



Ageing Together



SHIRE OF
HARVEY

Age Friendly Strategy
2022-2027



Acknowledgement of Country

The Shire of Harvey acknowledges the traditional custodians of the land and their continuing connection to land, waters and community. We pay our respects to all members of the Aboriginal communities and their cultures; and to Elders both past and present.

Special thanks

We would like to thank the following organisations and volunteers without whose help this project would not have been possible:

- Brunswick Community Resource Centre.
- Australind and Districts Senior Citizens Centre.
- Harvey Senior Citizens Centre.
- Council for the Ageing WA.
- Volunteering WA.
- South West Community Care.

The development of this Strategy has been overseen by the Age Friendly Working Group and written by Community Development Officer Andre Morris.

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Vision

The Shire of Harvey has an ongoing commitment towards becoming an age friendly community which celebrates and empowers our older population.

Mission

Our mission is to support, respect and value older people residing in and visiting the Shire of Harvey.



Executive Summary

The Shire's Age Friendly Strategy, Ageing Together, is an updated review of the Greater Bunbury Age Friendly Plan released in September 2016.

The purpose of this renewed Strategy is to communicate the Shire's ongoing commitment towards becoming an age friendly community, where opportunities for participation, health and wellbeing are enhanced for older adults who live in and visit the Shire.

The Shire has multiple roles to ensure people can remain living in their local community and have access to the services and facilities they need as they move through the stages of life. With a growing population and an increasing number of older adults, the Shire has a responsibility to understand and respond to the changing needs of our community.

It is envisioned this Strategy will enable a robust framework to engage and support our older people. Now more than ever there is a greater need to ensure our community is supported in accessing the services and facilities required to live rewarding lives.



Cr Paul Gillett
Shire President



Annie Riordan
Chief Executive Office

This Strategy has eight focus areas which include:

- **Active Ageing** – Support the needs of people as they age to remain active, access community infrastructure and the natural environment.
- **Mobile and Connected** – Advocate for solutions to current transport issues and encourage safe, independent travel options.
- **Housing** – Housing related issues are identified and solutions developed which increase options for people to age well in place.
- **Healthy Connections** – A sense of community is further enhanced to address isolation and promote wellbeing.
- **Respected and Valued** – Opportunities are created which ensure older people in our community are included, valued and respected.
- **Civic Participation and Employment** – Facilitating the voice of older people and their community contributions via paid employment or voluntary work.
- **Inclusive Information** – Accessible information is provided in a wide range of mediums and communication opportunities are meaningful.
- **Health Services Support** – Community support and health services meet the needs of the community and include innovative responses to identified gaps.

The Shire recognises that our older people themselves understand their own choices and what they would like to continue to do. Accordingly, this Strategy seeks to empower and meaningfully support our senior population to ensure their contribution is valued and that they age well.

Council's Commitment

Council commits to support our older people to age well in our community.



The World Health Organization – Age Friendly Cities Framework

An age friendly community anticipates and responds inclusively to the needs of its ageing population.

The World Health Organization (WHO) is recognised for setting the framework for age friendly communities. This is regarded as one of the most effective policy approaches for how to plan for an ageing population, and encourages a place based approach to delivering positive outcomes for seniors.

The WHO define an age friendly community as one which “encourages active ageing by optimising opportunities for health, participation and security in order to enhance quality of life as people age... and adapts its structures and services to be accessible to and inclusive of older people with varying needs and capacities”.

The WHO identifies eight focus areas that form part of an age-friendly community:



Outdoor spaces and buildings



Respect and social inclusion



Transportation



Civic participation and employment



Housing



Communication and information



Social participation



Community support and health services

The methodology for developing this Strategy aligns with this approach, which is also reflected in the Government of Western Australia Department of Communities ‘Creating Age Friendly Communities in Western Australia 2021’.



Guiding Principles

This Strategy outlines four principles to guide decision making regarding how older people will be supported, involved and valued.

1. Unique experience

All older people have their own ageing journeys. The needs of our seniors differ not by age but by individual experience. We recognise, support and celebrate the differences in our older people.

2. Inclusion and contribution

We provide opportunities for older people to participate in all aspects of our community. We pursue effective communication methods to listen to our older people and value their contribution.

