



CITY OF ROCKINGHAM

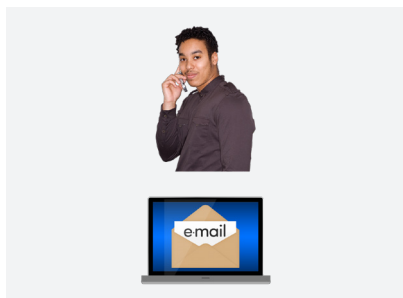
Our Plan for Older People

2025 - 2029



Easy Read

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- phone 08 9528 0333
- or
- email customer@rockingham.wa.gov.au



If you are deaf or hard of hearing or need help to speak or listen contact:

www.accesshub.gov.au/about-the-nrs



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This book is a summary of a bigger book.

A summary lists only some of the ideas.



For more information contact us or visit our website at www.rockingham.wa.gov.au.



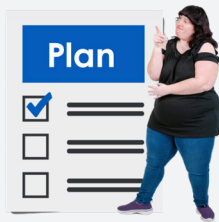
Acknowledgement of Country

We acknowledge the First Nations people from this land, the Binjareb and Whadjuk Nyoongar peoples and their connection to this land.



About this book

This book is by the City of Rockingham.



This is a plan for our community.

A plan is a list of ideas to make life better.



The plan shows how we will make Rockingham a good place for older people to live.



You can read the full plan on our website at

<https://rockingham.wa.gov.au/your-city/our-vision/community-plan-strategies>.

About this plan



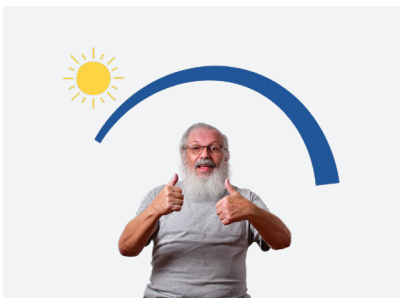
This plan is about how we can make Rockingham a good place for **seniors** to live.

Seniors are older people in our community.



Older people are important in our City.

We value what older people do and who they are.



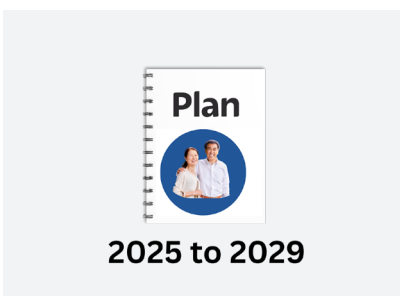
We want to make sure older people

- can take part in our community
- can stay healthy and well.



In the plan we explain

- what we will do in our City
- how we will do it.



The plan is for 2025 to 2029.



In this plan we think about how to support older people.

And include them in our City.



We want to be an **age friendly city**.

An age friendly city meets the needs of older people.

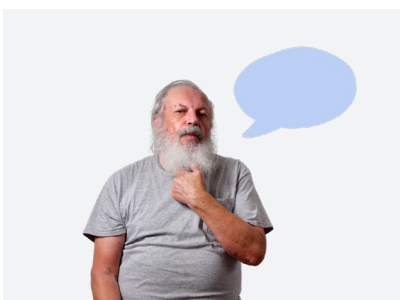
It is safe and easy for older people.



It has good services for older people.

And good places to live.

With buildings and spaces that everyone can use.



An age friendly city respects older people.

They can speak up and make choices.



It is a place where older people can live well.

And enjoy their community.



Rockingham is a good place for older people to live.

But older people can still find some things difficult.



For example:

They may need more help to find and use community services.



Older people can feel lonely and left out.

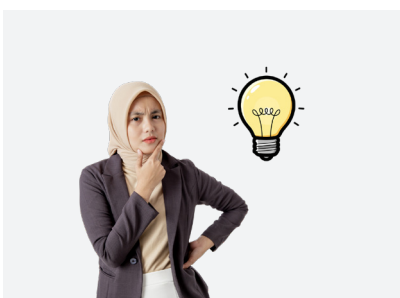
Some older people are abused.

Abuse is when someone harms them or treats them badly.



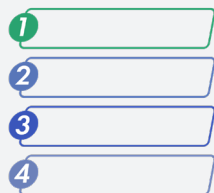
Older people need good homes that meets their needs.

They need **affordable** homes that do not cost too much money.



In this plan we think about how to solve these problems.

Parts of this plan



There are 4 parts to our plan.

We explain what we will do in each part.



1. **Support and wellbeing**

We will support older people to

- find and use community services
- stay healthy and live well.



