

Active and Healthy Aging Mapping



Bendigo Loddon Primary Care Partnership (BLPCP)

in partnership with

Central Victoria Primary Care Partnership (CVPCP)

BACKGROUND

Project time span - April 2016 – July 2016

Victorian's population is aging with a projected increase in those aged 85 years and over to quadruple by 2051. In-order to ensure protective factors are in place the Victorian government took a proactive initial step in identifying the need for regional program mapping to support Active and Healthy Aging. The Active and Healthy Aging Mapping document provides details for programs and initiatives that target or are predominately attended by people over the age of 55.

Areas for inclusion were health eating, physical activity, emotional wellbeing and cognitive development, social participation, social inclusion and age friendly environments.

Project Objectives

- Identify the locations of programs and/or activities targeted towards people over 55 years of age.
- Understand the barriers a person over the age of 55 may have accessing these programs.
- Identity the gap in health care services throughout the Bendigo Loddon and Central Victoria areas.

PARTNERS (include logos)

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|---|--------------------------------|
| • Bendigo Community Health Services | • Bendigo Neighbourhood Hub |
| • Bendigo District Aboriginal Cooperative | • Boort District Health |
| • Bendigo Health | • City of Greater Bendigo |
| | • Department of Human Services |



- Dingee Bush Nursing Centre
- Eaglehawk Community House
- Heathcote Health
- Inglewood and District Health Services
- Inglewood Community house
- Loddon Shire council
- Pyramid Hill Neighbourhood House
- Wedderburn Community House

METHOD

- Involved liaison with the Department of Human Services, local council, community health providers, hospitals and neighbourhood houses.
- Desktop search was used to collect and collate data.
- The Primary Care Partnership Strategic Plan Integrated Health Promotion Plans and Municipal Public health and Wellbeing Plan were also analysed to identify strategies congruent with active and healthy aging.

OUTCOMES

The **Active and Healthy Aging Mapping** documented a huge variety of programs that would support someone who was living close to a township of notable size, physically able, cognitively capable and socially inclined. However, access to programs of relevance diminished for the people who don't have access to a motor vehicle, live remotely, have a disability, experience poor mental health, have low English-speaking abilities or who are fulltime carers. For these people it was recommended that strategies between consistent sharing between community services needed to be developed.

A further recommendation was made to develop 'hot spot' maps for each category across Victoria. These maps would show the geographical clusters of programs available and therefore highlight areas where few or no programs exist. Example can be seen in the link below.

[Active and Health Aging Mapping](#)