3. Lifestyle choices

We respect our senior's decisions and lifestyle choices. We seek to provide opportunities and support for our older people to live fulfilling lives guided by their independent decisions.

4. Changing needs

The needs of our older people will change with their own ageing journey. We respond and anticipate the changes in required information and support with flexible and timely resources and collaboration.

Goals



Active Ageing

Support the needs of people as they age to remain active, access community infrastructure and the natural environment.



Respected and Valued

Opportunities are created which ensure older people in our community are included, valued and respected.



Mobile and Connected

Advocate for solutions to current transport issues and encourage safe, independent travel options.



Civic Participation and Employment

Facilitating the voice of older people and their community contributions via paid employment or voluntary work.



Housing

Housing related issues are identified and solutions developed which increase options for people to age well in place.



Inclusive Information

Accessible information is provided in a wide range of mediums, and communication opportunities are meaningful.



Healthy Connections

A sense of community is further enhanced to address isolation and promote wellbeing.



Health Services Support

Community support and health services meet the needs of the community and include innovative responses to identified gaps.



Priority Projects

This Strategy highlights five priority projects to be achieved over the next five years. These are to:

1

Promote the addition of **recharge points for mobility devices** in key Shire facilities.

2

Continue to support and advocate for the development of the **Brunswick River Cottages**.

3

Register the Shire of Harvey as a member of the WHO Global Network for **Age-friendly Cities and Communities**.

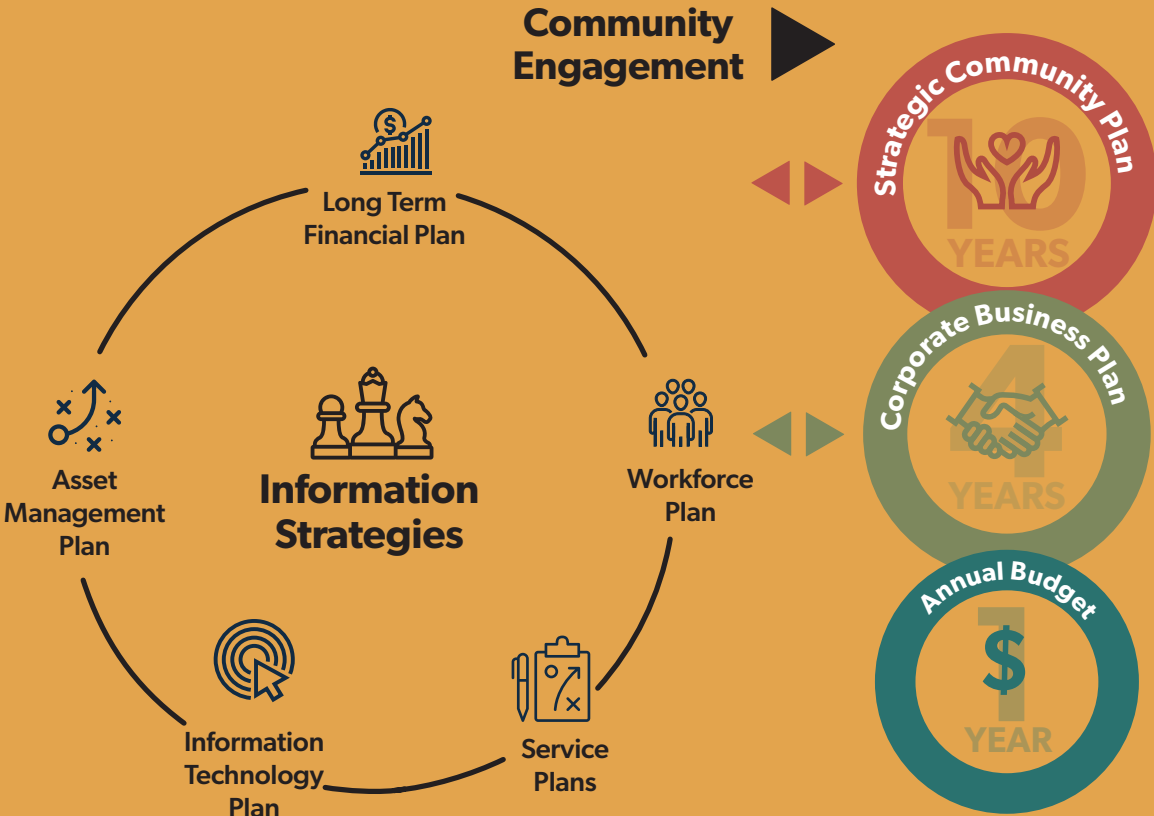
4

Establish and administer a **Wisdom Council** that trains and supports members to become Senior Community Champions.

