



COTA
TASMANIA
for older Australians

I'm 73 years old
– I don't want to
stop living!

Community
participant

HEALTHY, ENGAGED and RESILIENT CONSULTATION



What did we learn? SUMMARY REPORT

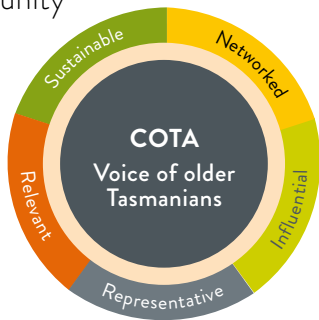
SUPPORTED BY


Tasmanian
Government



COTA TASMANIA

COTA Tasmania (Council on the Ageing [Tas] Inc) is a not-for-profit organisation, advocating for our community to think positively about ageing. Our vision is that ageing in Tasmania is a time of possibility, opportunity, and influence.



ACKNOWLEDGEMENT OF COUNTRY

COTA Tasmania acknowledges the traditional owners of the land in which our offices are located, as well as the land we travelled and visited across lutruwita, Tasmania to listen and learn from the lived experiences of older people in our communities.

We acknowledge with deep respect the wisdom, resilience and knowledge of the Tasmanian Aboriginal community and we stand for a future that profoundly respects and acknowledges Aboriginal perspectives, culture, language and history.

Who did we reach?



OVERVIEW

lutruwita, Tasmania is the oldest, and its population structure is ageing the fastest, of all Australian states or territories. As a result, there will be more older people living, working in, and visiting lutruwita, Tasmania than ever before.

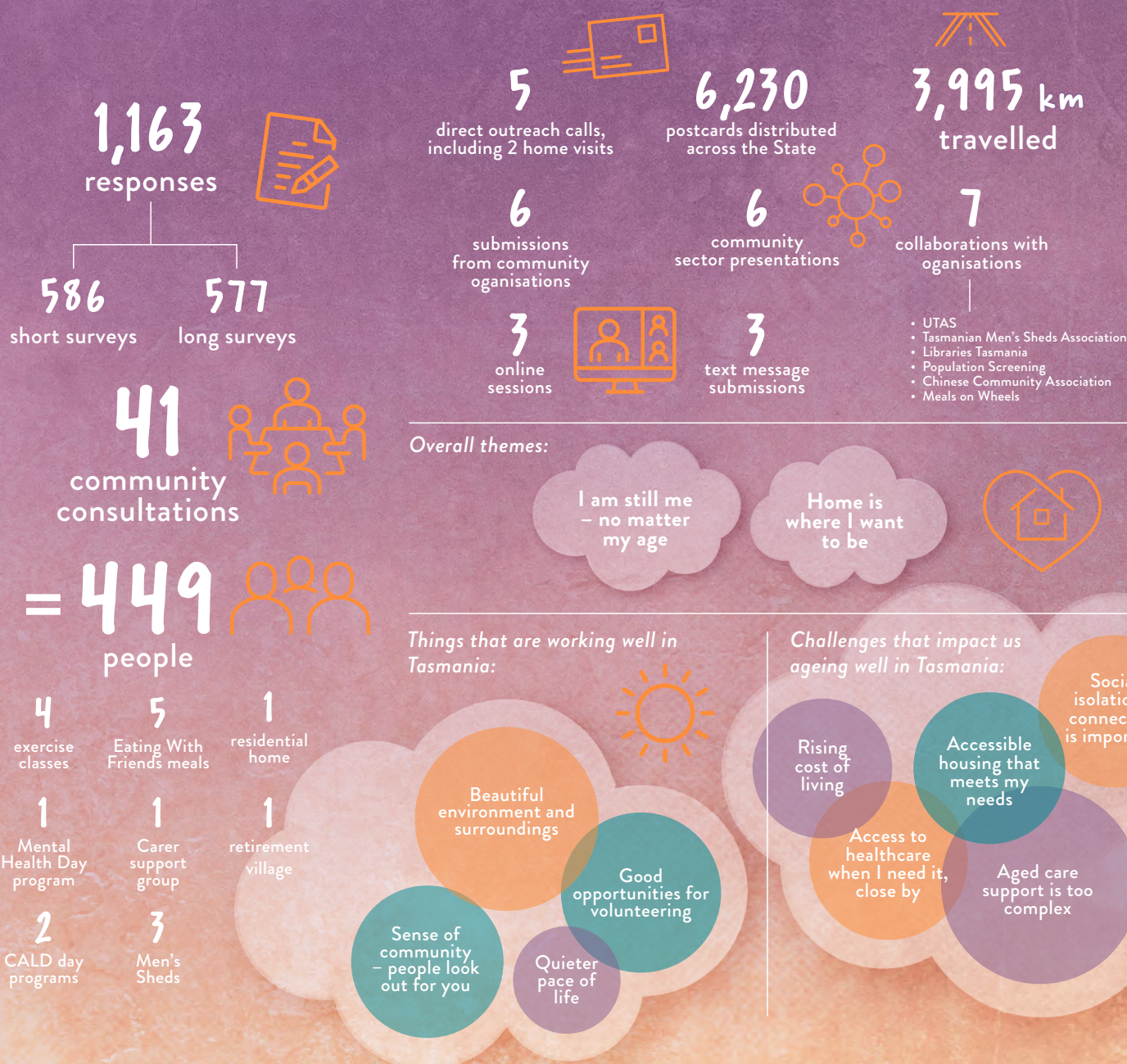
This is an exciting time for our state, our communities and our population as a whole.

