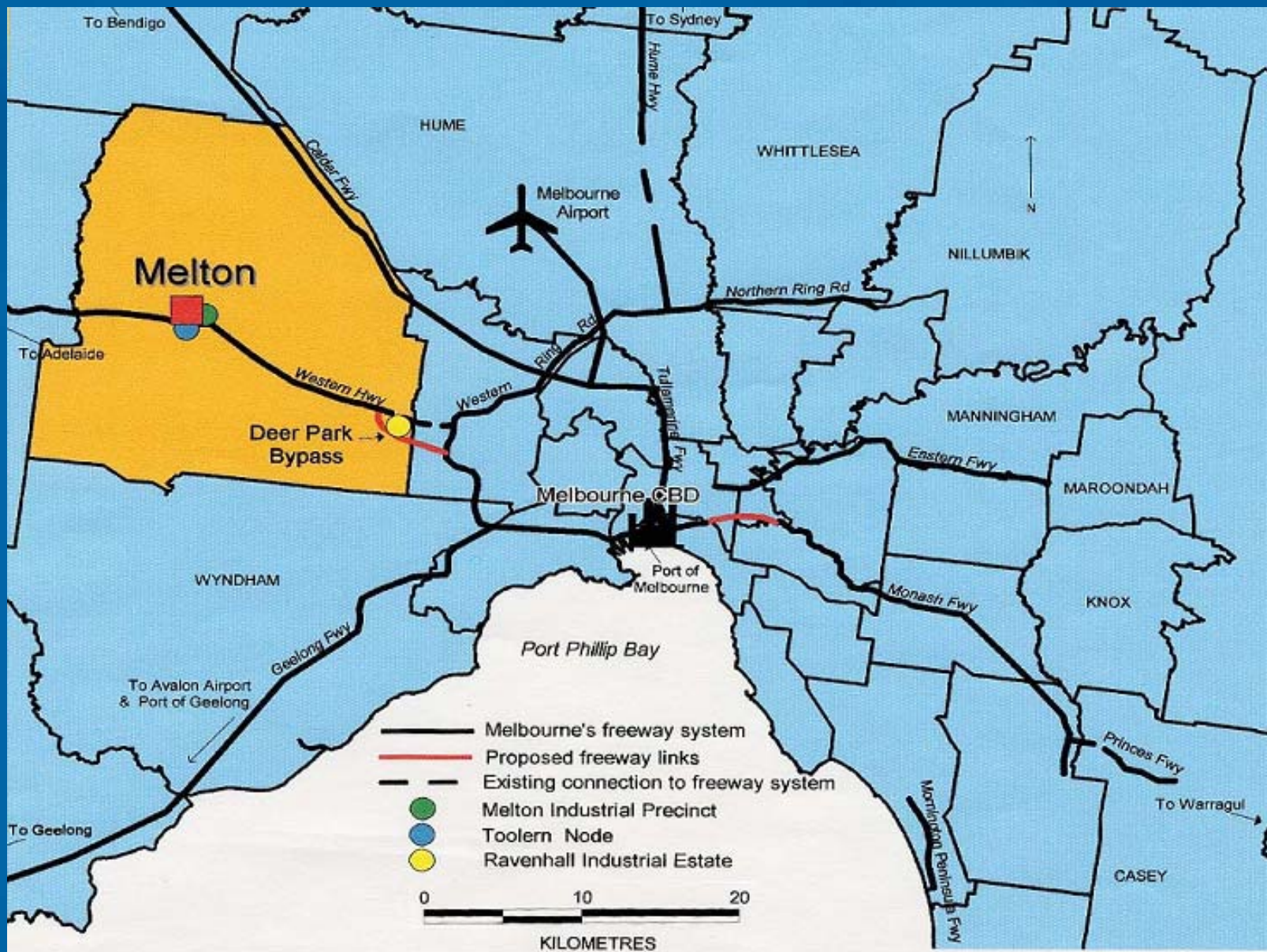


# FOOD FOR ALL MELTON

## Local Government Policy and Strategic Service Planning

Seminar Series: Preparing for Change in an Ageing Society  
25 June 2008





# Melton Shire

- One of Melbourne's five nominated growth areas
- A relatively young and rapidly increasing population
- Two main urban areas at Melton Township and Eastern Growth Area (around Caroline Springs)
- Small townships interspersed throughout the municipality
- A large rural area dominating the northern and southern parts of the municipality