5

Develop an **annual senior's expo**.

Strategic Landscape



This Strategy will be embedded into the Shire’s integrated planning and reporting framework to ensure that what is planned is delivered through robust financial and resource allocations. This framework is governed by the actions of the Strategic Community Plan and Corporate Business Plan. The focus for older people within these plans is outlined in the following pages.

Plan Monitoring & Annual Reporting

STRATEGIC COMMUNITY PLAN 2021-2031



- 2.1 The Shire has multiple roles to ensure people can remain living in their local community and have access to the services and facilities they need as they move through the stages of life.
- 2.2 Working with partners to address all aspects of community safety, ranging from crime prevention to bushfire and emergency management to ensuring roads and footpaths are maintained to a safe standard.
- 2.5 The Shire will strive for accessible facilities, services, events, information and opportunities by incorporating principles that promote social justice and equity for all members of the community into its policies and plans.
- 4.1 Using contemporary and sustainable design principles to ensure the Shire's playgrounds and parks service the whole community in an equitable manner.

CORPORATE BUSINESS PLAN

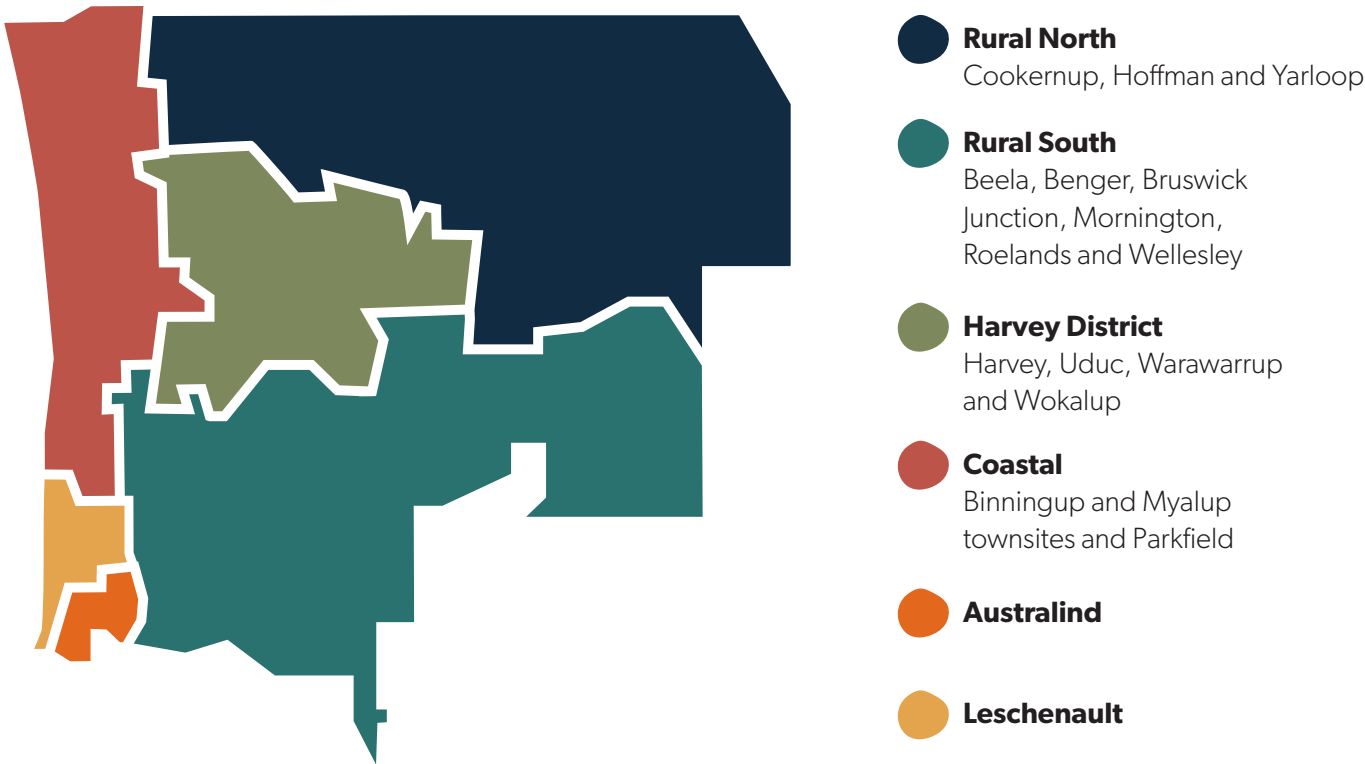


- 2.1.1 Continue to advocate for the development of Brunswick River Cottages Stage 3 as investment ready.
- 2.1.2 Upgrade the Harvey Senior Citizens facility.
- 2.1.6 Develop an Age Friendly Strategy.
- Implement the actions from the Age Friendly Strategy.