2. **Our area**

We will make our area safe and easy to use.

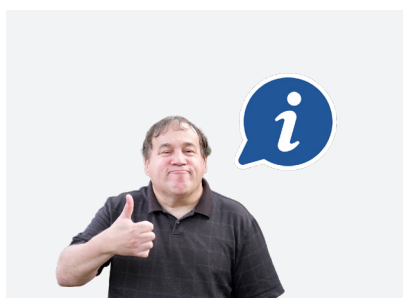
And make sure people can find a good place to live.



3. **Being included**

We will support older people to connect with others.

And take part in community life.



4. **Sharing information**

We will make sure older people can get the information they need.

And share their ideas.

1. Support and wellbeing



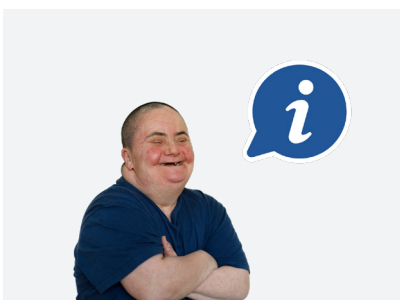
Staying well is very important to older people.
And to their carers and service providers too.



Good support can help older people stay well
and be part of the community.



Our City needs the right services and supports.
So older people can stay well now and in the
future.



Older people need information about things like

- how to keep their money safe
- how to stay safe from abuse.



People need transport to get to places.
And enough places to park.

What we will do



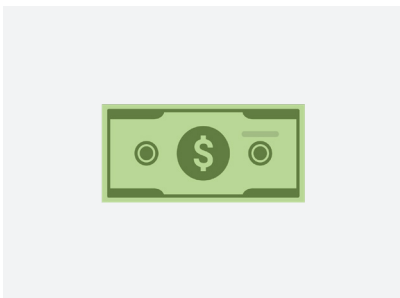
We will share information about services in our City.

So older people can find the services they need.

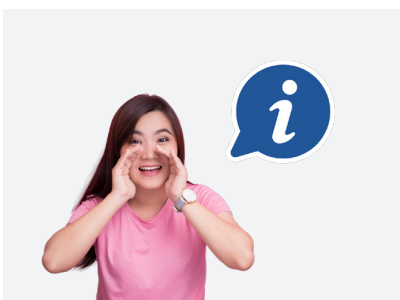


We will have events for service providers.

So they can tell people about their services.



We will give grant money to community projects to support older people.



We will speak up about things that are important to older people.

We will share talks, workshops and information with the community.



We will tell people about transport, like

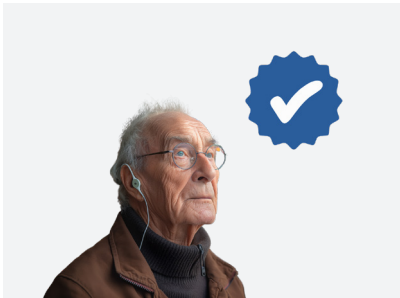
- how to get transport in our City
- how to contact Transperth.

2. Our area



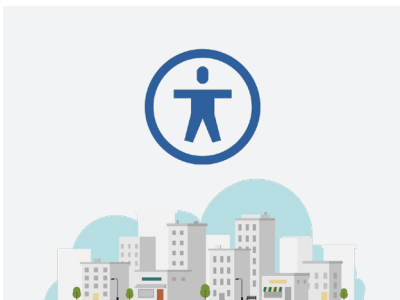
We must make sure our City is **age friendly**.

That means safe and easy for older people.



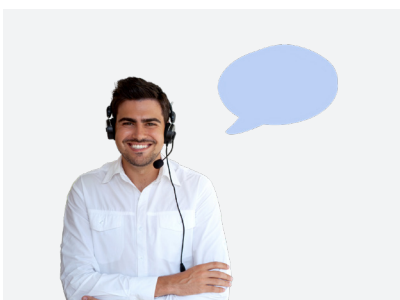
We must make sure our City is **dementia-friendly**.

That means safe and easy for people living with dementia.



Our City must be safe and easy to get around, with

- good foot paths and road crossings
- toilets that are easy to find and use
- buildings that are easy to find and use.



We must make sure older people get good **customer service**.

That means people listen and treat them with respect.



Older people also need to live well in their homes.

They need safe homes that meet their needs.

