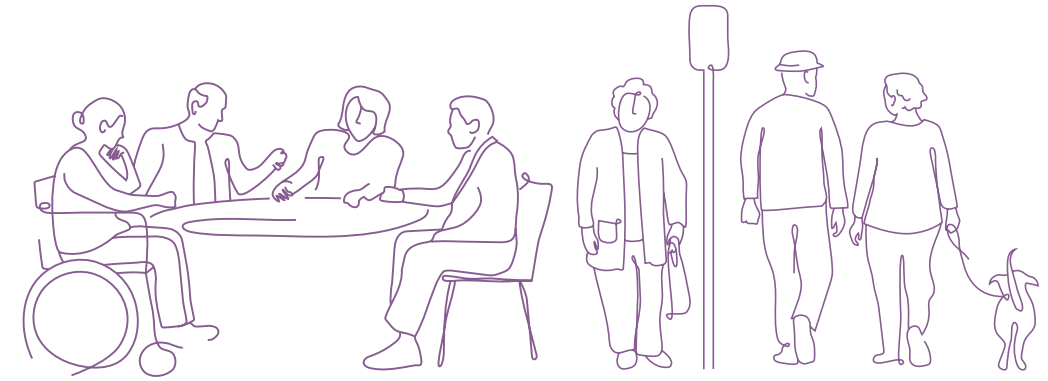


HEALTHY, ENGAGED and RESILIENT

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 Tasmanians aged over 40 years invited to share their views.



CONSULTATION ENGAGEMENT at a glance



Overall themes:

I am still me – no matter my age

Home is where I want to be



Things that are working well in Tasmania:

Beautiful environment and surroundings

Good opportunities for volunteering

Sense of community – people look out for you

Quieter pace of life

Challenges that impact us ageing well in Tasmania:

Rising cost of living

Access to healthcare when I need it, close by

Accessible housing that meets my needs

Aged care support is too complex

Mixing with people of different ages.

Social isolation - connection is important

The ability to do things for myself.

Sense of meaning and purpose

Independence – physical health and mobility and mentally in decision making

A sense of purpose, a reason for living.

Social interaction

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 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.

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

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

Maintaining autonomy, continuing to learn, health and fitness.

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

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.

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

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

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

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.