- 2.3.6 Support the upgrade of the Brunswick Men's Shed as part of the Brunswick Recreation Ground Master Plan.
- Support the extension of the Leschenault Men's Shed (subject to funding).
- 2.5.1 Implement actions in the Access and Inclusion Plan.

Outcomes of the Strategy will be captured through the measurement of key performance indicators and reported to Council and community in quarterly and annual reports. An annual desktop review of the Strategy, together with a major five yearly review, will ensure it is up to date and relevant with the changing environment in the Shire and the broader region.

Who we are

District Map



Population Age Brackets by Location

	55 to 65 years	65 to 75 years	75 +
Australind	11%	8%	2%
Coastal	2%	1%	0.29%
Harvey District	3%	3%	1%
Leschenault	4%	2%	0.40%
Rural North	1%	1%	0.14%
Rural South	2%	1%	0.50%

Social Snapshot



27,975

People living in the
Shire of Harvey



20%

Are over the
age of 60



50%

Male



50%

Female



73%

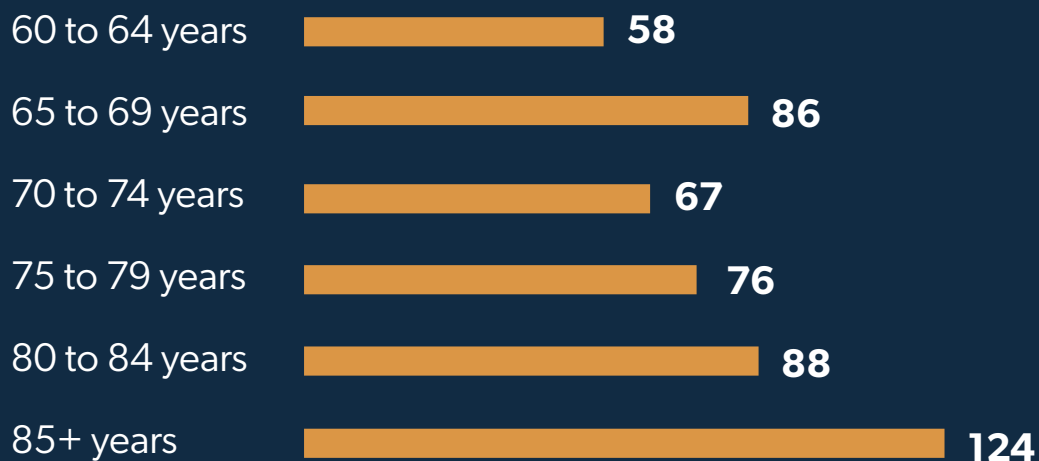
Born in
Australia



2%

Of the population
are Aboriginal

Shire of Harvey residents need for assistance by age



Total: 499

Total Shire of Harvey residents > 60 years old: 5,353

Current Age Friendly Initiatives

Brunswick River Cottages

To date, 19 age friendly units have been constructed to address the shortage of age-appropriate accommodation in Brunswick Junction.

The cottages provide older people with opportunities to live healthy, positive and productive lives, connected to and participating in their local community for as long as possible.

