

## Respect and Social Inclusion

### **Creating an Age-friendly Business in B.C, *Seniors' Healthy Living Secretariat:***

[http://smallbusinessbc.ca/wp-content/uploads/resource\\_files/SeniorsBC\\_agefriendly\\_business\\_guide.pdf](http://smallbusinessbc.ca/wp-content/uploads/resource_files/SeniorsBC_agefriendly_business_guide.pdf)

This guide explains the advantage of having an age-friendly business for both community and business. It provides information about how to improve services and design to better engage people of any age and ability, specific examples of changes businesses can make and a tool to assess business age-friendliness.

### **Disability Inclusion Planning – A Guide for Local Government, *Australian Local Government Association:***

<https://alga.asn.au/site/misc/alga/downloads/publications/Disability-Inclusion-Planning-v2.pdf>

This guide explains the importance of social inclusion, Australian and state disability legislation and policy, successful initiatives and programs, good practice for local government and a guide to developing and implementing a disability inclusion action plan with a planning checklist. It also includes useful disability policy resources from global, national and state levels, as well as resources in disability planning, checklists, guides, training, consultation and services.

The Australian Local Government Association website ([www.alga.asn.au](http://www.alga.asn.au)) has a range of publications and resources that local government will find useful.

### **GrandPals, *Princeton Public Schools & Princeton Senior Resource Center:***

[www.princeton senior.org/grandpals.cfm](http://www.princeton senior.org/grandpals.cfm);

GrandPals is an intergenerational education program that connects kindergarten, first- and second-graders with older volunteers. Volunteers visit the school once a week for 30 to 40 minutes to read and talk to the children, with pairings carefully selected to encourage shyer children to become more social, and matching children who speak different languages with a volunteer who does as well. The program not only encourages a love of reading for younger children and fosters strong

intergenerational relationships, but also provides older volunteers with the opportunity to share their skills, experience and interests.

**HenPower – Creative Ageing, *The Whiddon Group*:**

<https://www.whiddon.com.au/research-and-innovation/henpower/>

HenPower is a research program conducted through The Whiddon Group aged care homes to investigate the effects of therapy animals on mental health and wellbeing of residents. Residents look after hens as pets, and this has shown to improve general health and wellbeing, promote social interactions with other residents, encourage residents to get outside and become more mobile, and decreased symptoms of depression and loneliness. It has been particularly successful for people with dementia, reducing anxiety and isolation.

**How does Mathers House facilitate social connections?, *City of Hobart*:**

[www.hobartcity.com.au/Community/Community-Programs/Positive-Ageing](http://www.hobartcity.com.au/Community/Community-Programs/Positive-Ageing)

Mathers House is an initiative of the City of Hobart which aims to foster an inclusive and accessible community for all older people to participate and lead a fulfilling life. This report identifies how community programs can successfully facilitate social connections for people with a variety of needs, interests and abilities. It details the responses from people about why they attend these programs, how attendance affected their life, what made them want to keep attending and what could be done better to facilitate social connections.

**I Need You, You Need Me: The Young, The Old and What We Can Achieve Together, *Generations United & The Eisner Foundation*:**

<http://www.gu.org/RESOURCES/PublicationLibrary/INeedYouYouNeedMe.aspx>

Bringing together people from all generations to share skills, experiences and fun benefits everyone involved. This background paper and executive summary explain the importance of bringing generations together, and has lots of heart-warming examples of intergenerational programs that have changed the lives of younger and older people. It also includes tips for how to start a program in your area, including for small towns.

**Lively:** <http://lively.org.au/>

Lively is a Victorian program that employs and links young jobseekers to support older people who require assistance and share skills. Older people can be a mentor for younger people or teach them new skills, and younger people can help teach older people about technology, memory archiving and other skills.

**Positive Ageing Ambassadors Toolkit (an Age-friendly Resource), Colac Otway Shire Council:** <http://www.mav.asn.au/policy-services/social-community/ageing-disability/ageing/Pages/age-friendly-cities-communities.aspx>

The Colac Otway Shire Council recruited older community members to become their Positive Ageing Ambassadors, training them to engage other community members to develop local projects that would benefit older people. Ambassadors received funds to implement these projects. Council and Ambassadors benefitted from this project, which fostered respect and leadership for community members. The Toolkit explains how the project was developed and implemented, what made it successful, and the community projects that resulted.

**Respect and Social Inclusion, Centre for Ageing Better:** <https://www.ageing-better.org.uk/respect-and-social-inclusion>

The Respect and Social Inclusion website includes links to UK and international tools, resources and case studies that can help increase respect and social inclusion for older members of the community, but that benefit people of all ages. These include a number of intergenerational programs, age-friendly business and addressing barriers to economic consumption in later life.

**Tips to Make Your Website Accessible, Government of Western Australia:** <http://www.disability.wa.gov.au/Global/Publications/Understanding%20disability/Built%20environment/Accessible%20websites%20checklist.pdf>

This guide provides an overview of accessible website design and some tips about how to achieve one. More comprehensive guidelines that the Australian Government use are the Web Content Accessibility Guidelines version 2.0 (at

[www.australia.gov.au/accessibility](http://www.australia.gov.au/accessibility)) that covers a broad range of recommendations for making Web content more accessible.

**What Age Gap? Building Intergenerational Relationships (*Davidson, S.R. & Boals-Gilbert, B.*):**

[https://southernearlychildhood.org/upload/pdf/What\\_Age\\_Gap\\_Building\\_Intergenerational\\_Relationships\\_Stephanie\\_R\\_Davidson\\_Beverly\\_Boals\\_Gilbert\\_Volume\\_38\\_Issue\\_2\\_2.pdf](https://southernearlychildhood.org/upload/pdf/What_Age_Gap_Building_Intergenerational_Relationships_Stephanie_R_Davidson_Beverly_Boals_Gilbert_Volume_38_Issue_2_2.pdf)

This paper reports the positive effects of developing intergenerational relationships for both younger and older generations. It provides examples of the settings, programs and considerations that can be used to facilitate intergenerational activities.