

CREATIVE AGEING FOR ALL

A Strategic Pathway For The Mid North Coast





arts MID NORTH COAST

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Introduction

In late 2017 Arts Mid North Coast was successful in securing a Building Better Regions Fund grant from the Federal Government (Department of Industry, Innovation & Science) for a project entitled, Creative Ageing for All.

The goal was to develop a pathway or strategy forward for the Mid North Coast region of NSW to ensure older people in our region are encouraged to live active and healthy lives with improved physical and mental wellbeing by way of better access to and greater participation in creative ageing activities and events. The result is this two Volume Study.

Volume 1 - Creative Ageing For All: Details the process to develop the Strategic Pathway by way of examining what Arts Mid North Coast is already doing in this field, a series of case studies of what is already happening in the region and opportunities for the future. These are then developed into a Three Year Plan.

Volume 2 - Creative Ageing in Context: Brings together all the reference material that has been examined and which provides the context of the Strategic Pathway as well as being an invaluable resource for those interested in learning or doing more in this field.



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the Australian Government's Building Better Regions Fund

Volume 1: Creative Ageing for All

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Who is Arts Mid North Coast?

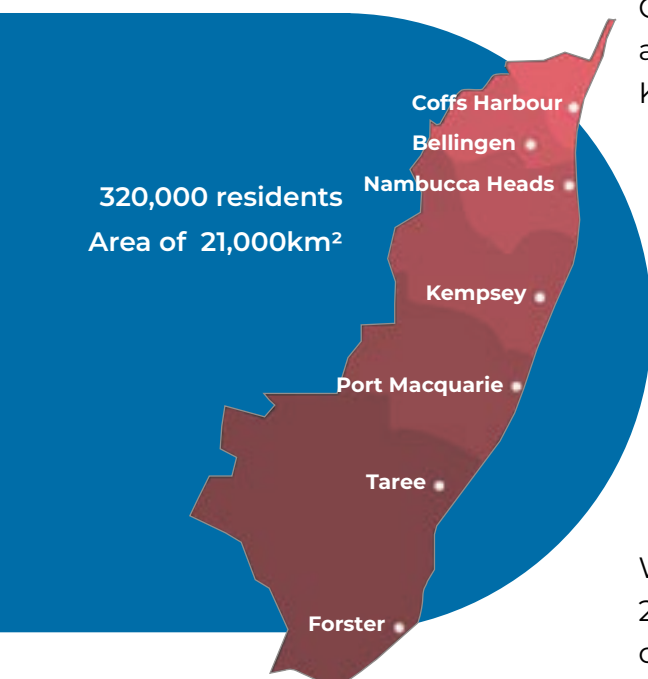
Arts Mid North Coast (AMNC) was established by a partnership of State and local government in 2001 to then further the interests of local artists.

As one of 14 Regional Arts Development Organisations (RADOs) in NSW, AMNC now undertakes a much broader brief for arts development. Its focus is on strategic development and highlighting the importance of the arts to not only cultural, but also economic and community outcomes. Arts and Health including Creative Ageing programs is an important outcome as our population ages.

AMNC is a not for profit incorporated society managed by a Board of six Council representatives and six representatives from the community. It is staffed by an Executive Director (ED) and a part-time Manager Programs & Projects.



Our Region



Our region extends across the six local government areas of Mid Coast, Port Macquarie-Hastings, Kempsey, Nambucca, Bellingen and Coffs Harbour.

The Mid Coast Council was created in 2016 with the merger of the former Greater Taree and Great Lakes Councils both of whom were already members of Arts Mid North Coast, and Gloucester Council which was formerly a member of Arts Upper Hunter.

With nearly 320,000 residents, the Mid North Coast is the most populated RADO in the New South Wales RADO network. With an area of more than 21,000 km², we are responsible for a region larger than countries such as Israel and Slovenia.

Our Vision

Our Strategic Vision captures many of the principles central to this report relating to the importance of collaboration, partnerships, enhancing capacity and excellence and achieving real outcomes for our regional community:

The Mid North Coast, a vibrant and diverse region embracing the creation, understanding and appreciation of the arts in fostering economic, community, cultural and environmental opportunities and benefits.

Our Mission

Arts Mid North Coast, the regions peak arts organisation supports and collaborates with government, communities, organisations and individuals to build capacity and create opportunities for cultural and creative industries.

Our Goals

Focus

1. To generate increased opportunities for access, participation, training and education in the arts and creative industries. (Capacity)
2. To generate increased visibility and awareness of the region's creative and cultural activity and opportunities (Showcase)

Enablers

1. To develop and foster strategic partnerships, projects and networks that benefit the regions arts and cultural sector (Partnerships)
2. To encourage and support the arts, creative industries and cultural development in all relevant strategic processes to provide leadership and ensure positive outcomes for local, community and regional initiatives (Strategic)
3. To be an agile, dynamic, effective, accountable and sustainable organisation utilising relevant best practice technology and skills to promote and achieve excellence. (Governance)

Fundamental Principles

Two fundamental principles are central to this study and form the foundation from which all else in this study develops:

1. The population of the Mid North Coast and Australia is ageing.
2. Creative activities have proven health benefits for an ageing population

Principle 1.

The Population of the Mid North Coast is Ageing

As the number of older people in Australia continues to grow, optimising their health and wellbeing is an increasingly important economic and medical challenge. As the population ages, the demographic profile of older Australians is also projected to change.

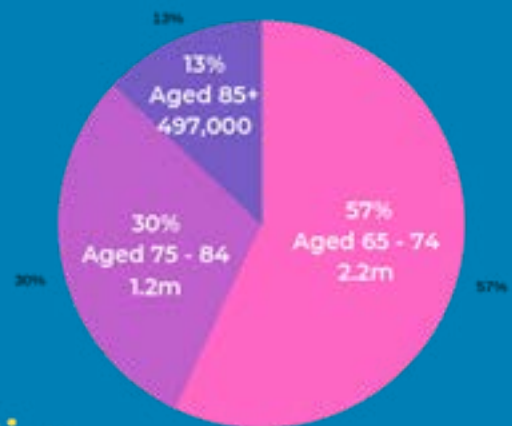
Current Profile of Older Australians

2017

**1 in 7 Australians
were aged 65 years +**



**= 3.8 Million
or 15% of population**



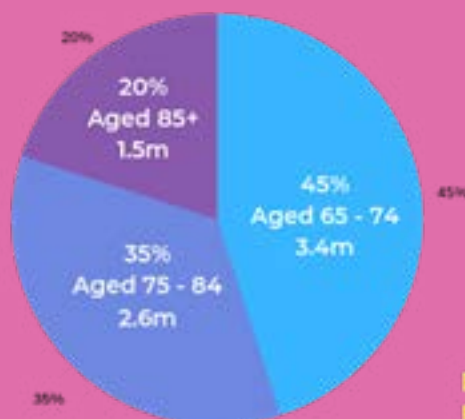
Population Projections for Older Australians

2049

**1 in 5 Australians
will be aged 65 years +**

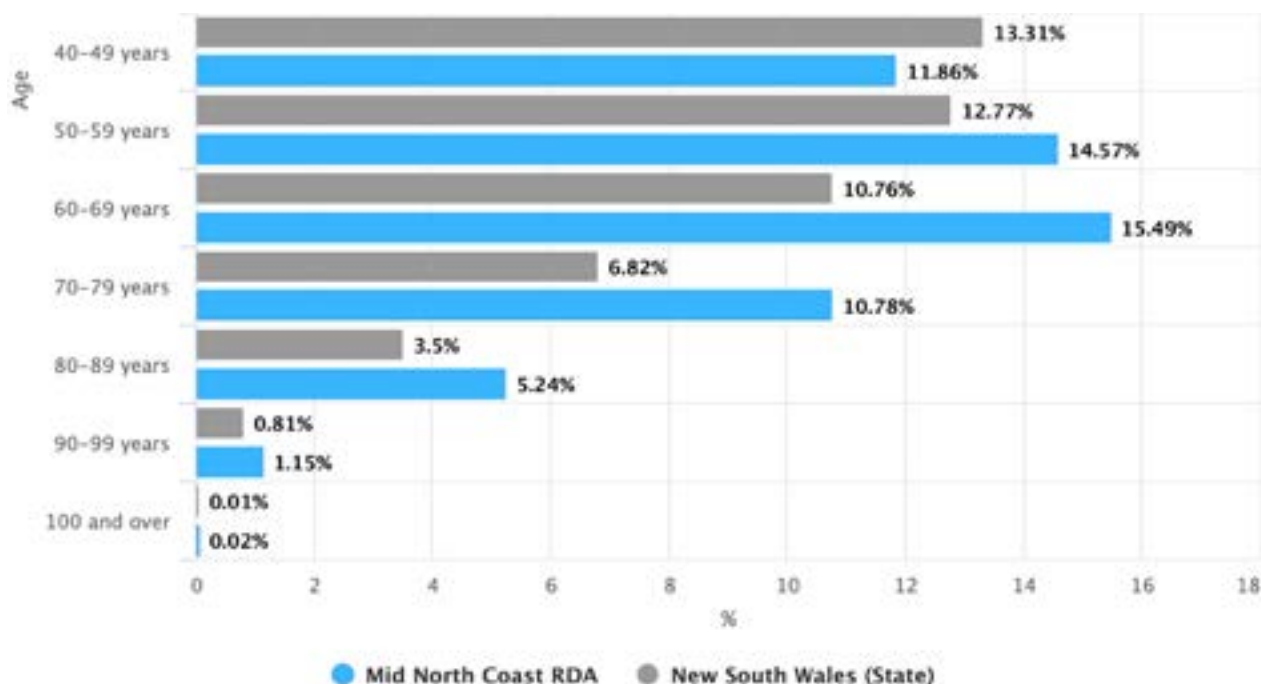


**= 7.5 Million
or 20% of population**

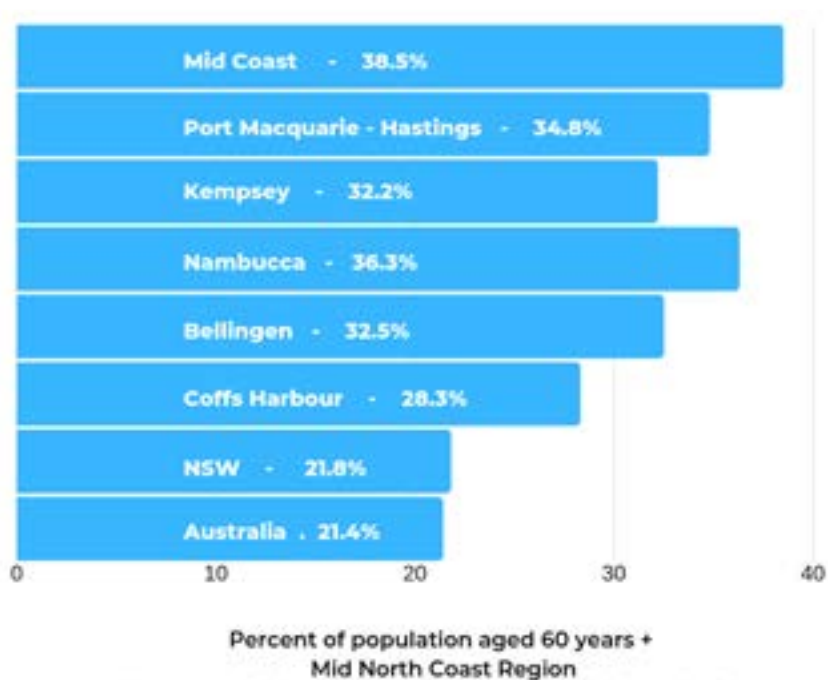


Data Source: Australian Institute of Health & Welfare, 2017. <https://www.aihw.gov.au/reports/older-people/older-australia-at-a-glance/contents/demographics-of-older-australians/australia-s-changing-age-and-gender-profile>

The Mid North Coast region has one of the highest ageing populations in NSW. According to 2016 Census, 32.7% of the region's population is aged 60 years and over.



Source: Australian Bureau of Statistics 2016 Census of Population and Housing, REMPLAN Community.



Source: Australian Bureau of Statistics 2016 Census of Population and Housing

The Australian Bureau of Statistics population projections show that **by 2021, the Mid North Coast region will have the oldest population in Australia.**

The Mid North Coast is already what Australia will be in the future and therefore is well placed to be a model for how it embraces creative ageing.

Principle 2.

Creative Activities have proven benefits for an ageing population.

The value of Creative Ageing?

As the Arts Queensland website notes:

... the term 'Creative Ageing' has been used for a decade or so, it remains largely undefined, relying on individuals and innovative arts organisations to develop, describe and celebrate the practice... Creative Ageing takes its impetus from Community Cultural Development applying the principals of access, participation and collaboration to the resources and production of arts and cultural experiences.

Our case studies and the many projects contained in Volume 2 give further evidence of what creative ageing is, but as a summary statement we note the description of creative ageing from Dr Lawrence Samuel:

For a few decades now, the concept of creative aging has been on the same upward trajectory as the greying of America. Creative aging is "the practice of engaging older adults (55+) in participatory, professionally run arts programs with a focus on social engagement and skills mastery," according to the non-profit organization Lifetime Arts, making it clear "it is not about making macaroni necklaces."

With millions of baby boomers entering their third act of life, creative ageing has grown into a full-scale movement designed to provide opportunities for meaningful creative expression through visual, literary, and performing arts workshops.

On a grander level, creative aging is about possibilities, adds Pat Spadafora of the Sheridan Centre for Elder Research:

"freeing ourselves of limiting beliefs about aging and embracing the reality that individuals continue to grow, learn, and contribute to their communities throughout the life journey."

Ageing in America, A Cultural History. University of Pennsylvania, 2017.

Guiding Principles

In support of the development of a NSW Creative Ageing Framework, Arts Mid North Coast's 2018 submission highlighted three key points which remain guiding principles in this study. These points are:

1. The Need for Policy Alignment and Direction

At the present time there appears to be little coordination of strategy between the various levels of government and also with the private and not for profit sectors. It is our submission that any plan must focus on first establishing the channels of communication and coordination that could/must occur...

2. Greater Recognition by Local Government of the Ageing of the Population

3. Professional Development and Education

Arts Mid North Coast has taken a position since it first became involved in creative ageing that an essential foundation and requirement is that it be professionally delivered by qualified and trained practitioners. It must not be seen as the "activities period" in aged care and health facilities...

The above thinking has been further refined by our work on this project. As set out in our successful funding application, this project aims to:

- Ensure greater awareness, knowledge and collaboration across the region on creative ageing;
- Encourage the development of more creative ageing programs integrated across the region and locally with our mainstream arts and cultural programs and our extensive artists' network and activities;
- Encourage programs with aged care providers and other private sector and community partnerships in health;
- Establish benchmarks on the need for professional processes of training and accreditation.

The Pathway also needs to recognise the complexity of the issues and that solutions and opportunities involve more than one organisation such as Arts Mid North Coast. The goals, individual governance mechanisms and available resources of all partners need to be taken into consideration.

Process of Development

The process of developing this Plan began with an extensive program of research identifying the framework within which creative ageing does and could take place within the region. This involved:

- research into the legislative framework at both State and local levels of government in New South Wales and plans and policies that have arisen from that legislative base.
- identifying case studies which have been undertaken particularly those meeting our requirement that they include rigorous processes of evaluation.
- an audit of a range of projects, plans and policies that were already happening in our region, both by Arts Mid North Coast and by other parties.

The next stage involved a major decision as to how all this information was to be presented. We wanted the Plan to be accessible and useful to all and to provide layers of information and guidance no matter what level of knowledge and engagement parties may be entering the discussion. Hence we decided to separate all of the detailed background material, such as academic studies and detailed legislations, plans and policies into a Reference Document - Volume 2.

Volume 1 includes the responsibilities, case studies and information most relevant to us to develop the Pathway forward. More specifically it highlights:

- What actions are currently being taken by the varied parties involved in the delivery of such programs (all levels of government, health and private sector, community and education.)
- Actions and recommendations that can be taken by Arts Mid North Coast by way of a Three Year Plan highlighting the leadership AMNC can provide by collaborating with, supporting and showcasing the work of all parties.

It is noted that we have used the term Pathway rather than Plan. A pathway can be defined as a way of achieving a specified result. The opportunities outlined need to be translated into actions and this will be achieved annually by Arts Mid North Coast through its yearly Work Plan with associated budgets. Going forward, actions taken by other parties, will hopefully be informed by this Pathway and through collaboration with and support by AMNC.

Chapter 1.

Creative Ageing for All

There are many ideas and potential actions that arise from this study. The issue then becomes, how are they developed and implemented?

Arts Mid North Coast has a number of tools available to effect change - from showcasing and promoting awareness to actually developing new projects or programs. To be most effective it is recognised that these can best be achieved by working within the ambit of our defined responsibilities.

In developing in 2015 our 2016-2018 Strategic Plan it was noted:

The population of the Mid North Coast is characterised by a high proportion of people aged over the age of 60...

In terms of this demographic the Mid North Coast is what Australia will be in 10 years with all the inherent challenges needing to be met now.

The Plan also noted:

In allocating our scarce resources there is a growing need for creative ageing programs.

From this prioritisation has come a range of services, projects and policy work that has seen Arts Mid North Coast increasingly recognised as a leader in Creative Ageing, a leadership role that will be greatly enhanced by this Plan and its recommendations into the future.

Each of the case studies of what we have done, plus the wealth of background material contained in Volume 2 of this study, has further informed and expanded our potential range of actions for the future.

To give the best effect to the various recommendations the framework of recommendations is placed in the context of: what we currently do; and what we could do.



1.1 What We Do

1.1.1 Advocacy with our Local Government Partners

Arts Mid North Coast has over the last three years made detailed submissions to our partner Councils as they have reviewed their 10 Year Community Plans and other plans and policies of the importance into the future of providing for the various needs of the ageing population of the region and in particular the benefits of providing for creative ageing opportunities.

While we have had some success in our submissions to Coffs Harbour City Council, overall our success rate has not been high, but it is an issue that is not going away. All Councils will need to undertake a review within one year of the 2020 September local government elections so that they will be looking forward to 2031.

By that time Planning NSW population forecasts indicate 38 percent of the Mid North Coast population will be aged over age 60 compared to the current 31.3 percent. In MidCoast Council it will be 44.75 percent.