This initiative supports and builds social capital in regional Western Australia by retaining seniors, and their rich volunteering and mentoring experience.

Housing is fundamental to all Australians, and our housing market has a significant influence on a number of key social and economic aspects of society.





Recreation centres

The Shire's recreation centres currently offer five fitness classes designed for members aged 50 years old and over.

The Leschenault Leisure Centre offers both the Living Legends and Aquafit programs. Living Legends is an evidence based progressive strength and exercise program aimed at reducing the incidence of falls and improving health, wellbeing and independence. Aquafit provides a gentle pool based training program using water as resistance.

These programs are free for members aged over 80 years which is a unique program for the Shire of Harvey.

The Harvey Recreation and Cultural Centre offers Stay On Your Feet, Strength for Life and Yoga 50+ programs. Stay On Your Feet is a cardio and strength training exercise class that promotes healthy active ageing and awareness

within the community that falls are preventable and not a consequence of aging. Strength for Life is an evidence based progressive strength and exercise program aimed at reducing the incidence of falls and improving health, wellbeing and independence of older people. Yoga 50+ is tailored for people over 50 to promote and enhance health, performance and mental acuteness.

The Harvey Recreation and Cultural Society also offers a diverse program of cultural performances that cater for a 50+ audience. Included in the annual program is live theatre, tribute shows and cinema with most having the option of lunch, morning/afternoon tea or dinner included as part of the social community engagement.



Harvey Senior Citizens Centre and Leschenault Men's Shed upgrades

Harvey Senior Citizens Centre expansion

The Harvey Senior Citizens Centre provides a meeting place for people aged over 65 in the Harvey district.

With over 300 current members, the space is continually activated every week with a range of social and wellbeing activities. However, this number represents about a third of seniors who could be accessing the service. A fit for purpose facility would encourage and support this potential growth.

The Harvey Senior Citizens Centre upgrade project will contribute to one of the aspirations referenced in the Shire's Strategic Community Plan 2017 – 2027 which is for Harvey to continue to become an age friendly town.

The Shire's Strategic Community Plan includes the Leschenault Men's Shed Expansion Project as a priority project for the community. The Leschenault Men's Shed provides an essential service that adds to the vitality of the community and supports the mental health and wellbeing of our aging population.

The Leschenault Men's Shed is a strong and growing community group, with over 90 members, and is recognised for offering men in the community a safe space to be social and active.

The current building size has restricted membership growth and created obstacles for community members. The Leschenault Men's Shed Expansion Project proposes to increase the floor space allowing increased community accessibility to this facility.



Libraries

The Shire of Harvey has four libraries located in Australind, Harvey, Binningup and Yarloop.

Older residents are encouraged to use the Shire's libraries to meet friends, browse the shelves, and relax. These facilities support social inclusion, reduce isolation, encourage lifelong learning, and enable customers to be entertained in their own homes with books and movies.

Resources provided specifically for seniors include books in large print, audio books, free use of computers with internet access and staff available to assist users.

Services for older people (depending upon location) include book deliveries, 'Bookchat' conversation sessions and a Parkinson's Support Group. Various libraries also hold one-off events such as: Biggest Morning Tea, Seniors Week activities, historical photo display and have-a-go craft.

Current Age Friendly Initiatives





Trends and Issues



Digital divide

There is a **growing skills gap between the young and older members of society** with older members more likely to have mobility impairments and decreased physical dexterity increasing the digital divide.



Life expectancy – Aboriginal and Torres Strait Islander population

For the Aboriginal and Torres Strait Islander population born in 2015–2017, **life expectancy was estimated to be 8.6 years lower than that of the non-Indigenous population for males** (71.6 years compared with 80.2) and **7.8 years for females** (75.6 years compared with 83.4).



Life expectancy

Australia ranks **8th in the World for life expectancy** (85 and 82 years for females and males respectively).



Unpaid carers

1 in 9 Australians are **family carers**.





Ageing in Place

Many older adults wish to remain in their home in the community which they are connected.

Around **2 in 3** people using aged care services **were women**.

The **number of people using home care has tripled** over the last 10 years.

58% of people living in residential aged care were aged over 85 years, compared to **41%** of people using home care.

12.4% of older people **aged 65+ are renters**.

