achievement that is recognised, celebrated and experienced by all.

Economically, that every older person is recognised for their capacity and ability to contribute to the community and have financial security for a positive future.

Environmentally, that every older person is able to live in safe, sustainable, affordable accommodation where their rights, dignity, choice and self worth are respected.

Pillars of Positive Ageing

Anglicare further integrates positive ageing practices within services, and works toward supporting older people to:

I. form opportunities to fulfil wishes and achieve dreams

II. receive recognition and be valued for their contribution to society.

III. achieve dignified and secure standard of living and wellbeing

IV. educate decision makers and inform community development

Anglicare integrates these pillars into its community, residential, assisted living and therapy services.

Strategies by Anglicare to support Positive Ageing include:

1. Supporting older people to engage in the community;
2. Ensuring minority groups of older people to meet their needs;
3. Encouraging older people in the community to direct their services;
4. Enhancing community perception of older people;
5. Creating opportunities and providing information to support decision making and expand choices;
6. Using technology and developing systems to strengthen quality of life for older people.

Our challenges

- To rethink and reorganise community interaction and expectations to support older people to remain engaged and valued.
- To influence community attitudes which are focused on the loss of abilities, rather than on maximising the strengths of older people.
- To encourage people to recognise the benefits and positive aspects of being a community elder.

Who can support people in Positive Ageing?

Everyone! Individuals from young to old, Communities, and organisations.

How does Anglicare get involved?

- Anglicare supports people to meet their needs and wishes through programs, and also operate specific programs dedicated toward supporting people in Positive Ageing such as the social connections, Keeping Connected program.
- Anglicare SA speaks out on issues affecting older people through participation in the following organisations:
 - Member, Aged Care Industry Council
 - Member, Aged & Community Services SA & NT Inc
 - Anglicare Australia (and associated church 'coalitions')
 - Anglicare SA operates a Seniors Advisory Group for consultation
- Anglicare SA maintains a consultative relationship with clients
- Anglicare SA takes all feedback on service delivery and development seriously.

How you can help?

- Choose a career within Anglicare
- Volunteer to help in one of numerous capacities
- If you are interested in becoming involved in Anglicare's advocacy work, contact us
- Advocate in your everyday life.

Sources:

Carers Australia <http://www.carersaustralia.com.au/?/national/news/view/1417>

Older Australia at a Glance, 2007, AIHW <http://www.aihw.gov.au/publications/index.cfm/title/10402>

ABS, 3201.0 - Population by Age and Sex, Australian States and Territories, Jun 2009 <https://secure.abs.gov.au/ausstats/abs@.nsf/mf/3201.0>

How Anglicare does it: local examples of Positive Ageing

Valuing contributions

Mr H, a client of Community Aged Care services, was leafing through documents provided by Anglicare in their in-home folder.

He suggested that the co-ordinator add the 24 hour nurse advisory line information to their front page. The co-ordinator agreed, and reported back managers, who also thought it was a good idea. The idea was endorsed for all clients, so now they all have that information at their fingertips.

Getting out and about

Mr D was OK about receiving support with his physical needs from Anglicare, but staff also found he was isolated, rarely leaving his home.

Over time, the care worker developed a rapport with him and encouraged him to try new things, including using the telephone and accompanying the care worker on a visit to community centre. Mr D's confidence has now increased and he has also taken initiative to work out the bus route, so he is able to visit the centre on his own.

The care worker continues to support Mr D, expanding his social contacts and options. Mr D is taking steps to achieve independent living for what may be the first time in his life.

Holistic support

Mrs M approached Anglicare for support with financial problems.

The Anglicare staff worker found that Mrs M was underestimating the extent of her worries — and she was also experiencing housing insecurity.

With time and patience, the worker gained Mrs M's trust. Mrs M gave her permission for the worker to support her to achieve several goals, including finding appropriate accommodation, engaging in her desired lifestyle, and getting information so she could make her own, informed, decisions.