Recommendation

- This study provides us with the information and opportunity to provide a more collaborative and supportive approach to the review process into the future with a change in emphasis to working with Councils prior to the draft plans being put on exhibition rather than simply reacting by way of submissions.
- It is recommended that through 2020 we develop an Information Kit on how Councils can provide for such planning in their policy work. This will also link to the new opportunity discussed in 1.2.1 provided by the new requirement for 20 Year Local Strategic Planning Statements.



1.1.2 Mid North Coast Creative Ageing Festival

In 2017 Arts Mid North Coast developed the umbrella event - *the Mid North Coast Creative Ageing Festival*. The festival was a way to promote not only participation in a wide range of events and activities, but also to raise awareness throughout the region of the concept of “creative ageing” and move discussion forward from previous limited terms such as ‘Seniors Week’.

The *Mid North Coast Creative Ageing Festival* offered opportunities for older people to participate in the arts through exhibitions, performances, film screenings, dance, workshops, discussion groups, networking and sharing of experiences and information. The initial 2017 event was a success with over 60 events listed for the over 60’s and increased media coverage. We also contributed to the funding and delivery of four community based projects:

- The work of the Nambucca Valley Arts Council with the Riverside Gardens Village residents
- The work of Kempsey Shire Council with aged care providers and local community groups
- Development of an innovative Alzheimer’s program for museums by Port Macquarie Museum
- An iPad art project conducted by Port Macquarie Hastings Council.

In 2018 the Festival again promoted over 60 events across the region plus over 30 in our *Let's Dance* Showcase.

A change in timing of the NSW Seniors Festival in 2019 and the timing and availability of grants did impact on the scale of the 2019 event. Nevertheless there were still 53 events across eleven towns and cities of the Mid North Coast. See:

<http://artsmidnorthcoast.com/creative-ageing/creative-ageing-festival-2019/#program>

The Mid North Coast Creative Ageing Festival is the only regional festival of its kind in NSW. It has the benefit that the various Councils involved can take a stronger role when they secure funding but still have a presence when such funding is not available. The diversity has also meant that sections within Councils such as libraries and galleries can schedule and embed their own programs into the Festival. There are of course also many community events included.

The Festival is now an innovative annual event which acknowledges the valuable role that Seniors play in our community and highlights the importance of engaging in the arts and creative activities to foster good health and wellbeing as people age. It has raised awareness of creative ageing in the region and with local media.

However, as shown by case studies in Volume 2, there remains a focus on activities for this one time of the year. It will be important into the future to ensure a similar awareness and the delivery of programs and projects across the year.

Recommendations

- Now well established the Festival provides a perfect opportunity for Arts Mid North Coast to develop more workshops and professional development programs to be part of the Festival. This will occur on a small scale in 2020 as we repeat *Let's Dance* with workshops in Tea Gardens, Nambucca Heads and perhaps Port Macquarie.
- There is a much greater potential to take recommendations and programs from this report, and relationships established with accredited trainers, to add a comprehensive program of professional development workshops either to the 2021 event or associated with it in follow-up scheduling. The key will be securing funding.



1.1.3 Lets' Dance

In the 2018 Mid North Coast Creative Ageing Festival we showcased as an Arts Mid North Coast feature a special focus on the benefits of one art form: Dance.

Let's Dance encouraged people to get out and kick up their heels at a variety of different dance classes throughout the region. In total a further 32 events took place as part of *Let's Dance* including two professional workshops delivered by **Dance for Wellbeing**, one in Coffs Harbour with a focus on Dance for Parkinson's and the second in Port Macquarie on the principles and benefits of dance and movement for Seniors.

In working with the community based events an objective was to ensure they marketed the availability of dance classes all year round. To this end we also developed a Marketing Kit which included specially written material on:

- How to market dance classes and work with local media
- A summary of the many medical studies undertaken overseas on the health benefits of dance for older persons.

The latter was the beginning of the many cases studies we now hold, some of which are included in Volume 2.



Let's Dance also saw us establish strong relationships with both Newcastle based **Dance for Wellbeing** and **Ausdance**. The latter relationship is one that has strengthened over the years since we were chosen by Ausdance NSW to be one of the two regional locations (Port Macquarie) in Big Dance, a worldwide special event in association with Sydney Dance Company, Sydney Opera House and the Glasgow Commonwealth Games. That relationship has continued as Ausdance NSW increases their involvement in Creative Ageing including a major workshop in late 2018.

In 2017 we also supported Jess Conneely of Dance for Wellbeing secure an Innovating Dance Program grant from Ausdance and Create NSW. This allowed Jessica to expand her practice with various secondments in London and the UK. The grant also included a mentorship with AMNC Executive Director, Kevin Williams, to develop a dance-based health program for regional NSW. This is included as a case study in Section 3.

Recommendations

- Considering our ongoing work in this art form and indeed demand from the community we have sought funding to present a Let's Dance Showcase in the 2020 Mid North Coast Creative Ageing Festival, taking workshops to towns not previously visited.
- To work to have the Statement of Attainment course, Incorporating Movement in a Health or Care Setting, delivered in the region by 2021.



1.1.4 Creative Ageing Website & Directory

The success of the Mid North Coast Ageing Festival raised the questions of why such a focus and information should only be available two weeks of the year especially as we now had many more contacts and information. The decision was made in 2017 to develop a Creative Ageing website that provided such information 365 days a year.

<http://artsmidnorthcoast.com/creative-ageing/>

This provides information across a range of activities including: Art, Craft, Cultural Heritage, Dance, Film, Lifelong Learning, Music, Voice and Writing. It is very age specific and so has a broader definition of Art than our main website and hence includes crafts, Men's Sheds, volunteer programs etc.

Again we believe this to be the only such regional directory and will continue to be invaluable. The main issue with the Directory is keeping it up to date and if the directory is to continue to expand and be relevant 365 days a year this will need to be further resourced and managed as a priority, fulfilling its potential.

Recommendations

- To examine new ways of managing the data base of the Creative Ageing website to ensure it remains current and relevant
- To ensure appropriate resources to retain and maintain the regional Creative Ageing Directory by establishing Creative Ageing as an ongoing regional Program line item in our budget.



1.1.5 Four Score Yearsand then some

The Mid North Coast Creative Ageing Festival also brought to our attention just how many of our older residents were continuing to make a valuable contribution to the overall arts landscape of the region.

To showcase these and raise the profile of the value and benefits of creative ageing we introduced in late 2017 a new feature to shine the spotlight on some of our talented artists and creatives of a certain age. As the title suggests all are aged over 80 and are making a significant contribution to the arts.

The issue of how older people are portrayed in the media is an important and broader issue and one that has been taken up in the work of the NSW Ministerial Advisory Council on Ageing. As we move forward with our Plan it will be important to work with local media to encourage positive coverage of all aspects of ageing.

Recommendations

- That AMNC undertake at least once a year a campaign to identify further artists to feature in the 4 Score Years....and then some Showcase.
- That AMNC adopt and promote ReportAGE. These Media guidelines have been developed to help journalists and other professionals working in the media to appropriately portray older people.



1.1.6 Conferences & Workshops

While Arts Mid North Coast does not have the resources to run its own extensive conference or workshop programs, we have sought wherever possible, to support those undertaking such actions. In 2019 we were an Exhibitor at the RED Conference in Port Macquarie:

“Thank you for your support of our 2019 Omnicare Alliance regional dementia conference- the RED Conference, A Regional Experience in Practical Dementia Care. The conference held from March 28-29 at Sails Port Macquarie was an overwhelming success with nearly 300 delegates coming from across NSW, QLD, Victoria, SA, and the NT. Thank you again for supporting our conference, but more importantly, supporting people to live well with dementia in our communities.”

This expanded on our earlier involvement in The Big Chat, part of the Creative Ageing Festival staged by Port Macquarie Hastings Council in 2016 and 2017.

In 2017 we also agreed to partner with a third party in seeking a Regional Arts Fund grant to stage a Regional Event on Creative Ageing. This did not proceed due to major issues we had with the other party but was a positive in that it was the catalyst for Arts Mid North Coast pulling together (at late notice and without funding) the first Mid North Creative Ageing Festival, an event that has gone from strength to strength over the intervening years.

Recommendation

That Arts Mid North Coast continues to look for workshops and conferences on ageing, particularly within our region which we can support and promote.

1.1.7 Creative Ageing Projects

Arts Mid North Coast has in the last three years created two major one-off creative ageing projects with other partners in the region. In each case we have been unsuccessful in securing the funding necessary to implement the projects. The two projects are:

1. **Front Row Seats**
2. **Music In Hospitals**

Front Row Seats

This innovative project seeks to deliver a number of cultural and health outcomes to the region by:

1. Establishing a process to encourage some of the thousands of artists and performers that tour and perform at our major venues and theatres to spend an hour of their time to perform for those in aged care facilities; AND
2. Establishing a network of participating aged care homes and the local coordination required to make the process an ongoing sustainable process linked to the development of positive creative ageing programs by the aged care providers and their staff.





Music in Hospitals

The purpose of this proposal is to train a group of up to 12 musicians to perform as Musicians in Hospitals in the Mid North Coast of NSW.

It is vital that, before and during the work in health care settings, musicians are trained in clinically sensitive musical techniques and selected aspects of clinical awareness. Classes will cover practical musicianship as well as the fundamentals of musical behaviour and music perception, with the focus on the selection of appropriate repertoire to address the needs of people in the hospital environment.

Our original proposal partnered with the Hospitals of the Coffs Clinical Network (CCN) to pilot the program in the three selected clinical facilities: Coffs Health Campus – Oncology Unit; Bellinger District Hospital – Sub-acute Palliative Care; and Dorrigo Health Campus – Aged Care facility. It was proposed Musicians would work in teams of two and three people to provide performances and music activities appropriate for each situation.

At the time of writing, a pilot program at the Coffs Harbour Base Hospital has been successful in receiving NSW Government funding through My Community Projects.

Recommendation

- We remain committed to developing such projects and hopefully securing appropriate funding. In addition to this objective it will be important to continue to expand the range of potential partners we may have in such projects especially in the health sector.
- This study and report has provided greater clarity on the various potential partners and it will be important to develop a stakeholder engagement strategy such as we already have with our arts based organisations and cultural tourism partners.



1.1.8 Artist Directory

A feature of the services of Arts Mid North Coast has for many years been our Directory of Artists. This provides artists with a listing on our website of up to 500 words and four images of their work. At the time it was initiated, many artists had no such online presence. Over time the number of artists listed has increased to over 350, however many of them now have their own Facebook page or website. Another issue is that the system has depended on the artists updating information as we do not have the resources to manage such a large and varied directory.

In June 2019 the Board decided the Directory was no longer a priority and should be discontinued. However there is a case for two aspects of our work to continue to provide more targeted directories. These are our work with the emerging Film Industry and with specialists and teachers in Creative Ageing. These are specialist fields and ones where the sector is just beginning in the region but have considerable potential for the future.

Recommendation

That the 2020 Work Plan makes provision for investigation of the best way to develop a listing of accredited Creative Ageing Specialists and how such information is made available to the community and region.



1.1.9 Creative Ageing Notebook

In 2019 a change in organisational structure identified Twitter as a strategic tool for Arts Mid North Coast rather than as a marketing tool. Its responsibility was transferred to the Executive Director and a new range of organisations and news sources of information began to be followed and secured. Key among these has been the amount of information available primarily from overseas on Arts and Health and successful Creative Ageing programs.

While this has been invaluable to us as an organisation, it was also realised it was a great source of information we should be sharing outside of Twitter. *The Creative Ageing Notebook* was established to target an audience with an interest in Arts and Health and is hoped to be published four times a year. To date it has only been promoted through our existing newsletter mailing list.

Recommendation

Develop a strategy to establish in the 2020 Work Plan a separate mailing list for the Creative Ageing Notebook specifically targeting those interested and involved in Arts & Health.

1.1.10 Cultural Trails

As part of the 2019 Creative Ageing Festival Arts Mid North Coast launched its 16th Cultural Trail - Inclusive Arts. Although having a broader role than just targeting Seniors with accessibility issues, it cannot be denied Seniors make up a large part of this audience. Any initiative to enhance access to galleries, museums and performance spaces is a positive Creative Ageing initiative.

The Trail features 17 performance venues, galleries and museums highlighting: accessible toilets, baby change facilities, children's programs, Dementia Friendly accreditation, disabled parking, audio guides for sight impaired, curriculum based school education programs, wheelchair accessibility, ramps, accessible lifts, quiet spaces, Braille signage, Arts & Dementia programs, hearing loops, charge points and wheelchair seating.



It does however have the potential to be further expanded involving other venues and other measures of enhanced accessibility, such as the acceptance of Companion Cards.

We also launched in 2019 our Online Trails. Online experiences and stories provide engagement to those who may have mobility or other issues. Greater accessibility can increasingly be overcome by adaptations to computers and other electronic aids. This Cultural Trail currently features two award-winning trails: Our Rivers Our History and MidCoast Stories.

Recommendations

- That the Inclusive Arts Trail be expanded in 2020 to include further venues and further aids or support services such as Companion Cards.
- That the Online Trail be expanded to include the new Tourists Paradise digital exhibition being prepared by Port Macquarie Museum with project assistance by Arts Mid North Coast.

1.2 New Opportunities

Some of these recommendations progress from the actions and programs we already take while others have arisen from this study and plan and new opportunities identified.



1.2.1 Local Strategic Planning Statements

In March 2018, amendments to the Environmental Planning and Assessment Act 1979 (EP&A Act) introduced new requirements for Councils to prepare and make Local Strategic Planning Statements. (LSPS). The new LSPS will set out:

- the 20-year vision for land use in the local area
- the special characteristics which contribute to local identity
- shared community values to be maintained and enhanced
- how growth and change will be managed into the future.

Councils will need to illustrate how their vision gives effect to the regional or district plan, based on local characteristics and opportunities, and the council's own priorities in the community strategic 10 year plan prepared under the Local Government Act 1993.

The requirements are for these Statements to be prepared by mid 2020, hence before the Councils are required to review their 10 year Plans. They therefore provide an important opportunity to again highlight the impacts of an ageing population especially when one considers the guiding Regional Plans for the Mid North Coast Councils.

North Coast Regional Plan 2036

This covers the five Councils of Port Macquarie Hastings, Kempsey, Nambucca, Bellingen and Coffs Harbour City. Within it there is reference in Direction 15 to the Goal to:

Develop healthy, safe, socially engaged and well-connected communities:

...All communities need access to social infrastructure, such as child care facilities and emergency accommodation. Councils should establish benchmarks to ensure communities are supported with timely social infrastructure delivery that responds to community needs and creates focal points for social participation. Planning controls need to ensure these opportunities are available and delivered relative to the needs of the community..

Actions

15.1 Deliver best-practice guidelines for planning, designing and developing healthy built environments that respond to the ageing demographic and subtropical climate.

15.4 Create socially inclusive communities by establishing social infrastructure benchmarks, minimum standards and social impact assessment frameworks within local planning.

Hunter Regional Plan 2036

This covers the MidCoast Council area and strongly references the ageing population by statements and actions such as:

6.5 Plan for and provide infrastructure and facilities that support the ageing population.

22.1 Respond to the demand for housing and services for weekend visitors, students, seasonal workers, the ageing community and resource industry personnel.

Recommendation

To use the opportunity in 2020 through the Local Strategic Planning Statements to highlight the importance of the ageing population of the region and the range of facilities and services this requires

1.2.2 Create NSW Funding Guidelines

In July 2019 the NSW Minister for the Arts, Hon. Don Harwin MLC, announced changes to the Arts and Cultural Development Program. As well as being able to better respond to the needs of the sector, the new Arts and Cultural Funding Program supports a broader range of applicants, new ideas and new models of working. The Arts and Cultural Funding Program is now guided by three key objectives:

1. Grow creative leadership and programming excellence in NSW
2. Strengthen NSW arts and cultural activity that drives community and social benefits
3. Showcase NSW as a leader for strategic arts and cultural governance and strong financial management

It is also important to note that Outcomes now include, **Social Impact**. This is reflected in the application assessment process where the newly constituted Artform Assessment Board may consider how a project:

- engages the NSW community in arts and cultural activities as creators, participants and/or audiences;
- **provides social outcomes in identified areas of need in NSW, e.g. education, health and wellness;**
- **demonstrates strategies for social inclusion in identified areas of need in NSW, e.g. education, health and wellness;**
- demonstrates the value of the project to NSW audiences/target market;
- supports volunteer engagement and development.

These major changes in emphasis now provide new opportunities for creative ageing and arts and health projects to be funded.

Recommendations

- That the new guidelines and opportunities to consider social benefits and health and well being be considered as a favourable time to develop creative ageing projects both for Arts Mid North Coast and other interested parties on the Mid North Coast.
- That a summary of all funding opportunities for creative ageing projects be researched and promoted within the region.



1.2.3 What's On Calendar

At the same time as this Plan has been prepared Arts Mid North Coast has been developing a new website (to be launched 1 October 2019) as well as tools available to us to promote events throughout the region.

Currently we have a What's On Calendar which showcases over 750 events, exhibitions, and performances a year. From this we have a fortnightly curated e-newsletter, Arts Blast, with a mailing list of nearly 1900. The focus of the What's On is on events with an admission charge or by major organisations and parties.

Changes being made to the website and its relationship with Mailchimp will see Arts Blast become a monthly curated newsletter while a weekly Events newsletter will be sent out, making it more current for event organisers as well as providing better links to our social media channels (Facebook, Instagram and Twitter). This will provide an opportunity for community groups who undertake regular creative ageing programs e.g. dance classes to better promote their events and activities.

Recommendation

That a campaign be developed in 2020 to encourage community based creative ageing activities listed on our Creative Ageing Directory to promote their activities through the new weekly newsletter.



1.2.4 Marketing of the Plan

The development of this Plan is an important milestone in bringing together information and actions already undertaken with considerably more information and exceptional case studies and benchmarks within the region and/or relevant to the region. This potential needs to be made widely available across all relevant sectors by a comprehensive awareness building program in 2020.

Recommendations

- That the Plan be highlighted on October 1 2019, the United Nations International Day of Older Persons. The theme for 2019 is, The Journey to Age Equality.
- That the Plan be formally launched as the Opening Event of the 4th Mid North Coast Creative Ageing Festival in February 2020.
- That a series of presentations on the Plan and its content be held throughout the region as part of the 2020 Creative Ageing Festival.
- That copies of this Plan be widely distributed to all key sector representatives on the Mid North Coast including Members of Parliament and Councillors.
- That a presentation on the Plan be made to the Regional Council's Community Services Group.

