

Date: Friday 4 April 2025

Time: 10.30am – 1.30pm

Venue: Nillumbik Shire Council; Chamber and via Zoom

Chair: Councillor Peter Perkins

Committee members: Tanya Cottrell, Ann Hutchinson, Kate Puls, Tom Fisher, Janice Crosswhite, Joy Ferguson and Deanna Finn

Present: **Council:** Corrienne Nichols (Director Communities) 15 minutes on Zoom, Stephanie Vassilios (Acting Coordinator Community Support Services), Heather Macmillan (Positive Ageing Officer), and Julie-Anne Grech (Business and Program Support Officer)

Guest Speakers: Cassie Zurek (NSC Social Planning and Policy Officer), Jodie Hoskins (NSC Aged Care Navigation and Advocacy Officer)

Apologies: Narelle Hart, Richard Kottek, Sheila Cheary, Sandra Verdam, Mashid Ghorbani, Chantal Blitenthall and Greg Bourke

Order of business

1. Welcome

Cr Perkins welcomed all to PAAC and acknowledged apologies.

2. Acknowledgement of Country

Acknowledgement of Country was read by Cr Perkins.

3. Conflict of Interest and Informal Meeting of Councillors Record

Nil

4. Minutes of previous meeting & Outstanding Action Items

That the minutes of the meeting held on Friday 14 February 2025 are confirmed as a true and accurate record of the meeting.

Moved: Janice Crosswhite

Seconded: Kate Puls

Carried Unanimous vote

- i) **Update on recommendation PAAC made to Council in August 2024, 'That PAAC advises the Council to support free use of their leisure indoor facilities for 80+ aged users'.**

Corrine Nichols (Director of Communities) confirmed the process for the recommendation which is in line with the Advisory Committee Policy and provided advice on general timeline this would go before Council, likely to be around July / August. Council briefing will be prepared by the Recreation and Leisure Team. PAAC will be kept updated on progress of this recommendation and people can stay informed via the NSC website PAAC and Council meeting pages.

Cr Perkins queried what the intent of the request for free leisure membership for 80+ residents is and suggested the wider implications of the initiative should be included in the report. Key points raised by PAAC members are:

- Encouragement for 80+ to keep going with their health journey – a means for a healthier older community within Nillumbik. Prevention for ill health. Keeping people happier and healthier for longer
- Means for social connection within the Community
- Alleviation of the financial barriers to healthy living for older people in the community
- Increase numbers participating in exercise within the Shire

Council's Advisory Committee Policy was referred to by a member of the committee with specific reference to the process of putting forward recommendations to Council.

It was confirmed that the 'Ageing Well in Nillumbik' (AWiN) newsletter will continue to promote opportunities and activities for older people in the Shire (including physical activities). The Winter edition of AWiN will also include an article on the new members of the 2025 – 2027 Positive Ageing Advisory Committee.

ii) **Update on suggestion Richard Kottek made at PAAC at February meeting to give PAAC members feedback cards.**

Positive Ageing Officer to address the reintroduction of feedback cards next PAAC meeting due to time constraints.

5. Business Arising

Nil

6. Health & Wellbeing Plan update. Cassie Zurek, NSC Social Planning and Policy Officer. What we've been hearing in our community consultations.

Continuing on from feedback provided by PAAC in the February meeting regarding health and wellbeing issues important to Nillumbik residents, the Social Planning and Policy Officer guided PAAC through actions to date and next steps in the Plan.

After reviewing and evaluating the current plan in a legislative, policy and internal context and studying current data, the team has completed a community engagement phase talking to over 1000 people to hear their views. Groups included advisory committees, residents throughout the Shire, older people, disability groups, staff and many more.

Nine proposed priority areas have been identified, and these were presented to PAAC in hard copy spreadsheet format for perusal and comment. The Committee was advised to continue examining the proposed priority areas and contact the Social Planning and Policy Officer using the email address provided by Positive Ageing Officer as soon as possible should they have any comment.