62% of older renters are living in the **private rental market**.



Social isolation and loneliness

21% of older adults in WA **live alone**.

24% say they have felt lonely at least some of the time in the past few weeks.

5% had no contact with anyone in the preceding week.



Elder abuse

The abuse of vulnerable older members of our community is of increasing concern.

Estimates suggest that between 2–14% of older Western Australians – **between 7,000 and 49,000 people** are experiencing, or have experienced, some form of elder abuse.

One in eight older Western Australians reported experiencing elder abuse themselves or knowing someone else who has – but nearly **4 in 10 go unreported**.



Health

Less than half of older adults in WA were either **active or very active**.

Three quarters of older adults in WA were either **overweight or obese**.

Consultation and Engagement

The engagement for the Age Friendly Strategy was conducted by the Shire of Harvey Community Development team.

The aim of the engagement was to hear first-hand from older residents and seek understanding in developing the key objectives and actions in the Age Friendly Strategy.

It was important that the engagement methods were accessible for community members and this included the option to attend focus groups or complete a survey online or in hard-copy. The Strategy was also informed by consultation with our Senior Citizens Centres, Men's Sheds and Councillors, as well as the Age Friendly Strategy Working Group.



153 surveys completed



3 Focus Groups



4 Interviews with key service providers



Attendance at **Age Friendly Forum**



Community engagement in collaboration with **2 Senior Citizens Centres**





What we Heard

92% believe the Shire of Harvey is a great place to live for older residents

17% strongly agree and an additional 42.5% agree they **feel valued as an older person in the community**

30% strongly agree and an additional 54.4% **agree that Shire parks and public spaces are easy to access**

37% strongly agree and an additional 50.3% agree that they **feel welcome in local shops and businesses**

83% have access to a **computer**

86% have their own **email account**

59% have a **Facebook account**

77% **regularly walk** for exercise

91% **drive their own car** or motorbike

62% of survey respondents **volunteer**

28% strongly agree and an additional 59.1% agree that they **could access the medical services they need**

82.2% are **homeowners**



Opportunities and Challenges

Opportunities

Inclusion

Co-designing an accessible community for older residents utilising Shire resources.

Empowerment

Empowering older residents with support services and information to live an enriched individual age journey.

Collaboration

Working closely with older adult support services to create capacity and provision and opportunities in the local community.

Ageing well

Through facilitation, provision and partnering older residents can be resourced to, be social and actively involved in the local community.

Challenges

Transport

A dispersed population with limited transport options.

Housing

Limited retirement housing options which exacerbate with illness.

Lifestyle

Holistic health issues related to isolation, exercise and food habits all magnified by the COVID-19 environment.

Inclusion

Promoting resources and opportunities to those older adults isolated by illness, location, internet accessibility or other.

COVID-19 Response

While the consultation for the Age Friendly Strategy 2022-2027 was undertaken during the COVID-19 pandemic, it is not known yet the full impact that will occur during long term recovery.

This may have an impact on the outcomes of this Strategy and will be monitored accordingly.

The Shire of Harvey's Age Friendly Strategy ensures that our older people are supported during the current COVID-19 pandemic in the following ways:

- Accessible information and communication.
- Ensuring our community know what kind of support is available to them, and how they can access it.



Action Plan





Active Ageing

OBJECTIVE 1: Support the needs of people as they age to remain active, access community infrastructure and the natural environment

ACTION	Outcome	Responsible	22-23	23-24	24-25	25-26
1.1 Continue to improve the safety and accessibility of Shire buildings	Older people have unrestricted access to Shire and Community facilities	Shire	○	○	○	○
1.2 Ensure age friendly principles are applied to the Accessible and Inclusive Business Recognition Initiative and Grants Program	Older people are encouraged and supported to age well in place	Shire		●	○	○
1.3 Continue to promote and support Shire senior fitness programs		Shire	○	○	○	○
1.4 Continue to promote the reporting of maintenance issues relating to Shire infrastructure		Shire	○	○	○	○
1.5 Promote and support walking groups for health and wellbeing		Shire/Heart Foundation	●	○	○	○
1.6 Support the development of the Harvey Region Signage and Wayfinding Strategy		Shire	○	○	○	○

"Shade over and around playground areas for time spent with grandchildren."