Chapter 2.

Case Studies for the Future

In its evaluation report on the Local Government Creative Ageing Grants Program, the NSW Government commented in relation to the projects undertaken that a benefit of the process is that many of the projects :

...are replicable to other councils and communities and that it is recommended that the case studies be used to inspire other councils to undertake creative ageing programs.

The same principle applies to this study with a number of cases studies being outlined to:

- highlight the range of creative ageing projects being undertaken by all sectors on the Mid North Coast and
- where appropriate those that could be easily replicated by others.

2.1 Regional Arts & Health Plans

Case Study 1: SWELL -The Art of being WELL

South East Arts

Considerable insight into the process of looking at arts and health in a regional context has been derived from the Arts & Health Plan developed by fellow RADO, South East Arts. Its vision is to build stronger, healthier and happier communities, supported by strong networks, resources and opportunities for participation and learning. It is a regional strategy to:

- Support the development of arts and health approaches and initiatives in health care settings across the region
- Facilitate connections and alliances between the arts and cultural community and health services
- Build the capacity of arts and health practitioners to make meaningful contributions to both artistic practice and health and wellbeing goals.





It highlights the contribution Regional Arts Development Organisations can make in Arts and Health which we have taken into account in our Plan including:

- Governance — support and participate in the regional governance framework for arts and health
- Promotion and Advocacy — raise the profile of arts and health across a region
- Resources and information exchange — build the knowledge, resource and social capital of the arts and health community across a region
- Training and capacity building — develop the practice and partnership capacity of the creative sector and health professionals working in the field of arts and health
- Partnerships and funding — build the funding base and resource development opportunities for arts and health approaches in the region

South East Arts has identified for its region the projects that will align with a range of state and locally determined health priorities, focus on the social determinants of health and target specific priority populations. These are:

- The cultural integrity, health and wellbeing of Aboriginal communities
- Mental health, wellbeing and resilience amongst young people
- Creative ageing for older people

Conclusion

The RADO Network in New South Wales is an invaluable resource to look for and share new initiatives and opportunities in all we do. This strategic work by South East Arts and also the project work undertaken by Arts Out West and Southern Tablelands highlights that the regions can and should lead the way to meet the needs of their communities which generally have an older demographic than the cities.

2.2 Local Government Plans & Policies

Case Study 2: Proposed Positive Ageing Plan

Coffs Harbour City Council 2019

Coffs Harbour City Council is the only Council in our region to have developed a Positive Ageing Plan with their Plan having been drafted and likely to go to Council in late 2019 for approval. It follows an extensive community engagement process in 2018. It is also a reflection of such strategic planning having been flagged in its My Coffs Community Plan, after extensive consultation post-2016 local government elections. That Plan is structured around four key themes:

- Community Wellbeing
- Community Prosperity
- A Place for Community
- Sustainable Community leadership

In the first of these, Community Wellbeing it recognises the ageing population of the LGA. These are now reflected in the Positive Ageing Plan which aims to maximise opportunities for seniors to participate and contribute in all aspects of community life in a sustainable and safe way. The Strategy is based on current research into ageing populations, as well as consultations with local seniors and service providers.

There are three key drivers for the proposed Coffs Harbour City Council's Positive Ageing Strategy 2019 – 2023.

- **Understanding and responding to the needs of older residents.**
The strategy will provide a strategic framework to guide the ongoing development and delivery of programs and services, where applicable for Coffs Harbour LGA's older residents.
- **Understanding and planning for the impact of population ageing.**
As a Council, and a community, we need to understand and plan for the ageing of our population, so that we maximise the benefits, and proactively manage the challenges, associated with this demographic change.
- **Advocating for the needs of older residents.**
Council's role is to help promote publicly and where appropriate lobby responsible stakeholders to deliver services and programs to meet the changing needs of Coffs Harbour LGA's older residents.



As Sian Nivison, Group Leader – Community & Cultural Services comments:

Coffs Harbour City Council recognises that Council cannot act alone in such matters but can provide leadership by:

- *Providing safe, affordable and inclusive environments, community facilities, spaces and activities that bring people together to participate in social, cultural, sport or recreational activities.*
- *Ensuring the provision of education, training and library services meets the needs of a growing ageing population.*
- *Advocating to NSW Health to ensure health service provision meets the needs of a growing and ageing population.*
- *Being a leader in the provision of art and health programs within aged, community and health care settings recognising how valuable art is to our health, positive ageing and social connections in the community.*

The Plan when finalised will contain a number of more detailed strategies on how to achieve the above and implementation will be subject to Delivery Plan priorities and resourcing considerations.

Conclusion

The development of a Positive Ageing Plan is one more step in the range of strategic policy tools that Councils have to address issues relating to an ageing population and one that could be at the core of encouraging creative ageing. Bringing all such opportunities together into a Toolkit for Local Government will benefit not only our local government partners but all those who wish to be engaged in the strategic forward planning processes of Councils.

2.3 Local Government Infrastructure & Services

It is important not to underestimate the contributions Councils make to creative ageing via the cultural infrastructure and services they provide. All six Councils of the Mid North Coast have extensive library services, there being 25 libraries and three Regional Galleries. Very positive creative ageing projects are already being delivered through these facilities and services.



Case Study 3. Arts & Alzheimer's

Each of the Regional Galleries within the region has delivered Arts & Alzheimer's programs although by whom and the frequency do vary. These all to a degree are based on the program first developed by the National Gallery in Canberra. Established in 2007, the Art and Alzheimer's program at the National Gallery of Australia was renamed in 2015 to reflect the many types of dementia now recognised in the health sector.

The Art and Dementia program includes a variety of tours to suit people with different living arrangements and capabilities. The Gallery has worked closely with community-based health professionals, residential care providers, galleries and directly with people living with dementia in the community to provide the program. The aims of the Art and Dementia program are:

- To promote wellbeing and quality of life through engagement with the visual arts.
- To provide intellectual stimulation in a socially inclusive environment.
- To reconnect people living with dementia to their sense of identity.
- To build community arts and health partnerships to improve the care for people living with dementia.
- To raise awareness of and reduce the social stigma associated with dementia.





Case Study 4. Glasshouse Regional Gallery

The Regional Gallery at the Glasshouse in Port Macquarie has a long record of delivering programs to those with special needs. It now offers Accessible Art Tours on the last Friday of the month. Tours are for individuals or groups and their carers. This tour is replacing Art and Alzheimer's and is now available to all patrons with accessibility needs.

The Accessible Art Tours provide a welcoming relaxed environment, helping enhancing connection to the exhibitions on display, while encouraging self-expression. There is a maximum of ten attendees total per tour. The fee is \$5 with carers free.

Conclusion

With appropriate resources and direction, such programs could be introduced across a number of the significant community galleries and museums in the region. Arts Mid North Coast could play an important role in co-ordinating the delivery of suitable training and information either by workshops, online or a combination of both.



Case Study 5. Mid Coast Libraries

Mid Coast Council operates eleven libraries, the largest network in the region. These feature prominently in the Mid Coast Creative Ageing Festival but it is also worth noting their ongoing role in engaging with and supporting older residents. A summary of achievements is highlighted in Mid Coast Council's Operational Plan 2018/2019 end of year review. This sets out in each case the goal and then the results:

- Host creative arts displays at Library venues across Mid Coast Council - 7 library venues now have the capability to host displays. The facility at Forster has hosted community displays constantly throughout 2018/19
- Support author talks and other forms of live entertainment- supporting author talks that it has now been necessary to establish a limit on the number of talks hosted. 18 author talks have been supported across Mid Coast Libraries
- Conduct events and programs through the library that provide opportunities for social inclusion and demonstrate the library's role as a cultural centre for the community – Mid Coast Libraries have entered into 22 partnerships with community organisations and businesses
- Support local history programs and collections – Mid Coast council Libraries have entered into an arrangement to support the Tea Gardens Family History Group; Taree Library staff are working with the Manning Wallamba Historical Society to create additional shelving space. Forster Library continues to support the Family History Advisory Group A series of workshops was held by the Manning Wallamba Historical Society during History Week
- Deliver an outreach and delivery program to seniors and those with restricted mobility - 285 clients supported and 13 aged institutions visited.

Conclusion

The importance of this case study is that all Council have libraries and many already cooperate in what can be delivered. Programs are therefore transferable rather than having to be developed from scratch. They can also be delivered at times other than the focus during NSW Seniors Festival such as Library and Information Week, Read a Book Day, Book Week and Love Your Bookshop Day.



Case Study 6. MidCoast Assist

Mid Coast Council is the only one of our six Councils that provides direct aged care services to their senior residents including by:

- Home Care packages
- Active and Older Programs
- Commonwealth Home Support Program
- Volunteering opportunities
- Reference group member
- National Disability Scheme (NDIS) packages

Formerly known as Great Lakes Ageing and Disability Services, it has offered these services for over 20 years. Although it offers Home Care packages perhaps the service most relevant to Creative Ageing is its Active and Older Program that runs programs at both its Forster and Hawks Nest Centres including: art based activities, movement based activities and cognitive stimulation activities.

By engaging an increased number of volunteers allowed MCA to expand the number and range of activities in centre and in the community for older people in the Mid Coast region. The number of clients at 30 June 2018 choosing MCA as their Commonwealth Home Support Program provider had grown from 168 to 259 by 30 June 2019.

Conclusion

Although it is beyond the scope of this report to be suggesting other Councils offer such services it is at this level of community care that collaborations we may establish with community and education providers could be the most useful.

2.4 Local Government Festivals & Events

In addition to the region wide Mid North Coast Creative Ageing Festival managed by Arts Mid North Coast, other local Festivals are staged by both local Councils and, in 2019, an aged care provider. These all take place within the framework of the NSW Seniors Festival - a reflection of the availability of funding for such events, especially the larger grant amount available to local government.

Two case studies of Council events highlight the potential for such events with note also being made to the “Celebrate Creative Ageing” event - a “Festival of Ideas, Innovation, Inspiration and Imagination. This event by Port Macquarie-Hastings Council was staged in 2015 & 2016 with a much larger Liveable Communities grant.





Case Study 6. Let's Do More Together, Mid Coast Council

Run in 2018 by the Mid Coast Library Service this Festival had a packed program of free activities and events. As then Mid Coast Library Events Officer, Danielle Donnelly noted:

Let's do more together is a fitting theme for a festival jam-packed with great events. If you're a bit shy and have hesitated to get involved before, now's the time to head to one of our libraries and meet some like-minded local people in your neighbourhood.

Events included:

- For movie buffs there were Golden Screenings at Wingham and Taree Libraries - featuring champagne and nibbles.
- Grandparents were special guests at children's Storytime sessions across the regions libraries.
- The Forster Library's "Golden Oldies" Bash had a distinct rock'n'roll flavour with great music from the Rock 'n' Roll era and a performance by the Green Cathedral Choir. Seniors were also able to learn about the services provided by the library, Mid Coast Assist and Council.
- Various sessions with painting workshops, mind games, adult colouring and puzzles.

Conclusion

This festival is indicative of the suggestions made in Case Study 3 of the potential of Council libraries to be at the core of creative ageing programs

Case Study 7. Macleay Valley Seniors Festival 2019

<http://www.kempsey.nsw.gov.au/community/seniors-festival/pubs/seniors-festival-calendar-a2.pdf>

This Council-wide event had events from both Council and the community. Running over two weeks it showcased over 30 events many of which could be described as Creative Ageing including:

- The Art of Ageing Exhibition at the Nulla Nulla Gallery, Slim Dusty Centre. This photographic exhibition celebrated the value, experience and contribution older people bring, and challenged out-dated perceptions of ageing. The exhibition comprised of 30 images taken by five photographers from regional NSW.
- Library Lovers Day where residents were invited to come and visit the library and get a 'book crush'!
- U3A French book launch - written and illustrated by local U3A participants.
- Senior's Karaoke sessions at the Kempsey Macleay RSL.
- The Seniors High Tea Boogie with entertainment by local Seniors musicians and the Wednesday Morning Group - a collective of volunteers who love to dress up and sing and dance to raise people's spirits. Primarily performing at Nursing Homes, the Wednesday Morning Group performed during the Festival at the Oddfellows Hall with their quirky takes on all-time favourite tunes, and their ever-popular and hilarious 'Fractured Fairy Tales'.
- Free tie-dying and art workshops plus craft demonstrations at Gateway Community Care.
- Storytime with Nan & Pop at the Kempsey Library bringing together three generations: seniors, children and their parents.
- The Stuarts Point Mini Seniors Festival with drumming, Indonesian dance demonstrations and craft demonstrations.
- The Yarrapinni Choir Nursing Home tour - the choir visited several nursing homes across the Macleay to perform their accappella songs.





Considered a major success, the Council has again (July 2019) called for expressions of interest for sponsors noting:

- The 2020 Macleay Seniors Festival will have something for everyone, including those who have some restriction on mobility. There is such a wide variety of activities available throughout the Macleay - there is no need for anyone to miss out!
- Kempsey Shire Council and the Seniors Festival Organising Committee thank the sponsors, exhibitors and event organisers for making the 2019 Macleay Seniors Festival a roaring success. Over 700 people attended the expo and the weeklong events.
- This year's Festival had more than 30 events and activities held in numerous locations across the Macleay and attracted hundreds of enthusiastic participants from our seniors' community. We anticipate 2020 will be bigger and better, with next year's expo to be held at the Slim Dusty Centre, incorporating break out workshops and information stalls.

Conclusion

The point of difference of this Festival and the potential it highlights for all was that it was not grant dependent but a partnership between the Council, business and community organisations.

With the region soon to have 40 percent of the population aged over 60 it must be recognised this is an important sector of the economy both in terms of buying power, economic turnover and employment through health services. One obvious commercial potential is with the tourism industry as the Seniors market is one of the key markets of the North Coast. Creative Ageing events can be of value to not only local residents but to potential visitors.

2.5 Local Government Programs

A wide range of individual creative ageing programs have been run by our Councils funded either by Council or by special grants. Several case studies with considerable potential for application across the region are highlighted by the below case studies.



Case Study 8. “I’ve Got Uke, Babe.” Port Macquarie Hastings Council

This is an excellent example of a sustainable program for seniors that has had a life after the original funding cycle. In 2014 Port Macquarie-Hastings Council received a \$4,000 Liveable Communities Grant. Council matched this to purchase 10 ukulele kits (ukulele, soft case, tuner, spare strings and batteries), plus the delivery of 12 free beginners’ workshops (each program being over 4 weeks. Port Macquarie Library was the first in Australia to have a ukulele Loan Program where seniors can borrow a uke kit (ukulele, tuner, case, music book) and participate in a series of free uke beginner workshops.

The initial project provided:

- Seniors an opportunity to learn to play the happiest instrument on earth - the ukulele
- The opportunity to be part of a senior's ukulele group being both musically creative and socially connected.
- The Ukulele kits being available for loan for the community
- A fledging group of uke playing seniors called "I've got uke, Babe" was created and performed as a flash mob at a local shopping centre.

The group then went on to activate spaces such as The Glasshouse and transformed them into places where the community could linger longer and seniors could showcase their new skills. Ongoing milestones have included:

- Workshops have continued to be delivered by a community partner, the Mid North Coast Conservatorium of Music.
- Encouraged seniors to 'have a go' by removing any financial barriers
- Fostered creativity and a love of music among older people including engaging newly arrived and retired seniors
- Trained seniors so they are proficient at community performances
- Activated spaces so they become fun and vibrant spaces in the community and connect those with a shared interest.

"I've got uke, Babe" continues in the long term as a social uke playing group under the aegis of the Conservatorium Ukulele Ensemble (CUE). Seniors continue to be able to join free Ukulele for Beginners courses as advertised by the library and on council's webpage. The classes are 4-week x 2-hour duration where the basics are shown and introductions to uke groups in the area. As of mid-2019, 135 seniors have undertaken the 4-week course while, many have joined one of the 7+ ukulele groups in the Hastings





‘Pimp My Ukulele’ Art Exhibition

Another result from the I’ve Got Uke Babe program was the “Pimp My Ukulele” Art Exhibition in 2016. Definition: ‘to pimp’ – to modify, adorn, embellish or upgrade to an extreme and occasionally ridiculous degree.

This project was developed in partnership with Gwanwyn - the Creative Ageing Festival of Wales UK. The Men’s Sheds from Laurieton and the Birpai Men’s Group made and embellished the happiest instrument in the world-the ukulele. These playful creations were on exhibition during the 10-day Seniors Festival in Port Macquarie Hastings and showcased the skill and humour of local artists. The ukuleles were then donated to seniors who wanted to learn the uke.

Conclusion

Ideally this project aims to spark either a long-lost love of music or even introduce for the first time the joy of creating music in its participants. It is a program that can be replicated by Councils across the region with a small initial outlay.

The Arts Mid North Coast network of teachers, artists and community groups indicates ukulele teachers up and down the coast, plus some established uke groups. In 2019 in Valla a three day Uke camp saw established performers from Australia and overseas perform plus a series of workshops for different levels and a major concert.

Ukes do seem to be the instrument of choice for the Mid North Coast and what’s more the perfect one for intergenerational activity as well as links to tourism in the region.



Case study 9. iPad Art. Port Macquarie Hastings Council

Again this is a creative ageing activity that has grown and developed over a number of years as highlighted by the summary below.

In 2015 a number of two hour sessions learning how to make paintings and drawings on an iPad were run with local artist and designer Mic Rees. These were run out of the Laurieton Library, Wauchope Library and Port Macquarie Library. All sessions were free.

In 2016 this program was brought is back due to popular demand. The format changed with practical workshop learning how to use artists, apps to create artwork. Participants then returned for a follow-up workshop a week later to finalise their artwork and print their finest creation. Their portraits were then featured in a mini exhibition at the Glasshouse.

In 2017 seniors were again able to participate in a series of free art workshops under the tutelage of artist Lucy Pascale. The course included visiting a historic site with Council's Heritage Officer and creating artworks to interpret the heritage specific landscapes.

