

POSITIVE AGEING ACTIONS

Action	Measure	Timeframe
Deliver a menu of affordable, healthy and nutritious meals at Mathers House.	Numbers of meals served.	ONGOING
Deliver and support activities, programs and resources that promote healthy eating, nutrition, and age-appropriate diets.	Number and diversity of activities, programs and resources.	ONGOING
Deliver and support activities, programs and resources focussed on exercise, fitness, health, and wellbeing for older people.	Number and diversity of activities, programs and resources.	ONGOING
Deliver and support activities, programs and resources focussed on arts, creative, entertainment and social inclusion for older people.	Number and diversity of activities, programs and resources.	ONGOING
Deliver and support activities, programs and resources focussed on lifelong learning for older people.	Number and diversity of activities, programs and resources.	ONGOING
Deliver and support activities, programs and resources focussed on increasing the digital access and literacy of older people.	Number and diversity of activities, programs and resources.	ONGOING
Maintain a diverse and skilled pool of volunteers to support the Mathers House dining room, 'Meet & Greet', and cultural, health and social event and program delivery.	Number and diversity of volunteers. Length of service of volunteers.	ONGOING
Proactively publicise City of Hobart Positive Ageing opportunities through a seasonal What's On in collaboration with positive ageing, health and community venues, organisations, and networks.	Seasonal What's On produced and number and diversity of distribution outlets.	SEASONALLY

Action	Measure	Timeframe
Celebrate and promote Adult Learner's Week, Seniors Week, Mental Health Week, and other relevant events on the positive ageing calendar.	Number and diversity of workshops, programs and events delivered.	ANNUALLY
Deliver the federally funded Still Gardening program, supporting volunteers to help older people to live independently through gardening and social support opportunities.	Meeting of all contractual targets.	Contracted delivery 2025-2027
Maintain the Hobart Older Person's Reference Group to ensure ongoing consultation, strategic direction and project planning and delivery, and to proactively publicise City of Hobart Positive Ageing opportunities within the community.	Number of meetings per year, number and diversity of HOPRG members.	BI-MONTHLY
Connect the Hobart Older Persons' Reference Group with other positive ageing reference groups, networks, and committees to identify and act on shared goals and issues.	Number of opportunities to connect HOPRG with other older persons reference groups and/or networks.	ANNUALLY
Work with the Council on the Ageing (COTA) and other organisations to increase the community's awareness of Elder Abuse through events, information, resources, and links.	Support provided for delivery of Walk Against Elder Abuse, and events that support increased community awareness.	ANNUALLY
Participate in networks such as the Healthy Ageing Network (HANS) and maintain links with Council on the Ageing (COTA), and other relevant Positive Ageing organisations and bodies.	Number of networks/ meetings participated in.	ONGOING