

What is a Liveable Community?

A Liveable Community, also known as an Age-Friendly Community, is a place where people of all ages, backgrounds, and circumstances can live safe, respected, and healthy lives in their community.

Because of this, they prevent or delay disease and illness, and help all people to live their best lives the way they want.

Liveable Communities make sure that every part of community is safe, affordable, high quality, and easy to access or find information about.

What makes a Liveable Community?

Outdoor Spaces & Buildings

- Buildings are easy to access
- Seating
- Parks
- Plants and nature
- Public toilets

Housing

- Able to age at home
- Appropriate for needs
- Public housing
- Near services
- Different types

Transportation

- Accessible, connected and affordable
- Safe streets
- Easy to walk around
- Buses
- Community transport

Social Participation

- Community activities
- Physical activities
- Learning activities
- Social activities



Respect & Social Inclusion

- Younger and older people together
- Fight ageism
- Being kind
- Reaching out to others



Civic Participation & Employment

- Volunteering
- Supportive workplaces
- Flexible workplaces
- Employment opportunities



Communication & Information

- Easy to find
- Easy to understand
- Face-to-face
- Online
- Phone



Community & Health Services

- Healthcare providers
- Affordable
- Personal
- Aim to cure
- Support to age at home

Why do we need Liveable Communities?

Liveable Communities support everyone at any life stage.

A community that looks after its most vulnerable people will look after everyone. While Liveable Communities focus on older Tasmanians, creating supportive, inclusive, respectful, and well-serviced community's benefit:

- Families
- People with different cultural backgrounds
- People living with disability
- People on low income
- People with short-term illness or injury
- Younger people

Liveable Communities also benefit councils, businesses, and health and community services by increasing:

- Physical and mental health
- Social connections and support
- Sharing of skills and knowledge between generations
- Economic growth through increased community participation, social respect, and employment

Tasmania's population is the oldest in Australia

While an ageing population presents some challenges for Tasmania, it also presents lots of opportunities. Tasmanians are healthier and more active for longer, spending less years at the end of life living with disability or illness.

However, some level of physical or cognitive decline will happen as we get older, though it may occur much later in life than for previous generations. Tasmania must support people of all physical and cognitive abilities to live independent and meaningful lives at every stage of life.

The Liveable Community Toolkit

The Liveable Community Toolkit includes information, ideas, and resources for Council and community to develop a Liveable Community. This may include projects or programs to support community members, or by Council's committing to Liveable Community's through policy.

The Toolkit includes:

- How to become a Liveable Community
- Ways to communicate and engage with community
- Practical ideas to improve liveability
- Resources for more information.

COTA Tasmania is available to speak to Councils about Liveable Communities and support development of action plans or strategies.

For more information about the Liveable Community Toolkit, contact COTA Tasmania on **03 6231 3265** or **admin@cotatas.org.au**.