Four Seasons in One Day Dementia Program. The iPad as a tool for Creativity

In 2018/19 Port Macquarie Hastings Council received a \$15,000 grant from Dementia Australia for a dementia-friendly communities program. The grant supported Council to create four local dementia-friendly activities, “Four Seasons in One Dementia Day,” and to help build greater awareness, acceptance and understanding of dementia in the community. Two of these built on the experience of the previous iPad workshops and exhibitions although with a very different spin.



Hands on History

During summer 2018/19, local seniors living with dementia participated in costumed re-enactments at historic locations in Port Macquarie, Wauchope and Laurieton. Under the tutelage of TimeSlips facilitator and creative ageing practitioner, Lisa Hort, the seniors learnt how to use iPads to photograph the scenes. The workshops explored themes of the Bicentenary culminating with an art opening and a 10 day photographic exhibition at the Port Macquarie Library as part of the NSW Seniors Festival.



ArtWalk

During autumn 2019 six workshops were delivered with people living with dementia. Guided by creative ageing practitioner Lisa Hort and animator Katherine Appleby, the seniors created a 4 minute site-specific video projection. The workshops explored what the seniors liked doing on a Sunday afternoon - fishing, playing tennis, dancing. They painted a background artwork and learnt how to use an iPad 'App' and incrementally moved cartoon cut-outs over the top of the artwork. 24 photos created 1 second of animation.

The photos were stitched together with an animation app and resulted in a 4 minute animation. At ArtWalk, a major community arts event, the Project Team fitted out the Murray Street car park site with dementia friendly lounges, armchairs and lamps. The 'Sunday Afternoon' animation was projected on a continuous loop from 6pm to 9pm that evening to enthralled audiences. Over 12,000 people attended ArtWalk that evening. The Inclusion Officer also conducted a tour with the 'artists' and their loved ones. This started at the Glasshouse Forecourt and finishing at their screening.

Conclusion

This case study is an excellent example of what can grow from a very simple project with iPads to a major event seen by thousands. The Artists Directory of Arts Mid North Coast and call outs through our Arts Blast would easily identify potential artist as tutors while the nature of the event has considerable potential for attracting technology and other partners to provide the equipment.

2.6 Community Based Programs

The potential of community based projects is one of the greatest on the Mid North Coast and where AMNC can play a significant role engaging, informing and enhancing the capacity of our numerous community arts groups to develop and deliver such projects in their communities.



Case Study 11. Port Macquarie Museum. Hands-On-Heritage Pilot Program

Some funding from our 2017 Creative Ageing Festival went to the development of this program now offered at the Port Macquarie Museum and in aged care facilities by Lisa Hort, Creative Ageing Practitioner. Each 45 mins - 1 hour program session involves object handling sessions focusing on objects from the Port Macquarie Museum's collection. Participants are able to touch, feel, hold, examine, smell and where applicable hear objects. The program aims to:

- Improve health and well-being through a stimulating community based cultural heritage program
- Increase social engagement, reduce social isolation
- Provide connections to others and the community
- Utilise cultural heritage collections and provide broader community access
- Share experiences and stimulate cognitive memory





The Port Macquarie Museum also sees the program as a way to further the Museum's commitment to its role as a Dementia Friendly organisation within the local community. The Museum is in discussion with Charles Sturt University about formally evaluating the pilot which is highlighted in Case Study 17. We believe this program is a first for Museums and can build on the arts sectors involvement in addition to the variations of Arts & Dementia Programs now being delivered by our regional art galleries.

The Museum's pilot program has been used to stimulate creative artworks for a range of temporary exhibitions. The first 'Postcard Connections' and the Postcard Exchange Project Lisa has in place with an aged care facility and museum in Canada. This exhibition was featured in the 2018 Creative Ageing Festival. The Museum has also worked closely with University of the Third Age (U3A) in developing other projects resulting in exhibitions of the work at the Museum.

Conclusion

With over twenty Museums on the Mid North Coast an extensive U3A network and many other community arts groups there is considerable relevance of such projects and their transference to other locations.



Case Study 12. Nambucca Riverside Gardens

In 2018 Arts Mid North Coast launched its Mid North Coast Creative Ageing Festival with an exhibition of art by residents of Riverside Gardens Retirement Village. They had been attending classes delivered by the Nambucca Valley Arts Council. In total half a dozen Riverside Gardens artists contributed some 30 pieces to the exhibition, which ran for a month at the Stringer Gallery in Nambucca Heads.

At the time Virginia Whitehead who worked weekly with the older artists noted her role was almost as much as a student as it is as an arts teacher “I am there to help them, but they actually inspire me,” Virginia said.

Conclusion

This case study is important as it represents the work done by a local community arts group in one of the smaller communities of the Mid North Coast. Such projects do not have to be confined to our large cities but could be delivered in places such as such as Tea Gardens, Gladstone, Dorrigo, Sawtell, Woolgoolga and Bellingen.



Case Study 13. Bushland Voices

Taree's Bushland Voices is a recently-formed, welcoming, community choir aiming to encourage seniors and others to come out and enjoy making music and friends in a fun, social environment.

It was formed as a result of a NSW government Sing Your Age grant for seniors in 2018, awarded to Manning Valley Neighbourhood Services. MVNS chose this location because it is an inclusive hub for both indigenous and non-indigenous community members. It warmly welcomes all people, regardless of experience or ability.

Bushland Voices is based at Bushland Hub, right next door to Bushland Tukka Café. The café is key to the group's interactions as after every singing session, most members stay for coffee and a good old chat with a generous serve of laughter.

The choir now has now more than 40 members and has entertained residents at local aged care facilities. The choir is in the competent hands of a very experienced choral director who is currently achieving a great musical sound. Sandra Kwa is also the conductor of Wingham's Wingsong Choir.

Conclusion

There are already many community choirs in the region and there is the potential to increase the number by programs such as the With One Voice program developed by Creativity Australia. This also provides the opportunity for seed funding. Regardless of what process may be followed the potential to highlight the value of singing as a creative ageing activity is one that can be showcased in future Mid North Coast Creative Ageing Festivals.

2.7 Aged Care Sector

Residential aged care is delivered to older people in Australia by service providers who are approved under the Aged Care Act 1997. The department plays a vital role in developing policies, managing programmes and providing regulatory services to improve the quality of residential aged care in Australia. Residential aged care provides a range of care options and accommodation for older people who are unable to continue living independently in their own homes. The type of care provided ranges from personal care to assist with activities of daily living through to nursing care on a 24-hour basis.

An internet search on “creative or positive ageing” for arts in health programs in residential facilities revealed there are a range of programs available on a fee for service basis. These programs can be accessed through the above streams depending on the individual service provider, their location and their continuing commitment to arts in health programs. The following examples are provided with descriptions of programs:



Hammond Care. Arts on Prescription - Using art to focus on health and wellness needs

Arts on Prescription is a fun, engaging, and practical program where experienced artists work with small groups to help participants explore their own creativity and learn new skills - while at the same time focusing on specific health and wellness needs. Research has shown that participating in the creative arts such as visual art, music, dance or performance has a positive impact on health and wellbeing, opportunities develop new skills and enhance community and social connections.

We work with health care professionals and understand the value of the creative arts when used alongside traditional health services. Experienced artists specialising in a range of artistic forms from painting, visual arts, theatre, photography, music, writing and dance will teach the classes.

Bupa Health & Care

Art therapy programs in aged care allow residents to explore their creativity and pursue their passions. Art therapists have long known that the benefits of art therapy include enhanced emotional wellbeing.

Art therapy in aged care homes can be a good way for residents to communicate their feelings and connect with others. Creative activities provide a much-needed outlet for self-expression, and the benefits of art therapy can even have a positive impact on people living with illnesses such as dementia. Whether it's painting, drawing, sewing, crafting, writing or dancing, opportunities for creativity in aged care can help improve mental health, encourage self-expression and enrich lives. The bonus of art therapy in aged care is that you may discover a wonderful artist who has been in hiding for all those years.

Whiddon Group

Creative ageing is a term broadly at Whiddon to talk about different forms of creative expression such as arts & crafts, music, dance, theatre, animal therapy, writing, cooking or gardening. Creative ageing activities are enjoyable, and therefore something that people are more likely to continue participating in. It provides a sense of purpose and participation, builds self-esteem and confidence, and reduces anxiety, stress and depression. From bringing programs such as HenPower and Dancewise to Australia, to creating our own programs like Creature Comforts and VintageBites, Whiddon are a leader in the creative ageing space in aged care in Australia and have won numerous awards for our work.



Case Study 14. There's No Place Like Home. The Creation of a Movie. Catholic Care of the Aged – St Agnes Hostel Port Macquarie

This project arose out of the need to promote a positive approach to the prevention and management of mental health conditions within St Agnes Hostel. 100% of the target group involved in the movie had some form of mental health condition. Residents in the target group had been diagnosed with Depression, Chronic Anxiety, Alcoholism, Panic Disorders, Bipolar, Paranoid Psychosis, Schizophrenia, Alzheimer's and Dementia. Behaviours displayed by residents in the target group included: isolative behaviours, aimless wandering, and pacing, aggressive episodes and demanding – attention seeking behaviours.

The aim was to provide residents with an activity which maximised self-expression, promoted and encouraged confidence, developed and nurtured self-esteem while increasing positive interactions through new and existing friendships. Staff sought to give the residents a new experience by using drama, film and music to promote health as well as a goal they could strive towards, which would increase their socialisation, help them make new friends and gain different social connections.

Outcomes

Medical Officer Comments:

"I now see some of my residents in a new light. To watch them participate with such enthusiasm is very fulfilling. I have been amazed at the contribution of some, who I am surprised to even see performing. Lack of self-esteem and chronic mental illness can create a vegetative state, but this vehicle has given them some kudos and a purpose in life.

These people all come from an existence where somebody else performs on the TV screen, so to see themselves acting in this production has been quite invigorating for them. The joy and humour in the bloopers was a real eye opener!

One of my residents, who has never really settled and always talked negatively about her institutionalized life, is now much more content and this alone has been a huge benefit.

The camaraderie amongst staff and residents is obvious to all and to have them performing as peers in the film must again contribute to the harmony of the facility and reduce the gap between staff and residents.

The elevation of morale was palpable in the weeks following the premiere. Wherever I went in the building people were chuckling and the conversation over breakfast had gone up several decibels.

In addition to being an entertaining and amusing show I was amazed at how well this creative endeavour seemed to improve communication between the staff and residents and foster an overall sense of camaraderie within the aged care facility.

Although I am sure that a lot of hard work and time was devoted to production, I truly believe that it was a worthwhile venture. I was impressed with how the residents and staff took the time to have fun together, collaborating towards a common goal and coming to appreciate one another in a whole new light. There was a noticeable sense of positivity within the facility during the rehearsals and during the performance of this musical. I also believe that this overall sense of happiness and purpose seemed to continue on long after the performance had taken place.

Many residents and staff have spoken with me about how much they enjoyed taking part in this project and I even received a DVD of the performance from a resident as a Christmas present."



Lifestyle Coordinator

For us to say that this whole journey was an uplifting and enjoyable experience for residents, staff, volunteers and families is an understatement. The atmosphere within the hostel and on location was enormously inspiring and to see everyone having so much fun, enjoying themselves and having so many laughs from the beginning to the end was a delight. The sheer pleasure on the faces of residents', both actors and spectators while filming has been one of entire amazement for us. We look forward to the completion of our next movie which has already generating considerable excitement.

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Conclusion

This program can be transferable throughout Aged Care Facilities due to the development of a Rationale and Procedure. The procedure provides step by step instructions on how to implement the program with considerations for safety, privacy and respect detailed. The program has also been presented to aged care representatives and students at a TAFE Conference in the Healthy Ageing session.

Case Study 15. Sawtell Catholic Care of the Aged. Ageing Well

Sawtell Catholic Care of the Aged is an innovative aged care organisation offering quality, inspirational living experiences to its resident community in both Independent Living and Residential Care. In 2019 it staged the Marian Grove Seniors Festival from February 18 to 22. www.scca.net.au/lifestyle/calendar-of-events It was promoted as a time to:

celebrate the rich and diverse lives of our older community members, to encourage and inspire us to get creative, to get out and about and flourish and thrive.

The Festival included:

- The Festival's Grand Opening featuring The Eleventh Hour Choir and the short film, Every Wednesday, by Lachlan Payne, which stars the residents of Marion Grove.
- The Art of Ageing Exhibition, a travelling exhibition celebrating the experiences and contributions of older people in NSW, with thirty images and stories that challenge out-dated perceptions of ageing.
- Various performances by the Marion Grove Ukulele Group.
- A Sing Along with Mei Wei and the Marion Grove Groovers
- A demonstration of Dancing for Parkinson's.

What was somewhat unique about the Festival was that it was open to all, residents and visitors.



Conclusion

AMNC accepts that although this sector is a very important audience for creative ageing on the Mid North Coast it is one we currently have little access to through our existing roles. The focus in the next three years will therefore be to gain a much better understanding of the health and aged sectors on the Mid North Coast so that we can then begin to identify opportunities to develop joint projects and programs.

2.8 Education

Case Study 16. Incorporating Movement in a Health or Care Setting. TAFE NSW Newcastle, North Region

Arts Mid North Coast has a well-established relationship with dance specialist Jessica Conneely of Dance for Wellbeing supporting her successful Create NSW 2017 Innovating Dance Practice Grant for secondments with London's Dance to Health Program and the Green Candle Dance Company in 2018. The grant also provided for a six-month mentorship with AMNC Executive Director, Kevin Williams to give the ensuing work a dance-based program for regional NSW.

Jess has in association with TAFE NSW Newcastle, North Region developed and delivered a new short course which with Hunter New England Health (HNEH), in partnership with TAFE NSW and with the assistance of State Training Services, offered this prototype program as fully subsidised training across 3 regional areas with two day workshops in Tamworth, Armidale and Moree. This program aims to enhance the techniques that health practitioners employ when implementing creative movement activities or programs in rehabilitation with clients in care. The program demonstrates the ways in which movement and dance :

- increases coordination, strength, and flexibility while releasing body tension and improve balance; and
- creates a familiar environment in which the participants enjoy movement and music in a safe, supportive environment.

This program can also be customised for health practitioners who have limited or no background in creative movement, focusing on dance styles, the relationship between dance and music, the use of rhythm in dance exercises, and the creative process.

Conclusion

The flexibility shown by these two programs to be delivered as Statement of Attainment courses for education purposes or to be modified to a shorter program as an introduction to community members highlights exactly the range of education programs AMNC believed needs to be central to all creative ageing activities. It is the perfect education case study for us to roll out through the region in the next two years while we investigate other art forms and appropriate education or accreditation programs.

2.9 Research & Evaluation

One of the guiding principles of this study and our program in to the future for creative ageing is to ensure programs and projects can be evaluated and their outcomes measured. With few projects currently at this level within the region our case study is a proposed evaluation project.



Case Study 17. Creative Ageing: Evaluating dementia-friendly, art-based programs in Port Macquarie, NSW. Charles Sturt University and Port Macquarie Museum

This project aims to enhance the quality of life of people living with dementia in Port Macquarie by examining their experiences in creative and art-based programs. Current dementia-friendly, creative ageing programs in the area have not been formally researched, despite Port Macquarie being recognised by Alzheimer's Australia NSW as a community taking positive steps to make it dementia-friendly.

The proposed study will conduct six in-depth case studies on such programs from the perspectives and experiences of people living with dementia, their families, carers, health care workers and community members. The arts are a powerful way to transform the lives of individuals and reduce the stigma and social exclusion associated with people living with dementia. Findings will include the voices and contributions of people living with dementia, placing them at the centre of their care. It will result in an evidence-based model and guidelines for others delivering similar programs in Australia.

Scientific Rationale and Background:

In dementia care contexts it is often assumed that people living with dementia are incapable of making decisions or meaningful contributions to their care, their lives or other people, which results in their exclusion. An alternative relationship-centred model of care involves people with dementia, their families, health care workers, researchers and the community in the decision-making processes and recognises the value of collaboration in improving the quality of life of people living with dementia. Research

Methodology:

The proposal is to conduct six in-depth qualitative case studies over three years on six creative and arts programs for people with dementia in the Port Macquarie region. Each program will be observed over a four month period. During this time, two focus groups per program with people living with dementia, their families, carers, healthcare workers and/or community members will be audio and visually recorded regarding their experiences of the program, as well as their experiences of living with dementia.

Individual interviews (5-10 per program) will also be conducted with people with dementia about the program and their experience living with dementia, as well as with family members and healthcare workers. The interviews will ask questions about: their experiences with art (or otherwise, depending on the program), how they feel, what they like best or least, what could be done differently, what may have changed for them as a result of the program and if it has impacted them in anyway, how the piece of artwork created (if applicable) may influence people living with dementia more broadly, the benefits of the program for people with dementia and their families, and anything else they wish to share about their experience.

The audio data will be transcribed and qualitatively analysed for themes to determine the effectiveness of these programs for all the study participants and culture change in dementia care more broadly. The output will be an evidence-based model and guidelines that can be shared with others working in arts and creative programs for people with dementia across Australia.

Conclusion

The above case study is but a summary of a very detailed project proposal indicative of the nature of the participants and the skills and research tertiary institutions can bring to evaluation. We are now in the process of developing a similar evaluation for the Musicians in Hospital project that has recently been funded. However we recognise that we will also in the next three years need to identify simpler evaluation processes applicable to community based projects.

Chapter 3.

Creative Ageing for All: The Plan

In developing the original brief for this Strategic Pathway and establishing the project's goals as set out in the successful funding application it was noted the Plan was to:

- Ensure greater awareness, knowledge and collaboration across the region on creative ageing
- Encourage the development of more creative ageing programs integrated across the region and locally with our mainstream arts and cultural programs and our extensive artists' network and activities.
- Encourage programs with aged care providers and other private sector and community partnerships in health.
- Establish benchmarks on the need for professional processes of training and accreditation.

This study has added a further goal to:

- Develop a Pathway forward that is accessible for all to understand and participate in.