What we will do

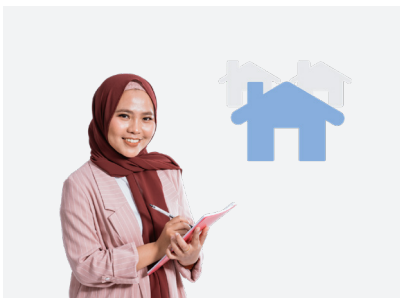


New buildings and spaces must be safe and easy to use for older people.

And for people living with dementia.



We will ask government to help make sure there are enough good homes for older people.



The City will plan for enough homes that suit older people.

So they can find a good home and live safely.



Our Home Modification and Assistive Equipment Subsidy Scheme will help with

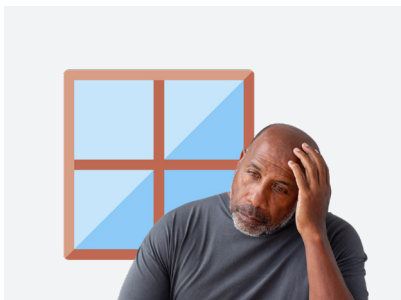
- the costs of making a home easy to use
- equipment to make the home safer.



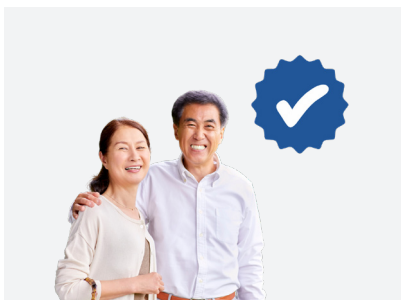
Our support programs will help older people

- live at home safely for as long as they can
- stay independent and keep doing the things they enjoy.

3. Being included



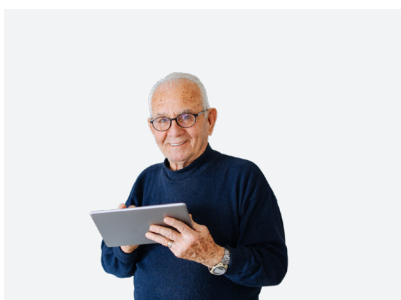
Sometimes older people feel lonely or left out.
We will make sure older people can be part of our community.



They can feel welcome and respected.
They can share ideas and say what they think.



We will offer places and activities where older people are welcome.



Where they can meet people or learn new things.
They can work or do jobs in the community.



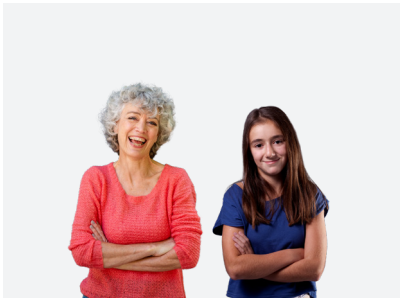
We have some good places for older people to meet and join in.
Like our Autumn Centre and Rockingham Volunteer Centre.

What we will do



We will have activities where older people can meet others.

They can join in and take part in the community.



We will have activities where people of all ages can get together.



We will share information about issues that are important to older people.

Like living with dementia or how to stay well.



We will speak up for older people to be valued in their work

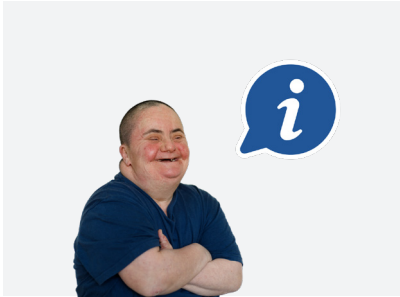
- in the workplace
- and in the community.



We will support older people to **volunteer**.

Volunteer is when people do jobs to help in the community.

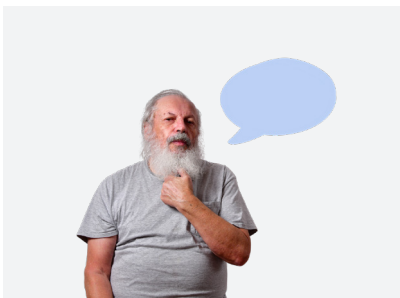
4. Sharing information



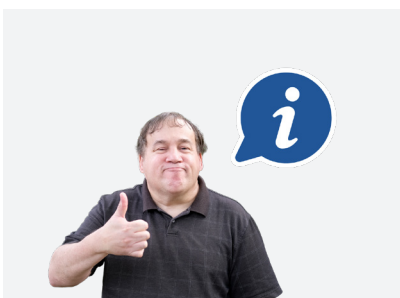
Older people need to get clear information.
This helps older people get the support and services they need.