● Commencement of action ○ Action ongoing ★ Priority project



Mobile and Connected

OBJECTIVE 2: Advocate for solutions to current transport issues and encourage safe, independent travel options

ACTION		Outcome	Responsible	22-23	23-24	24-25	25-26
2.1	Trial and/or evaluate community based transport service systems to improve access to Shire facilities, resources and services	Unrestricted and connected senior population Older people are encouraged and supported to age well in place	Shire		●	○	○
2.2	Advocate to improve bus stops located in the Shire		Shire/State Government	●	○	○	○
★ 2.3	Promote the addition of recharge points for mobility devices in key Shire facilities		Shire	●	○	○	○
2.4	Promote the safe use of gophers and mobility aides		Shire	●	○	○	○
2.5	Facilitate gopher training in partnership with police		Shire/Police	●	○	○	○
2.6	Promote gopher friendly footpaths		Shire	●	○	○	○
2.7	Promote public transport options		Shire	●	○	○	○
2.8	Purchase a stencil for use by local business to provide parking bay for temporary mobility issues		Shire	●	○	○	○
2.9	Continue to advocate for increased public transport services in the Shire		Shire/State Government	●	○	○	○

"Don't use public transport yet except with grandchildren. The rural towns really struggle with no public transport."

● Commencement of action ○ Action ongoing ★ Priority project



Housing

OBJECTIVE 3: Housing related issues are identified and solutions developed which increase options for people to age well in place

ACTION	Outcome	Responsible	22-23	23-24	24-25	25-26
3.1 Develop programs and partnerships to provide information to assist older adults to make informed choices about housing as their needs change	Housing information and support are promoted	Shire/Support Services	●	○	○	○
3.2 Advocate for the provision of a variety of housing options for older people throughout the Shire	Continued provision of seniors housing	Shire/Support Services	●	○	○	○
★ 3.3 Continue to support and advocate for the development of the Brunswick River Cottages	Older people are encouraged and supported to age well in place	Shire	●	○	○	○
3.4 Provide housing options via mixed-use planning with multiple destinations, transport methods and urban design initiatives	Facilitate a sense of community, wellbeing and improved interaction between residents	Shire	●	○	○	○
3.5 Promote Joint Venture proposal opportunities to provide improved aged care facilities with Shire-owned land zoned for aged care in Harvey		Shire/Business	●	○	○	○
3.6 Support development of affordable and mixed housing options with privately held land within Australind for which owner has secured NDIS licences for High Dependency beds		Shire/Business	●	○	○	○
3.7 Identify gaps in housing options to advocate to developers		Shire		●	○	○

"I would need to buy a unit or go into a nursing home which I hope does not happen. I would prefer to reside in my own house even though I would be very isolated."

● Commencement of action ○ Action ongoing ★ Priority project



Healthy Connections

OBJECTIVE 4: A sense of community is further enhanced to address isolation and promote wellbeing

ACTION		Outcome	Responsible	22-23	23-24	24-25	25-26
4.1	Continue to support and build partnerships with community groups and clubs including Senior Citizens Centres and Men's Sheds	Seniors support services are accessed	Shire	○	○	○	○
4.2	Promote a youth mentorship program in partnership with seniors community groups	Volunteer opportunities are provided and promoted	Shire/ Community Groups		●	○	○
4.3	Continue to provide intergenerational opportunities throughout the Shire	Older people have access to peer-to-peer support and social opportunities	Shire		●	○	○
4.4	Promote and encourage community groups, clubs and events to older people		Shire/ Community Groups	●	○	○	○
4.5	Provide excursions ('Big Day Outs') to other Senior Citizen Centres and leisure activities		Shire	●	○	○	○

"The Seniors centre is awesome. The library is ever so helpful, having the Shire office in Australind is very helpful."