That participation recognises the complexity of the issues and that solutions and opportunities involve more than just Arts Mid North Coast. The goals, individual governance mechanisms and available resources of all partners need to be taken into consideration. As such it has taken the approach seen in the Community Plans and Arts & Culture Plans of many Councils of also highlighting the actual role that Arts Mid North Coast can undertake. These are identified in connection to each Key Objective as being one of the following:

- **FACILITATOR.** Creating networks and clusters, brokering partnerships and supporting communities to achieve desired cultural outcomes.
- **PARTNER.** Sharing and working with others to promote community participation in creative ageing to achieve great outcomes.
- **CAPACITY BUILDER.** Building a strong and creative ageing community through education and sector development.
- **PRODUCER.** Producing events, seeding new works and creating showcasing opportunities for our growing creative ageing focus.
- **LEADER.** Listening to our community and driving innovation in the development of distinctive creative ageing projects for our region.
- **ADVOCATE.** Celebrating and championing the role that arts can play in building a strong and inclusive community committed to ageing creatively

The Pathway forward is set over three years as is common in many Business Plans. However the reality is that the level of detail of actions is greatest in Year 1 and Year 2 with Year 3 only able to be indicative of what actions may be taken.

Finally it should be noted that the Plan can only be considered complete once its content has been considered against annual budgets, Work Plans and resourcing considerations. Nevertheless as the first such Regional Pathway for Creative Ageing in Australia it is an invaluable starting point.

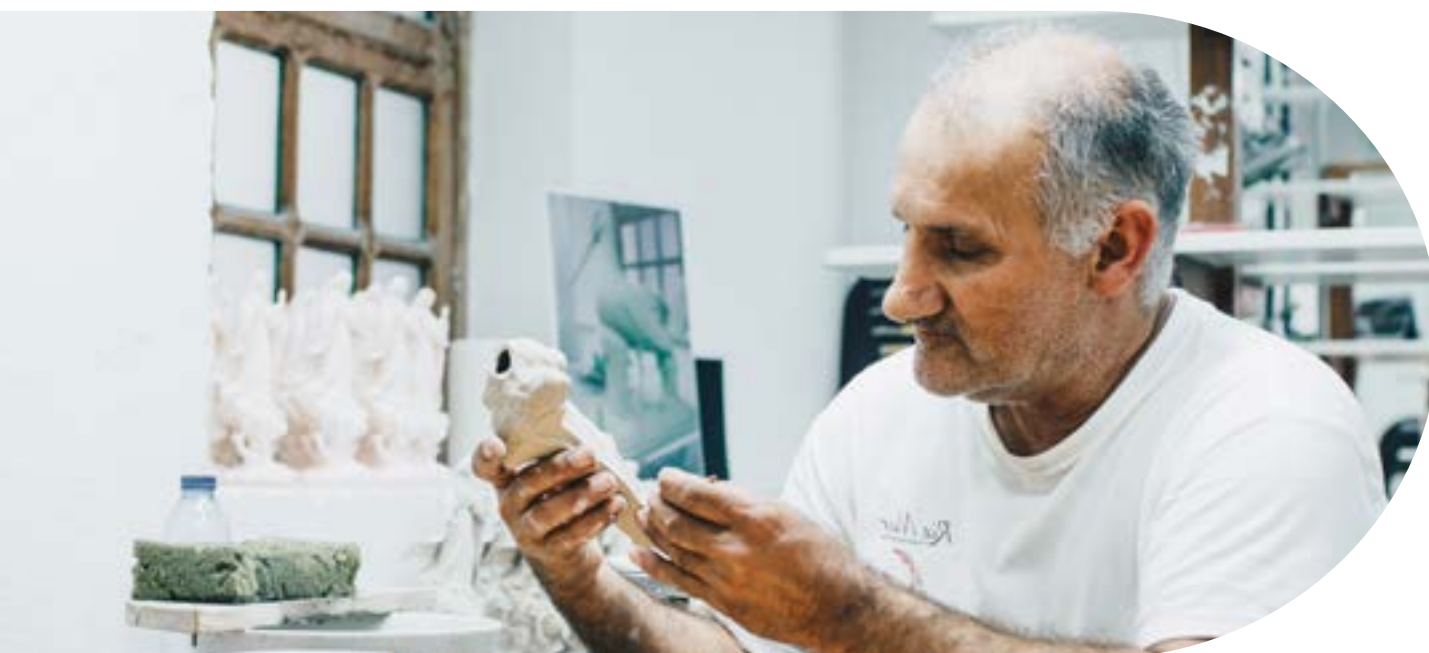


Celebrate

AMNC Role: LEADER			
Objective: To celebrate ageing creatively			
	2020	2021	2022
To maintain and enhance the Mid North Coast Creative Ageing Festival plus showcase one art form each year	To showcase Dance & Movement	To showcase Music & Singing	To showcase the Visual Arts
To maintain and increase the number of listings in 4 Score Years ...and then some	To undertake at least one major call out per year and increase listings to 18	To undertake at least one major call out per year and increase listings to 25	To undertake at least one major call out per year and increase listings to 30
To use the launch of the study, Creative Ageing for All, to showcase the value and benefits of creative ageing to the community	To use the launch of Creative Ageing for All as the major event opening the 2020 MNC Creative Ageing Festival		
	To undertake a series of talks throughout the region on Creative Ageing for All		
To value the work done by all sections of the community in creative ageing projects .		To investigate creating an Award for best Creative Ageing Project in the region	To announce an Award(s) for best Creative Ageing Project
		To investigate the inclusion of an Award for best Creative Ageing Project into existing relevant awards in the region and in NSW	
To highlight the potential of Creative Ageing to tourism in the region	To expand the Inclusive Arts and Online Trails with appropriate features and events	To investigate how best to link with cultural tourism as has been done in Ireland and Scotland.	To develop further cultural tourism opportunities e.g. a Grey Mardi Gras or events to stage in peak travel times to region by Seniors

Elevate

AMNC Role: LEADER			
Objective: To increase the resources Arts Mid North Coast allocates to Creative Ageing			
	2020	2021	2022
To elevate the priority given Creative Ageing in the work of AMNC reflecting the ageing population of the region	To establish 12% of all staff time as a benchmark	To increase to 15 % of all staff time	To increase to 25% of all staff time if a Project Officer is appointed
		To investigate the viability of a Part Time Project position for Arts & Health	
To elevate the allocation of appropriate AMNC funds	To set a benchmark of 10% of Project funds to Creative Ageing	Increase to 15% of Project funds	Increase to 20% of Project funds, if Project Officer appointed
To change our focus on delivering events during the Mid North Coast Creative Ageing Festival to events and activities all year round		To develop two events or projects during the year	To develop two events during the year plus two more if a Project Officer is appointed





Advocate

AMNC Role: ADVOCATE

Objective: To position AMNC as a key supporter of policy change to enhance the potential of Creative Ageing

	2020	2021	2022
To work with the NSW Government for better policy recognition of the value and benefits of creative ageing	To make submissions on the NSW Creative Ageing Framework when made public		
To work with Local Government for better policy recognition of the value and benefits of creative ageing policies and programs.	To make submission on any revised Community Plans arising from the 2020 local Government elections	To advocate for the development and adoption of Positive Ageing Plans or Statements by all Councils in the region	
To advocate for enhanced planning of facilities and services for older persons .	To make submissions for enhanced services and planning for older persons through Local Strategic Planning Statements		

Collaborate

AMNC Role: PARTNER			
Objective: To work with all relevant sectors to develop creative ageing programs			
	2020	2021	2022
To identify all parties that could be potential partners in creative ageing projects	To develop sector lists and directories of all potential partners	To identify potential projects and seek sources of funding for them	To develop and undertake funded projects
	To develop and publicise an Information Kit on funding opportunities for creative ageing projects	To update Funding Kit	To update Funding Kit
	To develop a Showcase on Movement & Dance for the 2020 MNC Creative Ageing Festival	To develop a Showcase on Music & Voice for the 2021 MNC Creative Ageing Festival	To develop a Showcase on the Visual Arts for the 2022 MNC Creative Ageing Festival
To work with appropriate health authorities and organisations in the region	To establish a list of all relevant health authorities and organisations and opportunities for recognition of creative ageing policies and projects	To hold discussions with all relevant health authorities and organisations to develop potential projects	To work with relevant health authorities and organisations on identified projects
	To support the Musicians in Hospitals Music project at Coffs Harbour	To identify opportunities to expand the Musicians in Hospitals program in other parts of the region and seek funding	To support and implement any successfully funded project
To work with appropriate education authorities and organisations in the region	To present in the region NSW TAFE courses for Statement of Attainment in: Incorporating Movement in a Health or Care Setting and Creating Engagement in Lifestyle Programs in Health and Care.		

Educate

AMNC Role: CAPACITY BUILDER			
Objective: To increase awareness of the benefits and value of creative ageing programs to the community			
	2020	2021	2022
To further develop and expand the Creative Ageing Notebook	To publish 4 issues per year	To publish 4 issues per year and evaluate whether there is demand for further issues	To develop 4 issues unless evaluation indicates a different number required.
	To establish a separate mailing list from Arts Blast and Events News	To update mailing list and increase data base by 10%	To update mailing list and increase data base by 10%
To increase awareness of the benefits and value of creative ageing programs to local government	To develop a series of fact sheets on Local Government opportunities and creative ageing	To use the fact sheets with local government in the development of Community Plans and other documents	To update the fact sheets
To increase awareness with local media on how to best report on creative ageing and older persons	To adopt the ReportAGE Guidelines	To run appropriate workshops and online information on ReportAGE	



Integrate

AMNC Role: FACILITATOR

Objective: To integrate where appropriate Information and material on creative ageing into the framework of all AMNC work and programs.

	2020	2021	2022
To integrate creative ageing events into the AMNC What's On	To encourage community based creative ageing programs to list and be showcased in the AMNC What's On and associated social media	To increase the number of artists listed with creative ageing skills by 10%	To increase the number of artists listed with creative ageing skills by 10%
To integrate relevant material on creative ageing in the SmartART section of the AMNC website	To create a special section, Creative Ageing, in SmartART	To review and expand the Creative Ageing section of SmartArt	To review and expand the Creative Ageing section of SmartArt





Evaluate

AMNC Role: CAPACITY BUILDER			
Objective: To recognise the importance of evaluation processes for all creative ageing projects			
	2020	2021	2022
To recognise the importance of evaluation processes for all creative ageing projects	Update the case studies in this report to establish a portfolio of examples with appropriate evaluation techniques relevant to a regional context	Update case studies	Update case studies
	Identify potential partners in the education sector able to provide evaluation studies and models	Work with identified providers in any AMNC projects	Work with identified providers in any AMNC projects
To evaluate systems to update relevant data bases.	Evaluate and implement new ways of updating data base of Creative Ageing Website and artist lists	Expand data base of the AMNC Creative Ageing website and artists lists	Expand data base of the AMNC Creative Ageing website and artists lists

VOLUME TWO

CREATIVE AGEING IN CONTEXT

A Literature Review: Research and Policy Frameworks

Volume 2: Creative Ageing in Context

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Part A. **Studies On Creativity and Ageing**



A1. Cool Facts – Hot Feet – Dancing to Health: a Review of the Evidence

Dance South West & Department of Public Health South West, 2011.

<https://www.communitydance.org.uk/DB/resources-3/cool-facts-hot-feet-dancing-to-health-a-review-of>

This 34-page review brings together a range of research that provides the quantitative evidence of the health and wellbeing benefits of dance. The review is ideal for policy makers, programme managers and practitioners working in public health, dance and wider arts sectors. It is inclusive of age groups, dance styles, settings and medical conditions within the context of research into non-elite dance and dancers.

The review aimed to:

- provide a sense of the breadth of dance and health research across a range of population groups;
- highlight key evidence findings; and to
- help increase understanding of the particular and significant health impacts of dance.

And it can be used to:

- support the case for dance in delivering health and wellbeing outcomes;
- inform practice; and
- encourage further robust research and evaluation.

Key Messages

Dance can:

- increase people's motivation to participate in physical activity and maintain that participation, because they see dance as fun, expressive, non-competitive and sociable;
- increase people's physical fitness, strength and abilities, often more effectively than other forms of exercise;
- assist recovery from illness, reduce pain and the perception of pain
- build self-esteem and elevate mood;
- support people to develop positive social interactions and encourage them to engage in new social, leisure and physical activities; and
- improve quality of life.

For Older people

Dance interventions have been shown to:

- improve balance and gait, decrease frequency of falls (Verghese, 2006, Eygior et al, 2007, Wallman et al, 2009).
- improve general physical fitness and ability (Eygior et al, 2007).
- improve cognitive performance (Berrol, 2007).
- develop social interaction (Berrol, 2007).

The benefits of dance are listed as:

Physical and mental

- healthier heart and lungs
- stronger muscles
- stronger bones and reduced risk of osteoporosis
- better co-ordination, agility and flexibility
- improved balance and enhanced spatial awareness
- increased physical confidence
- improved mental functioning
- increased energy expenditure that helps counteract unwanted weight gain

Personal and social

- improved general and psychological wellbeing
- greater self-confidence and self-esteem
- better social skills
- reduced social isolation and exclusion

People with specific health conditions such as neurotrauma, arthritis, cancer, chronic heart failure, dementia, depression and Parkinson's disease have seen a range of health gains including:

- improved general and psychological wellbeing
- develop muscle strength
- improve general physical fitness and abilities
- reduce pain and the perception of pain
- support social inclusion
- improve balance and enhance falls prevention
- improve quality of life significantly and assist physical recovery

A2. Growing the Creative Ageing Movement: International Lessons for the UK

Alice Thwaite, 2017. Published by the Baring Foundation in partnership with the Winston Churchill Memorial Trust

<https://www.wcmt.org.uk/sites/default/files/reports/GrowingTheCreativeAgeingMovement%20Final%20PDF.pdf>

This report highlights some of the findings from the Churchill Fellows international, experiential research projects, particularly concentrating on the work around art and dementia. This is done under five topics: art form; day care; training for care staff; artists in care settings and evaluating impact.

The Winston Churchill Memorial Trust and the Baring Foundations commitment and vision have changed the landscape of the creative ageing field in the UK. Fellows have brought back innovative practice examples and are now delivering exciting programmes of work all over the UK. However, they believe the challenge to scale up the practice without losing the quality of delivery exists and note that 'community' and 'participatory' art still have very little status in the art world and limited resources. Programs assessed included:

Timeslips USA

This is a model of practice that has spread throughout the USA, and that had an impact on many Fellows. This method was devised by drama professor Anne Basting (University of Minnesota) and has been gaining momentum since the late 1990s, her book *Forget Memory: Creating better lives for people with dementia*.

The Alzheimer's Poetry Project, USA

Gary Glazner, a poet who set up the internationally acclaimed programme The Alzheimer's Poetry Project, made a lasting impression on Fellows. He uses the 'call and response' method. This involves delivering lines of poetry that are repeated back to him by people in the group, often with their own contributions which he then incorporates into the poems.

Meet Me at MoMA, Museum of Modern Art, New York

The Meet Me at MoMA programme was set up in 2007 to develop the Museum's education programme to engage people with dementia and their care partners. Many Fellows were interested in this high-profile programme which has been very successful in igniting interest among galleries and museum around the world to create programmes for people with dementia.

Music and Memory, USA

Dan Cohen's Music and Memory project aims to bring personalised music into the lives of older people by creating personalised iPod playlists. With a background in social work, Cohen realised how iPods were a poorly utilised resource in nursing home care.

Dance

Fellows found that dance can transcend cultural and economic differences, health challenges and attitudes to ageing, and give people opportunities to enhance the quality of their lives, especially in becoming healthier, more connected and more expressive older adults.

Implementing good practice: Dance and Parkinson's disease

In the last few years there has been an upsurge in dance programmes for people living with Parkinson's, a long-term neurological condition that currently has no medical cure. As an art form, dance is uniquely placed to support people with Parkinson's because dancers have knowledge and understanding of the body in movement, thinking skills that support efficient and mindful action, and an understanding of the way dance can transform the stages of the disease through an engagement with expressive movement. Dance enables people living with Parkinson's to be dancers, not patients, and offers them possibilities, not limitations (David Leventhal, Director of Dance for PD). In this respect, dance has a way of making people feel whole again.

Implementing good practice: Dance and dementia

Since returning from his Fellowship in Canada, Richard Coaten (Fellow 2010) experienced a growth in self-confidence and a growing awareness of the important legacy of the Fellowship. He says,

"I appreciate that in the field of movement, dance and dementia wherever I have gone to lecture, to run workshops, to train dance and movement psychotherapists, it is the underlying values of respect for personhood, of appreciation for difference, diversity and 'other-ness', plus the importance of non-verbal communication that have reaped a rich harvest in changing hearts and minds".





Implementing good practice: immersive, non-verbal theatre for people with dementia

Karin Diamond (Fellow 2010) travelled to Japan to research theatre and memory work with older people with Dr Yukimi Uchide. Dr Uchide is a leader in the field of creative and reciprocal approaches in dementia care in Japan. She manages 17 care facilities and is a director of a theatre company that promotes a greater understanding of dementia by delivering performances throughout Japan. She is the founder of, and driving force behind, the first 'dementia friends' initiative in the world and is an advisor to the Alzheimer's Association, Japan.

The Garden

Arti Prashar (Fellow 2014) described her Fellowship as an invaluable opportunity to reflect on her own practice and test out ideas in a 'safe' environment that didn't require funding or specific outcomes. Two years after her travels she created The Garden.

"The Garden was designed specifically for people living in the later stages of dementia. It is a piece of non-verbal theatre, that immerses you in the seasons by delighting the senses using light, evocative images of the outdoors, sounds of rain and birdcall, freshly laundered clothes, autumnal leaves, butterflies and worms..."

Digital Arts Implementing good practice

Claire Ford (Fellow 2011) trained as a visual artist and visited a wide variety of arts and dementia programmes on her travels to the USA. She was influenced by multi-sensory approaches when working with people with mid to late stage dementia. Most memorable for her was Dan Cohen's Music and Memory (MoMA), project in New York, Kairos Dance in Minneapolis and Poetry for Alzheimer's, New York. When Claire returned to the UK she set up iPad EngAGE (now We engAGE).

Incorporating creativity into day provision for older people

Many Fellows highlighted examples of different creative approaches to the delivery of day centre provision. In the UK there has been a marked decline in day centres, because of a combination of local authority funding cuts and an understanding that the traditional provision of a minibus to a centre for lunch and bingo is not something that appeals to many of the 'new' old.