Timelines for the HWBP were highlighted with regards to drafting, consultation and endorsement.

7. Ageing Well team update. Ageing Well staff.

The Positive Ageing Officer detailed upcoming programs, events and information sessions. Committee members please pass on information to your contacts and groups. Information to be forwarded with minutes.

8. Presentation on 'My Aged Care' & Aged Care Reforms. Jodie Hoskins, NSC Aged Care Navigation and Advocacy Officer

The Aged Care Navigation and Advocacy Officer advised the committee of changes to the new Aged Care Act effective 1 July 2025.

Information regarding 'My Aged Care', the Australian Government's starting point on the aged care journey, was highlighted including:

- Contact details: <https://www.myagedcare.gov.au/> or phone 1800 200 422
 - Eligibility parameters and 'checkers'
 - Home Care Packages
 - Cost of services and prescribed services list
- Resources and support - financial, organisational, Government supported General consensus from the Committee was the overwhelming nature of the whole process and the potential need for navigation support for those who need it.

The Aged Care Navigation and Advocacy Officer highlighted the upcoming **Support at Home Expo** being run by NSC, where more detail on Aged Care Reforms will be provided and an opportunity to meet key aged care service providers in the Shire:

8 May 11:00pm to 12:30pm at Diamond Valley Library

For bookings, please call 9433 3138 or email: agedcare@nillumbik.vic.gov.au

9. PAAC 2023-2025 thank you and certificate presentation. Councillor Perkins.

Councillor Perkins presented Committee members in attendance with a Certificate of Appreciation for their valuable contributions while volunteering for the Positive Ageing Advisory Committee. Thank you all for your contribution. Work and achievements of the current PAAC were highlighted.

10. Roundtable

Ann – has worked for 32 years with LINC (Love in the Name of Christ) most recently assisting with emergency food parcels. This month Ann has compiled 18 hampers. Ann assists with Community pantry, Care Net, Compass Care and Diamond Valley Food Share. Food parcels are prepared with approximately 14 food items/goods in and donation within the community is anonymous.

Deanna – involved in Diamond Creek Rotary, participates in 3 advisory committees and has helped managed Life Blood.

Kate – has participated with and supported Advance Care Planning Australia for many years as a volunteer. Was doing work with OPAN, advanced care planning supporting people with aged care. Kate is now part of Community Voices; participating and focusing on legislation and new aged care legislation planning.

Tanya – has participated in many programs and services including children and healthy ageing services, free mental health outreach services in 12 LGA's with many requests to assist those in aged care and those requiring support to navigate the steps to get care. Tanya has enjoyed participating in the Canine Assisted Therapy (CAT) program with her beautiful dog Louis. While living in Nillumbik she has enjoyed participating in PAAC to



Picture of Tanya and Louis: Louis has joined PAAC for a meeting.

see what Council is doing at the community level.

Joy – supported Greensborough Rotary for 26 years and volunteered in the L2P program enjoying working with kids with challenges due to underprivileged backgrounds. Currently Joy is very active with Dementia Alliance and Memory Care Café and as a current Probus member helps to promote aged care information and events. Joy has been very happy to have been a member of PAAC and the committee has helped to gain an insight into how Council works.

Janice – “it has been a pleasure to be on PAAC; to contribute but also to learn from each other”. Janice has found it beneficial to take back information to groups and contacts.

Work is starting in May on the Panton Hill Tennis Club which will include a Pickleball court. NSC was thanked for its support of the club and the new development.

Ageing Well - A brief survey will be sent out to provide feedback on their experience of being on this Council advisory committee. Information shared will be confidential and will be used to help guide future meetings and operations to help the advisory committee meet its objectives.

The survey will be open for 1 week and should take about 5 minutes to complete.

11. Next Meeting

This is the final meeting of this committee.

A new committee will be convened and will be inducted on 6 June 2025.

Where: Council Chambers Civic Drive and Hybrid on Zoom

Meeting closed 1.30pm

Action Summary Table			
Action	Who	Due	Completed?