

'Are You Ready?' Checklist

1. An active and lively community

This can be seen in things like an existing culture of gathering in cafes, wine bars, libraries and sports clubs, or through community notice boards, community Facebook pages, shared community events, such as a fete, fundraiser, etc.

2. A population of retirees that live and interact in the community

Some 20-30% of the population in the 60+ age group currently engaging with the community and that does not go to another town for most of their services/activities.

3. Multiple groups offering a range of activities that welcome seniors

Activities could include golf, bowls, bridge, an active museum, book clubs etc.

Some groups will have a club house, others a shared space, others conducted in private spaces. It is helpful if there is a strong crossover of membership between the groups.

4. The availability of a suitable building/space

This needs to be a dedicated, age-friendly space co-designed by seniors as a centre/hub, and one with disability access. It needs to be in a central location, easy to access without the use of cars, and well kept. It needs to be a space people want to use so think 'comfortable' rather than 'clinical'. It needs to be able to accommodate the various group activities, particularly those that have previously used private spaces and for any new activities.

5. Existing health/community infrastructure

This could be a neighbourhood house, health service or local council that can partner and support the hub. By forming a partnership with such a group, the ageing hub can avoid the bureaucracy of incorporation, office bearers and the burden of minutes, accounting and the like. The form of governance will differ from place to place but needs to be flexible, supportive, accommodating and respectful. There needs to be a willingness from both the ageing hub and the supportive organisation to 'feel the way' in what is a new but rewarding system of mutual support and governance.

6. Leadership amongst the seniors

A 'can-do' attitude that is willing to bring people together, try out new ideas, question stereotypes, challenge ageism and create healthy community.

7. Community support

The wider community recognising the importance of, and supporting, a healthy ageing hub.

Prepared by the Attitude. Ageing Well in Clunes working party