Key findings from the overall assessment of projects which need to inform policy making include:

- Supportive, high-quality leadership is critical to the success of creative initiatives and their influence on organisational culture in care settings.
- Partnership working between the cultural, health and adult education sectors should support the development of imaginative day services for older people.
- The importance of developing artists' networks to share ideas and best practice is essential for the growth of the sector.
- There is a need for 'shadowing' opportunities and more formal training opportunities for artists working in the field.
- There is a need for longer-term artists' residencies in care homes rather than traditional two-hour weekly sessions, with an emphasis on involving managers, staff team and residents – a 'whole home' approach.
- Care staff training needs to incorporate creative approaches and the role of activities co-ordinators needs to be elevated, with a clear path to continued professional development.
- Better advocacy is required to raise the profile of the work.
- There is huge potential for delivering multi-sensory, multi art form approaches to support the quality of life for people living with dementia in care homes and this needs cross sector training.
- Creative and artistic initiatives should be used for care staff self-care to help staff retention.



A3. Creative Arts, Health and Wellbeing – International Perspectives on Practice, Policy, and Research

Oxford University Press, 2016. Edited by Stephen Clift & Paul M. Camic

Providing an evidence-base and recommendations for a wide audience, this is an excellent resource for anyone involved with this increasingly important component of public health practice.

The textbook offers key insights for developing new creative arts-based approaches to health and wellbeing, and shows how these can augment established practices within a variety of social settings. Theoretically grounded and with a strong evidence base, this book brings together contributions from both practitioners and researches to provide a comprehensive account of the field.

Using international examples, the textbook elucidates the various approaches that have successfully led to improvements in public health, whilst case studies in healthcare practices evaluate the impact of arts-based initiatives in a multitude of international settings, life-course stages, and social milieus.

Two Chapters provide very useful studies relevant to Creative Ageing in Australia. Both are by Nicolas Buys - Professor, Menzies Health Institute and School of Medicine and Jing Sun - Associate Professor, Menzies Health Institute and School of Medicine, Griffith University, Queensland, Australia.

A Role for Creative Arts in addressing Public Health Challenges in China by Jing Sun and Nicolas Buys

<https://oxfordmedicine.com/view/10.1093/med/9780199688074.001.0001/med-9780199688074-chapter-20>

This chapter examines a research study Griffith University Australia and Changshu Centre for Disease Control and Prevention China. Changshu City was chosen because it is a heavily urbanised area with significant older population on low incomes. In summary it features a creative arts research project involving 750 adults aged 45 and over who had no previous experience with any creative arts were selected, all had chronic diseases or related risk factors.

Two groups were compared in this study: a control group who only participated in “passive activities” involving history, literature and or computing, the intervention group participated in one of 4 primary creative arts activities. Attendance was between 2 to 3 hours per week over a 12-month period. Most attended on a regular basis meaning that their attendance became habitual and part of their lifestyle. Data collected measured the health benefits associated with the four creative activities as well as the impact on their resilience.

Participation in creative arts activities

	No. of participants	Mean time (hours per week)
Tai Chi	53	3.53
Musical instruments	98	3.03
Chinese folk dance	99	3.78
Singing	186	2.00
History, literature and computing (control group)	279	2.00

Changes in health and wellbeing after participation in a creative art-based activity: mean differences between post and pre intervention

Health benefits	Tai Chi (n=53)	Dancing (n=99)	Musical Instruments (n=99)	Singing (n=186)	Control (n=279)
Executive function	+7.22*	+3.13*	+2.69	+0.94	+2.26
Social skills	+3.21**	+1.50*	+2.35*	+1.69*	+0.21
Psychological	+0.64*	+0.72	+1.68*	+0.89*	-2.03***
Spiritual	+2.23*	+1.10	+2.73**	+1.20*	-0.66
Physical	+2.45***	+1.97***	+2.40***	+1.96***	-0.16
Self esteem	+1.78*	+0.91*	+1.67*	+0.86	-1.38**
Total health benefits	+17.53***	+9.30*	+13.50*	+7.53*	-1.77

Statistical significance: *P < 0.05; **P < 0.01; ***P < 0.001 A positive sign (+) indicated increased performance at 12 months post intervention, negative sign (-) indicates a decreased score at 12 month post-intervention

Changes in measures of resilience after participation in creative arts-based activity: mean differences post and pre

Health benefits	Tai Chi (n=53)	Dancing (n=99)	Musical Instruments (n=99)	Singing (n=186)	Control (n=279)
Family relationship	+2.64**	+0.96	+1.54	+2.27***	-0.13
Self-efficacy	+3.06***	+1.22	+1.23	+2.55**	-0.10
Social Skills	+3.14**	+1.47	+0.58	+2.11**	-0.20
Friend support	+2.83**	+0.85	+1.22	+1.99***	-0.01
Planning and goal aspiration	+2.50***	+1.59***	+1.53***	+2.17***	+0.26
Self-esteem	+4.38**	+3.75***	+3.54*	+4.10***	+0.07
Total resilience	+18.57***	+9.85***	+9.64*	+15.04***	+1.05

Statistical significance: *P<0.05; **P<0.01; ***P<0.001

A positive sign (+) indicates increased performance at 12 months' post intervention and negative (-) indicates a decreased score at 12 months' post-intervention

Changes in metabolic factors

Meditative Verses Control	Tai Chi (n=53) Pre test	Post test	Difference	Dancing (n=99) Pre test	Post test	Difference	Control (n=279) Pre test	Post test	Difference
Waist circumference	83.01	80.35	-2.66*	82.34	74.59	-7.75***	82.47	82.00	-.047
BMI	25.45	23.85	-1.60***	24.94	22.25	-2.69***	23.79	23.85	+0.06

Statistical significance: *P<0.05; **P<0.01; ***P<0.001

A positive sign (+) indicates increased performance at 12 months' post intervention and negative sign (-) indicates a decreased score at 12 months' post-intervention

Benefits

It is evident from the findings this project participation in the activities had a profound impact on physical and psychological and social functioning. Benefits range from improved psychological, physical and spiritual outcomes to building resilience through increases in self-esteem and the ability to recover from stress.

This project has brought about a cultural shift using arts and community development, moving away from sedentary participation to actively participating and taking control of their cultural direction and development.

Creative arts programs are a sustainable approach to health promotion and have a high rate of compliance as opposed to the many short-term interventions have low compliance levels due to the medical treatment environments.

The research and data collated has proved that creative arts activities promote individual resilience and therefore powerful approaches for improving self-esteem and increasing coping and disease management abilities of people suffering chronic disease. They also strengthen family and social support, increase people's awareness and usage of health services.

For these reasons the use of creative engagement in the prevention of chronic disease should be sponsored particularly as these resources are low cost and at the disposal of every community.

Reproduced by kind permission of Nicolas Buys and Jing Sun. Published 2015, accessed online 2019.

Effectiveness of Participative Community Singing Intervention Program on Promoting Resilience and Mental Health of Aboriginal and Torres Strait Islander People in Australia 2012.

Griffith University research team Nicolas Buys and Jing Sun in conjunction with the Queensland Aboriginal and Islander Health Council (QAIHC) and several Community Controlled Health Services (CCHS) conducted five community singing groups including two urban, one regional and two rural groups involving 235 participants.

The Program

Combined annual health assessments with weekly 2 hour singing rehearsal in each community involving physical warm-up exercises, breathing and tension releasing techniques, social interaction and singing. The CCHSs conducted and coordinated interventions programs including regular joint singing performances in the five communities. Participants were encouraged to practice at home between rehearsals and were involved in the song selections with the musicians.

Evaluation of participant's health occurred during the intervention at the beginning and 18 months after completion of the program including the control group. Assessment of mental and physical health using standard measures in each community. Mental health and psychological stress were measured using the Indigenous Risk Impact Screen (IRIS), resilience scale assessed the individual's ability to bounce back and recover from stress and social connectedness was measured by a scale involving 10 related to a sense of connectedness to society, friends and the environment.

Benefits of the singing program to Aboriginal and Torres Strait Islander people

	<u>Preintervention</u> (n=117)	Post Intervention (n = 108)	P
Psychological distress			0.02
Normal n (%)	53 (45.2%)	67 (61.7%)	
Abnormal n (%)	64 (54.8%)	41 (38.3%)	
Resilience M (SD)	5.28 (1.79)	6.38 (2.02)	< 0.005
Sense of connectedness M (SD)	33.00 (12.07)	34.65 (9.58)	0.05
Social Support M (SD)	3.70 (1.68)	3.81 (1.46)	0.05
Smoking			
No n(%)	81 (69.4)	87 (80.4)	0.05
Yes n (%)	36 (30.6)	21 (18.6)	
Number of times visiting Aboriginal Health Services M (SD)	4.82 (11.11)	8.92 (22.66)	0.02
Number of times visiting any health service M (SD)	6.47 (20.09)	9.06 (19.85)	0.002

There was a substantial reduction in stress events for the singing group post-intervention which is a significant achievement as stress adversely affects Aboriginal and Torres Strait Islander people and has traditionally been difficult to successfully treat. Many participants explained that the enjoyment of singing relates to emotional and cognitive health and reported feeling 'happy' or 'high'.

Comparisons between the control and singing group revealed benefits particularly in terms of promoting a sense of self-esteem, self-confidence, learning, purpose in life and their capacity to deal with stress and assisted in their recovery from adverse events and enabled them to cope with challenging life situations as shown in the above table.

Singing groups are therefore a powerful means through which Aboriginal and Torres Strait Islander people can become active agents in making social change in relation to their positive sense of identity and community life which in turn leads them seeking and receiving family and community support generating social capital.

Tables 1/2: Sourced <https://www.intechopen.com/books/essential-notes-in-psychiatry/effectiveness-of-participative-community-singing-intervention-program-on-promoting-resilience-and-me>, online 2019.

Variables	Pre (%) N=217	Post (%) N=50	difference	χ^2	P
Resilience1: It takes me a long time to get through stressful events (all the time)	52(24.2%)	5(9.6%)	14.6%	6.47	0.04
Resilience2: I tend to take a long time to get over difficult things in my life (all the time)	55 (25.7%)	5(9.6%)	14.1%	7.60	0.02
Depression (yes)	80(37.2%)	14 (28.2%)	9% decrease	6.61	0.03
Singing is something I like to do	58(26.5%)	42(80.8%)	Significant increase		
Singing has spiritual significance to me personally	50(22.9%)	42(80.8%)	Significant increase	75.92	0.001
Singing really helps to improve my general wellbeing	61(27.9%)	41(78.8%)	Significant increase	63.38	0.001
I find singing helps me to relax and deal with the stresses of the week	55(25.1%)	41(78.8%)	Significant increase	69.11	0.001
Singing helps to give me a positive attitude to life	61(27.9%)	44(84.6%)	Significant increase	69.30	0.001
Being in a singing group and singing is a very important part of my life	51(23.3%)	43(82.7%)	Significant increase	73.13	0.001
Singing helps to make me a happier person	61(27.9%)	44(84.6%)	Significant increase	67.93	0.001
Singing is an activity that has made me physically healthier	45(20.5%)	35(67.3%)	Significant increase	73.19	0.001

Table 1. Improved mental health, resilience and quality of life post-intervention time.

Medication use for Chronic disease	Pre	Post	Differences	χ^2	P
Medication use (yes)	44.2%	31.9%	12.3% decrease	6.35	<0.01
Medication reduced the last 6 month	18.3%	27.3%	9% medication reduction	7.91	<0.01

Table 2. Difference in medication use between the pre- and post-intervention phases

Conclusion

The singing program played an important role in promoting resilience in the following ways:

- Improved psychological, mental, physical, health behaviour, family and social support;
- Increased access to Aboriginal CCHSs at the primary health-care-service level; and
- Reduced access to acute hospital based tertiary health care.

The significant association between the benefits of community singing and prevention of chronic disease and depression by reducing the development of risk factors related to chronic disease was possibly related to improved resilience, which acts as a pathway between community singing and the prevention of chronic disease.

The findings of the case study provide further evidence that the individual-level resilience factors such as self-esteem and confidence, and conceptual-level factors such as friends and community support are important factors influencing health outcomes.

Buys and Sun found the community singing program had an impact on these factors and this in turn significantly reduced risk factors such as smoking. Underpinning this effect may relate to the fact that community singing not only addresses factors at the individual level but also social factors such as family, kinship and community health including social support services and thus facilitating access to other primary preventative health services within a culturally appropriate context.

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A4. The Restorative Power of Music Therapy

Felicity Baker

Melbourne University, The Creative Arts Therapies Research Unit (CATRU)

<https://research.finearts-music.unimelb.edu.au/our-research/understanding-the-restorative-power-of-music-therapy>

This world-leading research is showing how the emergence of tailored music therapy programs is improving the lives of millions of people affected by traumatic brain injury and dementia, as well as the lives of their carers and loved ones.

Professor Felicity Baker is a music therapist, academic and co-director of the University of Melbourne's Creative Arts Therapy Research Unit. As Head of Music Therapy, she is leading a study on the effects of music therapy on sufferers of depression and symptoms of dementia living in residential aged care facilities. She is also leading a study on the effects of music therapy on the reconstruction of identity and wellbeing post neurological injury.



"Music stimulates memory, like smell does. Music is deeply tied to our emotions and encourages our brain to make connections with our past – a function of the brain that can be damaged through age and injury ... autobiographical recall – our personal memory – is at the core of our identity. When that sense of self is lost, we are prone to confusion, frustration and depression" (Professor Felicity Baker)

Work has shown an improvement in the cognitive and motor skills of people with traumatic brain injury (TBI) and dementia, as well improvement in mood, but access to programs is limited by the relative infancy of this field of research. Much of Professor Baker's research is conducted on a large scale – there are up to 500 participants in one international collaboration she leads on studying the effect of music therapy on memory function in patients with dementia.

It is these results, consistently showing the benefits of music therapy, Professor Baker hopes will influence health policy to fund broader access to programs. With rates of dementia expected to increase to nearly one million people by 2050 in Australia alone, Professor Baker makes a compelling case for non-pharmaceutical interventions and music, she says, is a powerful therapeutic tool that helps restore emotional and psychological wellbeing.

Part of Professor Baker's planned international research collaboration, with partners in five European countries, involves training carers in music therapy with the development of a specially designed app that can be accessed on a smart phone. This allows music therapy to be accessed anywhere, and at any time...early results are promising, she says.

"Selecting music, writing lyrics and singing them is an essential part of our connections with others. These acts trigger an emotional and physiological response that our research is demonstrating can improve mood, memory and relationships with carers."

Singing and creating lyrics and music stimulates the way we move, as well as our heart rate, breathing, language use, memory recall and emotions: Who am I now? Who was I before (the accident/illness/injury) and who am I going to be?



Reproduced by kind permission Professor Felicity Baker. Published 2018, accessed online 2019.

A5. Dance your way to a Healthy Heart

Emmanuel Stamatakis

Professor of Physical Activity, Lifestyle, and Population Health, NHMRC Senior Research Fellow. Editor, British Journal of Sports Medicine, Editor-In-Chief, BMJ Open Sport and Exercise Medicine. Charles Perkins Centre; Faculty of Medicine and Health, School of Public Health, The University of Sydney, Australia.

<https://sydney.edu.au/news-opinion/news/2016/03/02/dance-your-way-to-a-healthy-heart.html>

Researchers from Western Sydney University and the University of Sydney studied 48,000 people without cardiovascular disease over a decade to determine how exercise affected their health outcomes. The study showed:

People over the age of 40 who participate in dancing almost halve their risk of dying from cardiovascular disease.

Those who participated in dancing had 46 per cent lower risk of cardiovascular death over a decade compared to those who rarely or never danced. These outcomes were achieved by people who were at least slightly out of breath or sweaty while dancing, but not for those whose dancing was at a light intensity.

Comparing the benefits of dancing to fast walking, dancing was found to reduce the risk of dying from cardiovascular disease by 21 per cent demonstrating that it is one of the best things people can do to protect themselves from cardiovascular disease death.

Dance camouflages exercise as some styles of ballroom or folk dancing for example almost mimic short bouts of high intensity as seen in interval training which is known to have heart health benefits. Notably dancers are more likely to become dancers for life, as seen during the study as there was no evidence of the drop in and out as observed in regular exercise classes.

Professor Stamatakis stated the social nature of dancing plays an important role, one that should not be underestimated including the social interaction aspects of dancing which, when coupled with some more intense movement, can be a very powerful stress relief and heart health promoting pastime.

Reproduced by kind permission of Emmanuel Stamatakis. Published 2016, accessed online 2019.

A6. Queensland Ballet Dance for Parkinson's (PD) Pilot Research

Queensland University of Technology

Associate Professor Gene Moyle, Creative Industries Faculty – Dance, Professor Graham Kerr, Faculty of Health – Movement Neuroscience

The University of Queensland

Professor Sandra Brauer, Dr Robyn Lamont and Katrina Kemp, Faculty of Health and Behavioural Sciences – Physiotherapy

Queensland Ballet

Dance for Parkinson's consultant Erica Rose Jeffery, Education Manager Erin White
<https://www.queenslandballet.com.au/uploads/Queensland%20Ballet%20Dance%20For%20Parkinson's%20Report%202014.pdf>

During 2013 - 2014 Queensland Ballet offered a pilot program of Dance For Parkinson's. Eighty participants attended classes on a regular basis for 75 minutes weekly or fortnightly over the 30-class program, each session followed by afternoon tea.

Classes were accompanied by live piano, choreographed dance including structured exercises and creative movement activities. To supplement the studio activities and engage participants across multiple levels, participants attended live theatre performances of The Nutcracker and Romeo and Juliet and were invited to watch the Queensland Ballet Company classes.

The research utilised a mixed-methods approach and collected qualitative and quantitative data from the program using interviews, common clinical assessments tools of walking, balance, hand function, quality of life and laboratory assessments of postural sway and gait.





Some of the research findings demonstrated that dancing:

- Provides emotional, physical and social benefits for people living with Parkinson's.
- Can improve ability to maintain functional mobility whilst dual tasking.
- Can provide some improvements in cadence of gait and velocity in walking alone and whilst dual tasking.
- Can help in short term mobility.
- Provides strategies and experience to increase mind-body awareness.
- Can develop confidence to use new movement and mobility strategies
- Provides movement strategies to aid activities of daily living
- Encourages and provides means for social interaction and inclusion
- Encourages feelings of emotional and physical well-being, dignity, confidence and community connections.
- Provides opportunities to nurture and develop imagination and creativity through movement and artist expression.
- Provides a social event that is fun, artistic expression and possibility rather than about the limitations of Parkinson's disease.
- Provides an introduction to dance and opportunity to learn about ballet and the behind the scenes working of a professional ballet company from inside out.
- Develops and sustains community and a positive means of group exercise.
- Acts as a 'gateway activity' to further physical, social and arts activities.
- Provides positive enrichment and a future career development option for professional dancers as teaching artists.