# Context of Research

- Melton Shire Council receives funding from Vic Health Food for All Program
- Access to healthy food identified as important in planning for healthy ageing
- Consultants engaged to investigate food security amongst targeted groups of older people
- Aged and Disability Team involved in identifying, recruiting and supporting participants



# Research to Practice

- Stimulates interaction and discussion amongst participants
- Professional development for staff
- Supports initiatives for change in practice
- Ageing Well Strategy designed to be responsive to emerging issues
- Incorporated into strategic planning documents as they are revised



# Strategic Planning in Local Government

- The Council Plan: Council's overall directions & commitments across social, economic, environmental and governance dimensions
- The Municipal Public Health Plan (MPHP): Concerned with planning for community health and wellbeing
- The Municipal Strategic Statement (MSS): Concerned with land use planning



# Development of Specific Strategies

- Ageing Well Strategy
- Children's Strategy
- Best Start Strategy
- Economic Development Strategy
- Melton Township Structure Plan
- Leisure and Open Space Strategy



# Guidelines for Service Planning

- Social model of health adopted by Victorian Government
- Four environments of health provides a framework for planning
- Melton Municipal Public Health Plan provides local context
- Ageing Well Strategy provides responsive action plan
- Community consultation ongoing



# The Ageing Population

- Large projected increase in the number of older people in the Shire of Melton
- Access to fresh food and local shops is critical to good health
- Social connectedness and a sense of 'place' are important factors in reducing the risk of mental illness and isolation.



# Ageing Well Strategy

- The Ageing Well Strategy 2004-2016
  - City of Maribyrnong, Brimbank and Shire of Melton
  - Strategic direction
- Aged Care Actions Plans
  - Sub Regional
  - Local specific
- More than 1,650 people consulted



# Strategy Outcomes

- ***Safety & Security***
  - To achieve safe, secure and supportive communities for older people
- ***Quality of Care***
  - To enable older people to live well through the provision of quality aged and health care services
- ***Healthy Ageing***
  - To encourage older people to be active, eat well and be informed about how to be healthier



# Strategy Outcomes

- ***Positive Attitudes to Ageing***
  - To recognise the diversity and contribution of older people to society
- ***Lifestyle & Community Support***
  - To support older people to be part of community activities in local meeting places



# Group Meals Program

- Monthly Community Based Program
- Door to door transport
- Incorporates meal and activity
- Supported by qualified staff
- Increase in number of participants



# Melbacc Respite House

- Overnight respite for three nights, every second week
- The home like environment is well received by clients and carers
- Meals prepared and cooked by staff and clients
- Raised vegetable garden and water tank



# Shopping Program

- Provides door to door service 3 times a week
- New accessible bus to service Eastern Corridor
- No charge for the Transport Service
- Partnership with Centre Management to provide free delivery service of groceries



# Twilight Dinners

- Seniors Dining Room is set up like a restaurant environment that encourages social interaction and the opportunity to develop new friendships
- Provides the opportunity to share an evening meal in the company of others of similar age and circumstance
- Door to Door transport
- Three course meal
- Formal and varied menus
- Linen tablecloths and serviettes
- Soft background music



# Future Directions

- Changing CALD population
  - Old and new emerging ageing groups
  - Cultural Planning Tool
- Community Consultations
  - Active Service Model
  - Pilot Multi Cultural PAG
- Inclusive directions
  - Cultural considerations Regional Kitchen
  - Guidelines



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