Older Tasmanians make substantial contributions to their families, organisations, industry and the broader community, and with healthy longevity even more will do so in the future.

COTA Tasmania travelled across Tasmanian communities to listen and hear from individuals, groups and organisations about what was important to them in staying safe, healthy and connected as they age. Alongside that, we conducted a survey online and via postcards. This lived experience will shape the development of a new six-year Active Ageing strategy for Tasmania 2023-2029.

Consultation activities were undertaken between 30 January and 1 July 2022 with Tasmanian's aged over 40 years invited to share their views.

CONSULTATION ENGAGEMENT at a glance



WHAT DID PEOPLE SAY?

Thank you to all the Tasmanian communities that welcomed us into their spaces and places over the course of this consultation, as well as those that completed our surveys. This lived experience is vitally important in guiding social policy. We look forward to working with the State Government to ensure the voices heard during the consultation are considered when the next 2023-2029 Active Ageing Strategy is developed.

COTA Tasmania is proud to be the voice of older Tasmanians and it was a wonderful opportunity to spend time with people across Tasmania during the consultation. We will use this information to continue to represent older Tasmanians and to continue to advocate for equity and recognition.

We want to feel included as we age – to be connected, contributing and be heard.

Community participant

What does being actively engaged in life as you age mean to you?

HEALTHY,
ENGAGED
and
RESILIENT

Getting out and about, meeting friends, staying positive, playing bowls, exercise classes, BEING KIND!

Waking up each morning wondering what exciting thing will happen that day

Having supportive friends, including younger people; being physically active; participating in community, having at least one passionate interest.

Choice – available options and respect for these choices

Doing what I can to keep fit enough to continue doing the activities I enjoy. Keeping in contact with family and friends. Having a sense of purpose. Maintaining my own home.

A sense of purpose, a reason for living.

Maintaining autonomy, continuing to learn, health and fitness.

Legs that work... and a brain that works...no pain.

Social interaction

Sense of meaning and purpose

Mixing with people of different ages.

Independence – physical health and mobility and mentally in decision making

Being able to make my own choices.

Feeling useful and included. That the physical landscape is designed to include all and there are lots of low cost, no cost social, art activities.

Being able to do what I do now. Getting around easily, being part of community groups, meaningful employment, no discrimination.

Participation – in community, with family and friends, in work / learning / volunteering

The ability to do things for myself

Being able to do what I do now. Getting around easily, being part of community groups, meaningful employment, no discrimination.

Being able to go from A to B. Good covered / weather protected public transport. Choices – social activities.

Being able to exercise, able to undertake hobbies, able to move about the community safely and independently.

Continuing my identity as an Aboriginal woman connected to land, collecting foods that I grow, keeping healthy in body and mind.

To read the full H.E.A.R Outcome report, go to cotatas.org.au/information/consultation or call COTA Tasmania on 62 313 265.