Importantly participants, their family members, carers and medical professional remarked on the difference the dance classes had made.

Categories described by the participants included:

Emotional - Happier, had a more positive outlook, future building, optimistic, sense of dignity, confidence, motivation, empowerment.

Physical - Fluency of movement and mobility, coordination, aid to daily life

Cognitive - Mind-body awareness

Social - New relationships, deepening of existing relationships, community connections, dancing as a group.

Artistic - Connection to Queensland Ballet, learning about ballet, connections of class to stage, live music, shift from identifying as people with Parkinson's or patients to identifying as dancers, creativity, expression

Gateway Activity - Participation in further physical, social and artist activities.

Beyond the benefits of the class itself, the dance program reached people living with Parkinson's who might not normally be involved in Parkinson's community activities, for example those who are relatively early in their journey with Parkinson's.

Although already active, these participants shared that their initial involvement in the dance program aimed at minimising the impact of PD, trying something new and that they had not felt ready or interested in attending more traditional Parkinson's targeted programs. It was reported that the majority of participants found the choreography that required dual tasking or coordination of arms and legs simultaneously, incorporating musicality and narrative the most challenging components of class which they felt was good for them; having something to strive for.

Reproduced by kind permission of Queensland Ballet Research Team. Published 2014, accessed online 2019.

A7. Queensland Ballet, Creative Moves for Adult Creative Health Research Report 2018

Queensland Ballet

Dr Anja Ali-Haapala, Project Lead Creative Health

Queensland University of Technology

Professor Gene Moyle Head of School of Creative Practice, Creative Industries Faculty
Professor Graham Kerr Injury Prevention Program Leader, Institute of Health and Biomedical Innovation and School of Exercise & Nutrition Sciences, Faculty of Health

<https://www.queenslandballet.com.au/uploads/Queensland%20Ballet%20-%20Ballet%20Moves%20for%20Adult%20Creative%20Health%20Report%202018.pdf>

Queensland Ballet's work in arts and health began in 2011 with the launch of *Dance Classes*, a community program that invited the public into the Company's studios at the Thomas Dixon Centre to participate in ballet, contemporary dance, and Pilates classes. This program grew to 14 different dance and fitness styles and participation of 14,770 in 2016 with Dance Classes being promoted as an activity to encourage the public to "embrace good health" particularly physical health and social stimulation.

Queensland Ballet then initiated *Ballet Moves for Adult Creative Health*, a multi-stage project to investigate, develop, and disseminate evidence-based practice findings related to the delivery of ballet to active older adults. Stage One involved a research project in partnership with Queensland University of Technology and supported by the Queensland Government's Advance Queensland initiative, which critically investigated older adults' motivations to participate in ballet, the health and wellbeing outcomes for active older adults, and the examination of the teaching practices involved in this delivery.

Research methods included a Wellbeing questionnaire to measure the perceived wellbeing outcomes of ballet participation for 10 Ballet for Seniors class participants at the beginning and end of a three-month data collection period, the same group participated in focus groups, pre and post and were observed by a researcher to develop an understanding of how the classes operated.



This report outlines a summary of the findings pertaining to motivations to participate and wellbeing outcomes as perceived by active older adult class participants.

Key findings included:

Motivations to participate in ballet

- Social interaction was a key motivator for active older adults for ballet participation and contributed to the enjoyment of ballet classes. Being part of a group of people of similar age meant that class participants felt that they could relate to each other, making ballet participation more emotionally comfortable and pleasurable.
- For some class participants, a love of ballet also played a significant role in their motivation, and these tended to be people who had danced when they were young girls and women.
- Accessibility was raised by some participants as a deciding factor for participation, and Ballet for Seniors was identified as a program that they could fully participate in given its deliberate intent to target active older adults.

Perceived wellbeing outcomes of ballet participation

- Participating in ballet classes led to positive wellbeing outcomes as perceived by the participants, particularly: feeling more energetic/animated, keeping in shape, bodily control/awareness, posture, flexibility, physical wellbeing, and overall wellbeing.
- Challenging movements and sequences led to an increased sense of achievement and happiness, suggesting that rising to challenges is more pleasurable than working at an already achievable level.

Emotional experience of ballet participation

- As preluded by their motivations for ballet participation, the participants' emotional experiences of ballet classes most commonly involved feelings of love and enjoyment, but they also reported feelings of fun, freedom, joy, pride, contentment, happiness, feeling good, uplifted, excited, and general improvements in mood.
- The participant focus groups were often lively and energetic discussions filled with laughter, which further emphasised their pleasure of ballet participation.



Conclusion

The research findings strongly indicated that ballet participation was a highly pleasurable activity for active older adults. A love of ballet, enjoyment, feeling a sense of achievement and increased happiness were common emotional experiences that were directly attributed by participants to ballet.

Ballet participation also arose as a weekly social engagement within a supportive, non-competitive, and non-judgemental community of like-minded people.

While the qualitative data focused on emotional and social wellbeing, the participants' quantitative responses suggested that they felt physical wellbeing outcomes the strongest (i.e., keeping in shape, bodily control/awareness, posture, flexibility).

While further research is required to statistically validate these findings, this initial research supports ballet classes as an activity that can support the feeling of wellbeing for active older adults.

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Published 2018, accessed online 2019.

A8. Living Culture: First Nations Arts Participation and Wellbeing Report (2017)

Australia Council for the Arts, 2017

<https://www.australiacouncil.gov.au/research/living-culture>

This report from the Australia Council for the Arts outlines First Nations arts practice and how this has a strong relationship with both cultural maintenance (such as speaking a First Nations language or recognising homelands) and mainstream outcomes (such as education and employment).

Living Culture contributes to the growing body of evidence about the critical role of culture as the foundation of First Nations wellbeing. These findings emphasise the important role of arts and culture to the livelihood and wellbeing of older First Nations Australians, and the significance of supporting Elders to pass on cultural knowledge to younger generations before it is lost.

The report found that creative arts can assist communities by:

- supporting the promotion of prevention and wellness activities
- increase self-esteem and develop more effective coping mechanisms,
- improve health literacy and promote healthy lifestyles
- addressing the increasing numbers of seniors reporting loneliness and social isolation.

The creative arts can be a vital stimulus to a healthy and health creating society. Art in health offer a credible resource that should be adopted in health and social care systems which are under great pressure therefore policy should work towards creative activity being part of all our lives. Investing in preventive health measures will benefit the wellbeing of all Australians, particularly with the rising prevalence of chronic diseases and their associated risk factors.





Aboriginal and Torres Strait Islander participation in arts



Table reproduced from Australia Council for the Arts Living Cultures Report



Part B.

Legislations, Plans and Policies

B1. NSW Ageing Strategy 2016 - 2020

NSW Government Family & Community Services 2016

<https://www.facs.nsw.gov.au/inclusion/ageing/overview>

The NSW Ageing Strategy 2016-2020 is the NSW Government's commitment to respond to the opportunities and challenges of our ageing population.

Its Vision is:

People in NSW experience the benefits of living longer and enjoy opportunities to participate in, contribute to and be included in their communities

Key Principles include:

Person-centred

Older people should be supported to make their own decisions. By adopting a person-centred approach, we can support people's individual choices, and help them to take responsibility for their futures by empowering them to plan ahead for the lives they want to lead as they grow older.

Whole-of-government and whole-of-community

Ageing impacts all areas of NSW. We will work to build a strong culture of shared responsibility across the NSW Government to ensure all agencies are committed to collaborating and planning ahead for the future needs of our ageing population. We will engage with the private sector (for-profit and not-for-profit), other levels of government, and the wider community to raise awareness of the benefits and needs of our ageing population.

State-wide change and locally driven responses

Some opportunities and challenges of an ageing population need consistent state-wide responses, while local decision-making can generate the best responses to local experiences. All NSW Government agencies need to plan for state-wide shifts in service demand to meet changing demographics and engage with communities to identify opportunities.

The Strategy focuses on five priorities that older people across NSW have said are important to them:

1. Health and wellbeing
2. Working and retiring
3. Housing choices
4. Getting around
5. Inclusive communities

Within the many projects and strategies across the five priorities those important for Creative Ageing fall within *Priority 5, Inclusive Communities* which seeks to ensure older people in NSW stay connected and contribute to their communities. Projects to assist within the concept of creative ageing include:

- NSW Seniors Festival
- NSW Seniors Festival Grants
- Liveable Communities Grants
- The Art of Ageing Exhibition
- Sing Your Age which supports the creation of new singing groups for older people and the inclusion of older people in existing groups across the state.

In 2017 the annual Action Plan also highlighted the development of a Creative Ageing Framework building upon the evidence, review and market research conducted in 2016/17. In this FACS was to work with Create NSW to complete consultations with the arts, screen and cultural sector. Originally planned to be completed in 2018 it is now in its final stages of development.



B2. Liveable Communities Grant Funding

NSW Government, Family & Community Services

<https://www.facs.nsw.gov.au/inclusion/ageing/overview/chapters/liveable-communities>

In 2015 the NSW Government created the \$4 million Liveable Communities Grants Program to capture the energy of Australian innovators and focus it on defining what it will mean to age well in the 21st century. It ran for three years funding innovative projects to help older people, people with disability and carers to live active, healthy lives and access their community freely and safely.

In reviewing that program a number of very relevant points of general application were made including:

- *As all the projects indicate that they are replicable to other councils and communities, it is recommended that the case studies be used to inspire other councils to undertake creative ageing programs. These case studies could also be further developed and incorporated into a creative ageing tool kit, which could be developed with financial support from NSW Family and Community Services.*
- *It is recommended that NSW Family and Community Services review the projects after the program has been in place for one year, to measure the ongoing effects of the program. A testament to the success of the program is that most funded projects continue to deliver outcomes, 10 having become ongoing programs. This exceeds the intention of the program to fund short term projects. The program will continue to reach more people through the programs that continue as a result of the initial seed funding. At the completion of the funded period the expected number of older people as creative participants and as audience in this program was well exceeded.*

Creative Ageing Projects of note included:

Moove and Groove, Disco Tours Australia

An innovative form of dance, music and physical therapy that uses silent disco technology, which is immersive and mobile, to provide mental and physical health benefits to participants.

‘Spark a Connection,’ Orange City Council

This program provided creative opportunities for people with dementia living in the community, while simultaneously providing respite and education for their carers. Spark a Connection engaged and trained volunteers to assist with a series of creative art workshops for people with dementia, culminating in an art exhibition.

The Making Music Project, Western Sydney University

This developed an electronic musical machine, increasing accessibility for persons in aged care, with the social benefits of creating music together to sustain health/wellbeing.

The 'Inter-generate' Program, Bankstown City Council

Developed a prototype for professionally facilitated arts-based workshops for older people from CALD and Aboriginal backgrounds. During the workshops – and by using a range of art forms such as storytelling, writing and performance – younger and older community members extracted the oral histories of elders to explore place, migration, identity, and imagination. The project culminated in a major performance and exhibition.

'Treasured Possessions,' University of Sydney

This project encouraged Seniors to reflect on treasured objects from their own lives as a way of connecting with the past and with others. The project included talks, museum visits and group discussions. It culminated in a multi-media exhibition of treasured possessions and stories created by the participants.



B3. The PAtH Forward - Partnering Arts to Health

Report to the NSW Ministerial Taskforce on Health and the Arts, 2016

<https://www.health.nsw.gov.au/arts/Documents/the-path-forward-report.pdf>

In November 2015 the NSW Minister for Health Jillian Skinner MP announced a *Taskforce on Health and The Arts* to provide advice on how to both encourage and better integrate The Arts into healthcare services, activities and facilities across the whole of NSW Health. The taskforce led a wide-ranging policy and evidence review, and community consultation. Major conclusions and recommendations included:

- That NSW Health formally develops and adopts a Framework for the promotion of a health and arts strategy for New South Wales under the direction of the Minister for Health.
- That each Local Health District/Speciality Health Network (LHD/SHN) be invited to establish a Health and Arts Advisory Committee under the leadership and direction of the Chief Executive. Each LHD/SHN should be free to determine the membership and terms of reference of such Committees and their relationship with the LHD/SHN Board and other established committees. However, each Health and Arts Advisory Committee must prepare a health and arts strategic plan for endorsement by their Board before being eligible to receive funding.
- That the Minister should provide specific initial funding for each such Committee to develop an initial Health and Arts Strategic Plan.
- That the Minister instructs the Ministry of Health to prepare a suite of relevant guidelines to be adopted by each LHD/SHN covering such matters as the Minister may specify drawing on those outlined in this Report. Further that the Ministry draw the attention of all Health and Arts Advisory Committees to the existence of and need for compliance with all relevant Ministry Policy Directives including the NSW Health Code of Conduct.
- That a Deputy Secretary of the Ministry of Health is designated as the principal departmental sponsor of the Health and Arts Program and take responsibility for the overall coordination and promotion of health and arts initiatives.

- That an independent evaluation review of progress on all aspects of the health and arts program is initiated eighteen months from the commencement of the program and that a full evaluation is undertaken after a period of three years.
- That a funding model based upon the eligibility and assessment criteria set out in this Report is adopted and that funding allocation is made in accordance with these specifications.
- That funding decisions be made with the active involvement of representatives of the arts sector as well as representatives of the health sector and subject to Ministerial approval.

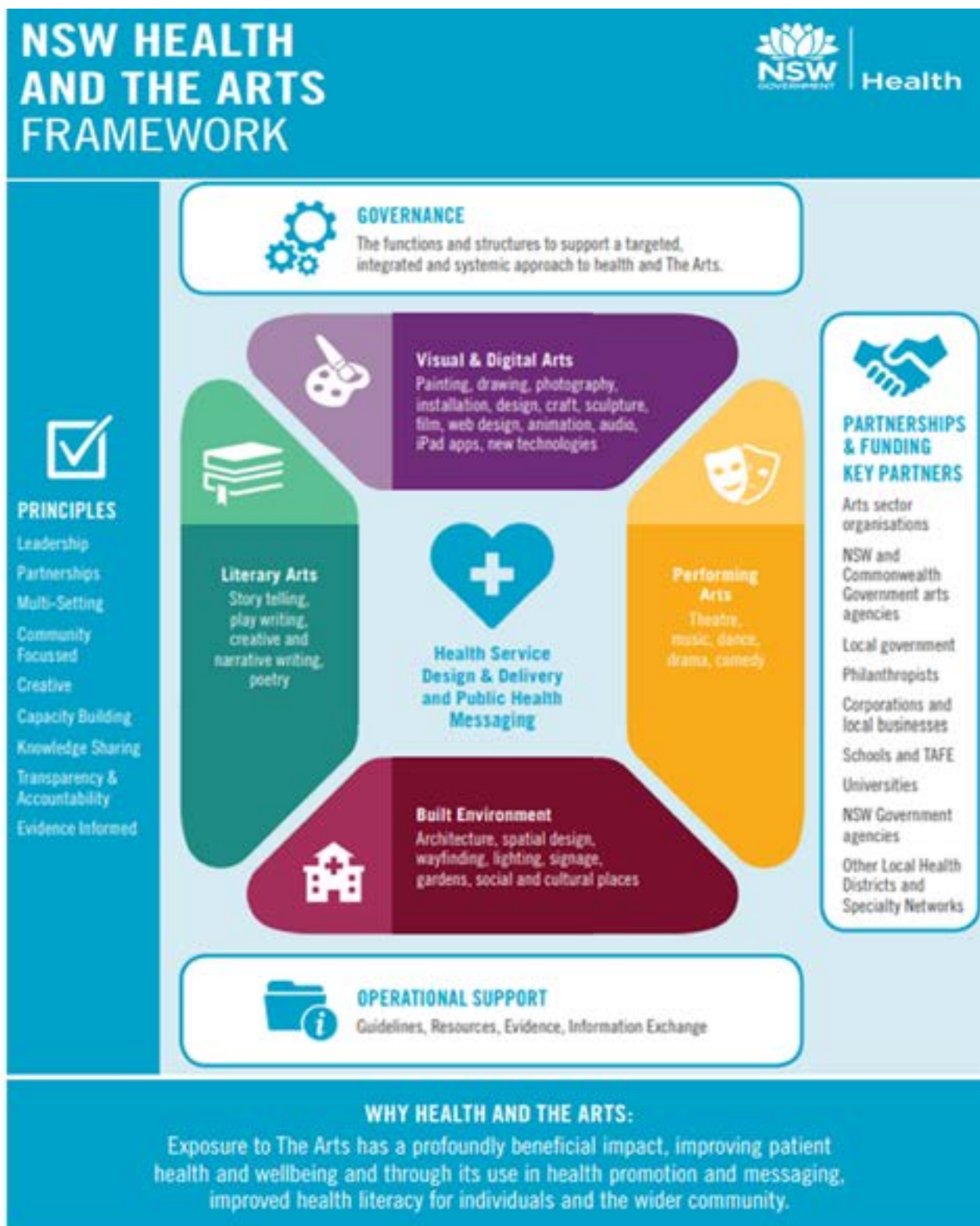
Clearing House / Exchange

- That a clearing house (to be known as the PAtH Exchange) be established in a way which leverages off the existing Innovation Exchange of the Agency for Clinical Innovation and be accessible through that site and via the webpages of the Minister and Ministry of Health.
- That initially, this site be restricted to providing access to information as outlined in this report with a possibility of future development into a more interactive portal.
- That funding is provided to the ACI for the development and management of the PAtH Exchange.

Other

- That the Minister consider sponsoring a more comprehensive whole of government approach to the integration of health and the arts in co-ordination with the NSW Arts portfolio and numerous other NSW government departments and agencies that deliver relevant services and/or have objectives consistent with the proposed NSW Framework.
- That the Minister gives consideration to the establishment of an All-Party Parliamentary Committee on Health and the Arts modelled on the existing example of the United Kingdom Parliament.