● Commencement of action ○ Action ongoing ★ Priority project



Respected and Valued

OBJECTIVE 5: Opportunities are created which ensure older people in our community are included, valued and respected



ACTION	Outcome	Responsible	22-23	23-24	24-25
★ 5.1 Register the Shire of Harvey as a member of the WHO Global Network for Age-friendly Cities and Communities	Older adults are involved in decision making	Shire /WHO	●	○	○
5.2 Include representation from the seniors community on the Shire's Co-Design Panel	Contributions of older people are recognised	Shire/ Community	●	○	○
5.3 Promote seniors nominations in the Shire's Honours and Awards program		Shire	○	○	○
5.4 Promote seniors nominations in the annual Australia Day Awards		Shire	○	○	○
5.5 Support nominations for state or national seniors awards		Shire	○	○	○
5.6 Develop programs and partnerships that highlight the issue of elder abuse including scams		Shire	●	○	○
5.7 Develop and implement an annual seniors' survey		Shire	●	○	○

"Value my opinions and experience. Seek my advice."

● Commencement of action ○ Action ongoing

★ Priority project



Civic Participation and Employment

OBJECTIVE 6: Facilitating the voice of older people and their community contributions via paid employment or voluntary work.

ACTION	Outcome	Responsible	22-23	23-24	24-25	25-26
★ 6.1 Establish and administer a Wisdom Council that trains and supports members to become Senior Community Champions	Shire operations are seniors focussed	Shire	●	○	○	○
6.2 Encourage senior volunteerism by promoting opportunities and creating connections in community	Older people have opportunity to contribute to the community	Shire/ Community Groups	●	○	○	○
6.3 Investigate opportunities to assist older adults to gain employment skills		Shire/Service Provider	●	○	○	○
6.4 Support older adults in Shire operations to maintain employment and transition to retirement when requested		Shire	○	○	○	○
6.5 Investigate training opportunities for older adults to volunteer		Shire/ Community Groups	●	○	○	○

"Remove the barriers to volunteering."



Inclusive Information

OBJECTIVE 7: Accessible information is provided in a wide range of mediums, and communication opportunities are meaningful

ACTION		Outcome	Responsible	22-23	23-24	24-25	25-26
★ 7.1	Develop an annual seniors expo	Older people have access to relevant information Older people have unrestricted access to online information and services	Shire	●	○	○	○
7.2	Provide information for older adults through the Shire's Access and Inclusion Touchpoints		Shire	●	○	○	○
7.3	Continue the provision of information in accessible formats and alternate formats on request according to the Shire's Access and Inclusion Policy		Shire	○	○	○	○
7.4	Continue to provide program to support digital literacy for seniors through Shire facilities and Community Resource Centres		Shire	○	○	○	○
7.5	Facilitate relevant information sessions for seniors as identified and requested		Shire	●	○	○	○

"I would like to see in the Australind area a list or some sort of communication where the aged would be able to find a list of all the community areas, whatever their interests or capability of the aged could be found: social, physical, clubs, mental health/ educational stimulation, voluntary assisting for yourself and others."

● Commencement of action ○ Action ongoing ★ Priority project



Health Services Support

OBJECTIVE 8: Community support and health services meet the needs of the community and include innovative responses to identified gaps

ACTION		Outcome	Responsible	22-23	23-24	24-25	25-26
8.1	Promote community support and health services focussed on seniors	Equitable provision of senior focussed services across the Shire Older people are encouraged and supported to age well in place	Shire/Support Services	●	○	○	○
8.2	Advocate for and support carers who assist elderly as they age		Shire/Support Services	●	○	○	○
8.3	Continue to support Dementia and Alzheimer's initiatives		Shire	○	○	○	○
8.4	Promote and collaborate to promote the information and services detailed on the Commonwealth website 'My Aged Care'		Shire/Commonwealth	●	○	○	○
8.5	Collaborate with Alzheimer's WA and Dementia WA in the development of the Community Precincts		Shire/Alzheimer's WA/Dementia WA	●	○	○	○

"I am not confident about access to health and medical services should I be in a position where home visitations by health support workers is required. I agree I can access support for seniors while I am mobile and self sufficient."







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Shire of Harvey

102 Uduc Road, Harvey WA 6220
PO Box 500 Harvey, WA 6220

Australind Office

7 Mulgara Street, Australind WA 6233

T: (08) 9729 0300 • **F:** (08) 9729 2053

E: shire@harvey.wa.gov.au

harvey.wa.gov.au

 **Instagram**

 **Facebook**

 **LinkedIn**

Document available in different formats by request