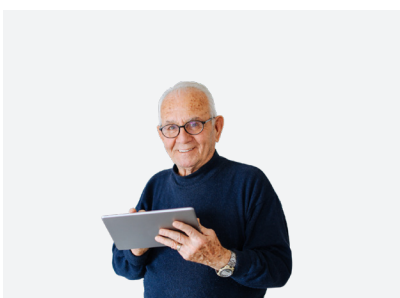
It helps older people to stay connected.
And be part of their community.



Older people also need ways to speak up for themselves.
And tell others what is important to them.



We will make sure information is **accessible** for older people.
That means easy to use and understand.



We will also make sure people can get information **online**.
That means using computers and the internet.

What we will do



We will share good stories about older people.

We will speak up about how they make our community better.



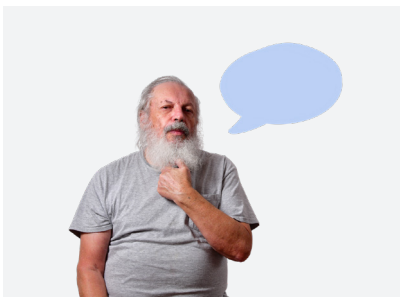
We will make sure important information is

- easy to find
- easy to understand.



We will share information in different ways.

So everyone can get the information they need.



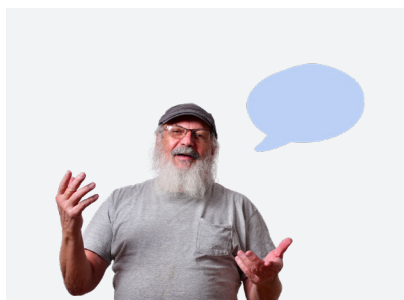
We will make sure older people can tell us what they think.



We will help older people learn how to get information online.

And learn to stay safe when they go online.

How we made this plan

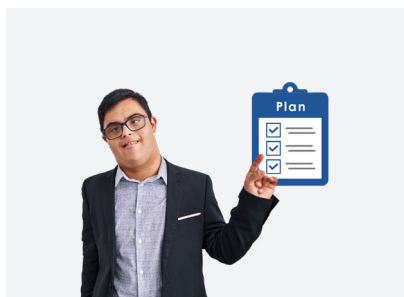


We asked many people what they think and what they need.

They told us what is important to them.



We looked at other plans around Australia and around the world.



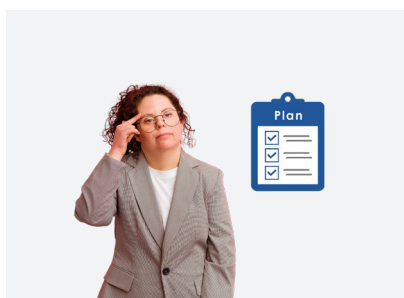
We made a list of actions to take.

These are ways to make our City better for older people.



We will work together with

- groups
- the government
- and the community to make this happen.



We will check on our plan and see how well it is going.

Words to know



Abuse

When someone harms a person or treats them badly.



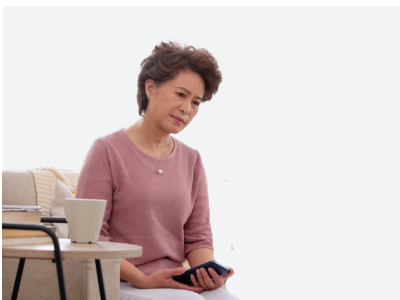
Age friendly city

A city that meets the needs of older people.
It is safe and easy for older people.



Online

When you use computers and the internet.



Dementia

A health condition that affects memory and thinking.

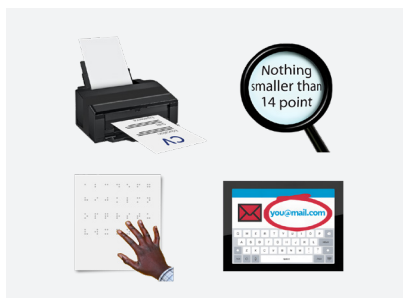


Senior

Someone who is 60 years or older.

People from a First Nations background are a senior at 50 years or older.

More information

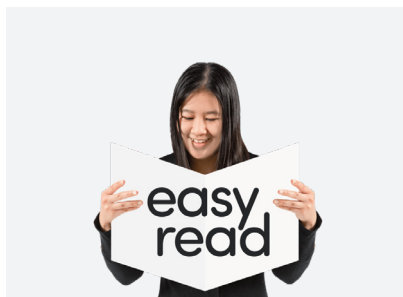


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