Guidelines for Designing and Managing Arts Programs in NSW Health Services and Facilities have been developed (See overleaf)



Source: <https://www.health.nsw.gov.au/arts/Documents/nsw-health-and-the-arts-framework-report.pdf>

B4. Guidelines for Visual Arts Programs in NSW Health Services Facilities

NSW Health, 2017

https://www1.health.nsw.gov.au/pds/ActivePDSDocuments/GL2017_016.pdf

Key Principles

This guideline provides targeted and practical guidance for the design and management of visual arts programs in NSW Health services and facilities. The guideline includes practical steps to establish visual arts programs in Health Services and Facilities. They cover the scope, consultation, implementation and program evaluation requirements. This guideline does not specifically address Health and Arts programs the aims of which are therapeutic.

The Guidelines note:

Visual arts are shown to have a positive impact on patients', carers', staff and visitors' perceptions of health services by improving the overall aesthetic and therapeutic setting of health services and facilities... In establishing a visual art program the following steps are recommended;

- 1. Consider the design and acquisition processes*
- 2. Determine the display, storage and facility requirements*
- 3. Ensure good management and record keeping of visual art collections*
- 4. Properly evaluate the program and its benefits.*

Consultation and stakeholder engagement is a core part of all NSW Health program and policy design. Arts partners, community stakeholders, patients, carers and staff should be routinely and comprehensively consulted on the purpose of your program. This is particularly relevant if a proposed performance art program intersects with culturally and linguistically diverse (CALD) communities or Indigenous Australian Arts.

The primary audience for this guideline are Health and Arts Coordinators, Health and Arts Committees, or other relevant persons within Local Health Districts, Health Services and Facilities that may implement Health and Arts programs.

B5. Guidelines for Performance Arts Programs in NSW Health Services and Facilities

NSW Health, 2017

https://www1.health.nsw.gov.au/pds/ActivePDSDocuments/GL2017_015.pdf

The guidelines note:

Performing arts refers to art presented “live” by artists, and the principal art forms used are music, theatre and dance. Other forms may include multimedia and puppetry. Performing arts programs may also be defined by how they engage audiences. In health settings audience involvement will vary and may involve collaboration, with a focus on interactive participation (‘active participation’), or receptive experiences (‘active experiencing’) or both. The audience may include patients with different needs (including outpatients, inpatients or residents), family, carers, visitors, staff and/or the general public. These guidelines do not address performance art programs which have therapeutic aims.

Successful performance art programs should demonstrate clear logic in their purpose, scope, and their intended benefit for the health service or facility. These factors should be considered with reference to the sensitivities of the health environment and audience, and early in the design of your program. When designing and managing performance arts programs in health settings, consider the following practical steps:

- 1. Determine the purpose of the performance art program*
- 2. Consider the program scope, including the venue and resources required*
- 3. Form an agreement with artist(s) and the health setting or facility*
- 4. Properly evaluate the program and its benefits*

Further very relevant questions to be asked or considered are contained in each of these sections which are also relevant to developing any such creative ageing performance in the community and in aged care facilities.

Questions to ask around the purpose of performance art programs include:

- What is the art form being used?
- Has an artist been consulted on the proposed performance art program?
- Who is the key audience?
- What are the possible expectations?
- Is the performance aimed at participation or a more receptive experience?
- Will the program focus on a specific message?
- Is the program aimed at enhancing the environment aesthetically?

Questions to ask in regards to the scope, venue and resources required include:

- Have you consulted adequately with the artist and facility management staff?
- What is the anticipated audience size, seating requirements, and logistics of access?
- Are the qualities of acoustics and light adequate?
- Are all work health and safety issues and obligations fully considered?
- Are the noise levels appropriate so that health workers can still operate effectively?
- What internal stakeholders need to be informed prior to the performance?
- Is the audience able to remove themselves from the performance should they no longer wish to engage or participate?



B6. The NSW North Coast Ageing Strategy

The North Coast Ageing Strategy outlines the issues of ageing and a plan of action to be implemented by governments, business and North Coast communities to help older people remain healthy and independent for as long as possible.

The Strategy recognises that:

the numbers of older people living on the North Coast will increase from 20% in 2011 to 30% in 2031; and

that the North Coast has a higher proportion of people aged over 65 than the NSW average.

The Strategy was based upon four themes:

1) Community Engagement

These issues relate to how the community is involved in planning for population ageing on the North Coast, how the government, non-government and private sectors provide information to the community, and the extent to which sectors collaborate with one another.

2) Economic

These priorities relate to older people's workforce participation and financial security, and the extent to which government, non-government and private sectors are resourced for population ageing on the North Coast.

3) Environmental

These priorities relate to older people's interaction with the North Coast environment, and the degree to which the environment supports their needs. They include infrastructure, housing and transport issues.

4) Social Issues

These priorities relate to older people's health and wellbeing on the North Coast. They include health prevention, health care and aged care, and community connectivity issues.

B7. NCPHN Primary Health Care Ageing Strategy

North Coast Primary Health Network

<https://ncphn.org.au/primary-health-care-for-older-people>

The **North Coast Primary Health Network** is developing a Primary Health Care Ageing Strategy to guide future commissioning and collaboration in this area.

In 2018 it developed a Discussion Paper to guide a conversation between NPCHN, the Mid North Coast and Northern NSW Local Health Districts, Clinical Councils, Community Advisory structures and other stakeholders regarding the development of a Primary Health Care Ageing Strategy for the North Coast.

The discussion paper referenced examples from local and State government as well as the Healthy Ageing Action Plan of Scotland. The Foreword of this notes:

Our vision is for all older people in Scotland to enjoy full and positive lives – happy and healthy at home or in a homely setting. This positive vision values older people and their contribution to society and empowers them to be active partners in the way support and services are planned and delivered. Older people are an asset because they offer life experience, special and sometimes forgotten talents and skills, accumulated wisdom and a unique perspective.

Improving the health and wellbeing of older people is not just the responsibility of health and social care services. We all have a role to play - families, neighbours and communities; providers of services like housing, transport, leisure, community safety, education and arts;

Four themes were established after extensive consultation with older people, those being:

“I want to have fun and enjoy myself”

“I wish to remain connected to my friends”

“I wish to be able to contribute to society for as long as I want”

“Don’t talk about me without me, and respect my beliefs and values”

It highlights the importance of arts and culture again noting:

People of all ages benefit from the joy of creativity, artistic expression and entertainment offered by participation in the Arts and cultural activities. This affirms our identity and enriches our life in many dimensions: physical and mental wellbeing; personal relationships and societal connections.

Ireland's Age and Opportunity guide describes the benefits as personal fulfilment; the creation of meaning; lifelong learning; social linkages; celebration; communication; dignity and self esteem; empowerment; and maintaining and improving health.



B8. Local Government NSW Integrated Age-Friendly Planning Toolkit

Local Government NSW

<https://www.lgnsw.org.au/files/imce-uploads/127/integrated-age-friendly-planning-toolkit-v11.pdf>

The **NSW Local Government Association** (LGNSW) notes:

Councils play an important role in providing community care services and other activities that enable older people to remain living in their own homes and stay active in their communities. Local government develops plans and ageing strategies to meet the needs of older residents.

LGNSW has developed the Integrated Age-Friendly Toolkit to help NSW councils link their Ageing Strategies to the broader council Community Strategic Plan, Delivery Program and Operational Plan as well as the State Government's NSW Ageing Strategy 2016-2020. This 122 page toolkit was developed in partnership with the NSW Office for Carers, Ageing and Disability Inclusion

The *Integrated Age-Friendly Planning Toolkit* for Local Government in NSW deals with all areas of council work together in planning for an ageing population, especially with respect to the various components of the built environment.

However, it is also of assistance in identifying the key issues relating to population ageing and highlights what needs considering when commenting on draft plans or policies from their council or other agencies. In relation to cultural matters for an ageing population it provides the following examples overleaf.



Table: Excerpt from Local Government NSW Integrated Age-Friendly Planning Toolkit - examples

SOCIAL OBJECTIVES			
Strategic outcome in CSP	Ageing related objective	Delivery Program Action – Four years	Operational Program Action – One year
An active cultural life	Provide quality spaces that support an active social and cultural life for all ages including civic and other events.	Implement a range of arts and cultural programs and actively support local cultural organisations and events for older people.	Re-name 'Seniors Centres' to encourage people who do not identify with the term 'senior'. Develop a program of activities such as movie nights and film festivals, exercise programs and yoga, dance nights, speed dating, zoo days, city days, cultural days, arts and craft activities and events in consultation with older people.
	Support and promote the community's unique culture and artistic capacity and encourage participation and communication across all age groups.	Maintain and promote multicultural and Indigenous heritage of the LGA, informed by knowledge of older people.	Investigate the feasibility of employing a Cultural Heritage Officer to consult with older Aboriginal people and older people from CALD backgrounds. Showcase local cultural groups with a regular event that focuses on food, customs etc. Develop a heritage/culture trail across the LGA.
		Develop a program of activities and events that are tailored to older people.	Establish an area within community centres for arts/culture activities that includes workspaces for intergenerational groups to come together.
		Attract and encourage visiting artistic groups such as music, drama and dance in which older people can participate.	Support the efforts of the Regional Arts Board and encourage a schedule of local programs and activities for older people. Undertake a distinctive and unique public art project involving older people.

B9. Public Health and Wellbeing Act

Health Victoria, 2008

<https://www2.health.vic.gov.au/public-health/population-health-systems/municipal-public-health-and-wellbeing-planning/health-and-wellbeing-planning-guides>

This Victorian legislation requires each Council to develop a ***Municipal Public Health and Wellbeing Plan*** (MPHWP). The MPHWP sets the broad mission, goals and priorities to enable people living in the municipality to achieve maximum health and wellbeing.

In preparing a health and wellbeing plan, the legislation requires council MPHWP to be consistent with councils' corporate and land use plans required by the Municipal Strategic Statement (MSS).

Achieving strategic alignment is critical to achieving health and wellbeing outcomes in local communities. Local plans from community partners with an interest in local public health should also sit alongside the MPHWP.

MPHWPs need to consider the directions and priorities of the Victorian Public Health and Wellbeing Plan 2015–2019. This is required under the Public Health and Wellbeing Act 2008.

In Victoria 79 Councils have Health and Wellbeing Plans and 24 have incorporated these into their council plans. Where there are ageing populations these are matters that must be included. As one example Moreland City Council has a Later Years Strategy which notes:

The Later Years Strategy articulates ways Council can contribute to positive ageing for residents of Moreland. It is a framework to identify actions to support successful ageing in the community for over 55s.

The concept of getting older is changing. People are living longer, a positive result of health services and medical breakthroughs over the last few decades. People reaching their fifties now have very different expectations, social needs, political perspective and lifestyles than previous generations. Many are enjoying better health, allowing them to work longer, enjoy their retirement, participate in, and contribute to the community.

Local government's many roles, programs and activities can have a positive impact on ageing in the community. Building on the first Later Years Strategy, this strategy has been informed by international and local research, Federal and State government inquiries and policies, and advice from the Municipal Association of Victoria, other Councils and a number of service-providers.

It notes in respect to Social Inclusion:

Venues used for events should be accessible and near public transport, events should be affordable with concessions for people on a low income, activities should be available to attend alone as well as with a companion, information about local activities should be available in a range of formats, there should be some support offered to older people who have become socially isolated, there should be opportunities for meeting based on a common interest rather than just chronological age, intergenerational contact should be encouraged. There should be a range of attractive adult education opportunities available.



B10. ALGA Submission to the Productivity Commission Research Study into Economic Implications of an Ageing Australia

Australian Local Government Association, 2004

This 2004 submission is referenced for several reasons:

- It shows the issue of an ageing population is not new yet coordinated action is still in the process of being developed
- It highlights in its statistics that the Mid North Coast has long been recognised as one of the oldest in Australia
- It highlights the importance local government can and must play in changes to best meet the needs of an ageing population.

In relation to the latter it notes:

Local government is uniquely positioned to have a positive impact on the growing older population. Local government:

has an intimate knowledge of the local community and the diversity of older people;

ensures the physical, social and economic environment of the local community is conducive to the overall wellbeing of older people;

provides services and programs that are flexible and locally appropriate to the needs of older people;

enables community participation in local decision-making and supports the development of community networks; and

is a strong advocate on behalf of the local community with other government and non-government organisations.

These community-focused roles clearly entrench local government's relationship with older people in the community. This reinforces local government's ability to recognise, understand and respond to the needs of the growing older population.

The submission recognised matters still relevant to address through both local strategic and land use planning when it noted:

The ageing of the Australian population is likely to impact on a number of areas of local government service delivery. The main ones are expected to be:

Aged care services - While the majority of older people are, and perceive themselves as being, in good health, they want to be able to access affordable and quality aged care services, that are located close to family, should the need arise. Some local government authorities will experience an increase in the demand for aged care services, which may include meals programs, in home support, respite and allied health services and social support activities. Pressures may not only be demand related, but there may be an emerging trend in the shortage of healthcare professionals in some local government areas.

Infrastructure - The development of age-friendly infrastructure will be essential if older people are allowed to remain active and independent. However, local government will face increasing pressures relating to the suitability of infrastructure, much of which was built without particular consideration for ageing populations. Particularly, the planning, design and building of environments for older people, in both the public and private domain, will need to be considered at all stages of the planning process.

Health promotion programs - Health promotion is vital for encouraging healthy ageing, as it not only improves the health of the community, but also has the potential to reduce the health and care costs of older people. Health promotion activities aimed at older people encourage them to exercise regularly, eat well, develop and maintain social networks and access activities in their local community. The increased promotion of health education, campaigns and programs which are targeted and appropriate for older people, will be important as Australia's population continues to age. The quandary for local government, as demand for these programs increases, will be how these programs are funded in the future.



B11. Training for Dance & Movement

Ausdance

The Australian Guidelines for Teaching Dance (AGTD) suggests minimum standards for dance teaching and ways teachers can maintain or upgrade their teaching skills. It is divided into three sections:

1. **Effective teaching methods:** A checklist of skills, knowledge, considerations and practices that form the basis of good teaching methodology. Some apply to good teachers of any discipline, while others are specific to dance and artistic instruction.
2. **Safe dance practice:** These safe dance practice guidelines include how to set up a safe teaching and learning environment and discuss: safe teaching spaces and performance venues, physical differences and abilities, dance and its impact on the body, and injury prevention and management.
3. **Professional business practice for studio teachers:** These recommendations include ethical, legal and professional standards identified by the dance teaching profession in Australia. We outline business practice including your rights and legal obligations.

The guidelines identify the different aims of recreational, community and social dance practices (Level 1) and this would include for creative ageing programs while Level 2 is for those involved in formal education settings (Level 2). Level 1 should be considered the minimum or base level for all dance instruction. Within its Safe Dance Practice Program Level 1 teachers would consider matters such as:

- Providing a Safe Dance Environment
- Applying knowledge of anatomy (musculoskeletal system)
- Applying knowledge of kinesiology (anatomy and mechanics)
- Applying knowledge of physiology (cardiovascular, respiratory and nervous systems)
- Understanding common injuries for the dance style/genre be taught
- Understanding potential risks in exercises and techniques
- Understanding the risk of inadequate warm-up and cool-down

In August 2018, Ausdance Victoria released findings from a three month study titled *Leading and Teaching Dance to Ageing Populations*. Led by Ausdance Victoria's Director of Education and Lifelong Learning, Dr Katrina Rank, this report aims to contextualise Victorian programs within the national and global trend to provide dance experiences to older people and to prepare the industry for future demand.

Ausdance Victoria undertook an intensive literature review, a desk review of programs online, surveyed individuals working in this field and conducted focus groups. The report was described by Michelle Silby, Executive Director Ausdance Victoria and NSW as:

“This is a landmark piece of work which will further inform our strategy, programs and training, particularly for people working in creative ageing contexts. We believe in mature adults having the opportunity to engage in fun, safe and enjoyable dance activities that provide social and health benefits. We will be aiming to provide training for a workforce fit to deliver these activities. These new skills will enable the current workforce to meet demand and take up new job opportunities.”

Michelle Silby, Executive Director, Ausdance Vic

The research found:

- 79 dance programs for older dancers currently operating in Australia, acknowledging that there are likely many more.
- Several companies and performance groups for dancers of fifty years and over, indicating a greater personal need for visibility, creative expression and artistic challenges.
- 48 training and professional development programs, nationally and internationally.
- Three Australian accredited training programs, specialising in this area.
- Several Australian non-accredited training or professional learning programs.
- A strong view from respondents that - dance leaders should be experienced dance artists or dance teachers who hold, police checks and first aid qualifications; and this person should undertake further studies to extend their knowledge base.
- Focus group respondents supported the development of dance professionals to work within community, residential and care facilities, not as health workers but as teaching artists.

The Report recommended the following action by Ausdance Victoria:

- Scope other training opportunities for nationally recognised training, particularly in Victoria, the second largest provider of programs to older dancers in the country.
- Work with stakeholders to develop and evaluate accredited training, in appropriate areas.

- Establish partnerships with aged care providers and community dance providers to place and mentor dance artists as they learn to work with older dancers and older people new to dance.
- Work with a range of stakeholders to facilitate best practice in the delivery of dance opportunities for older people.

The study was presented at a Creative Ageing Forum held by Ausdance NSW in October 2018 where Forum delegates discussed several key questions including:

- How do we ensure that we are legislating for safe practice and safe teaching?
- How do we quantify what the tangible benefits of social inclusion really are and move towards a model of social prescribing?
- What are the sector funding needs for established artists wanting to involve Elders in meaningful artistic activities?

Arts Mid North Coast will continue to work with Ausdance to monitor best practice in this field.

DANCE Health Alliance

Dance Health Alliance™ runs innovative, in-depth training programs for dancers, dance teachers, physical therapists, nurses, movement therapists, care home staff, carers and individuals who are interested in the healing benefits of dance for movement restrictions. Currently growing a portfolio of online tools, face-to-face training, and newly developed DHA™ Certification.

The Dance Health Alliance™ certificate program aims to support dancers or dance teachers to extend their skills in order to facilitate professionally run, creative, personalised dance classes for people with MS, Rheumatoid or Osteo Arthritis, Parkinson's, Dementia, Alzheimer's and other general movement restrictions

For non-dancers and allied health professionals they offer a two-day training program which provides understanding in the Dance Health Alliance™ method and is the first step in accreditation. The two-day training course is for dance teachers wanting a taste before committing to the week-long training, physical therapists, nurses, movement therapists, carers and people interested in supporting their own healing.

Training and classes: <https://www.dancehealthalliance.org.au/training-classes>.



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