

AGEING WELL LIVING LAB

DESIRED OUTCOMES FOR COUNCIL

AUGUST 2026



City of
Casey

CITY OF CASEY AGEING WELL LIVING LAB

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The Smart City, Innovation, and Improvement team engaged representatives from various Council teams, including Ageing and Sector Support, Community Activation, Health and Social Policy, Equity and Inclusion, Community Facility Management, Community Sport, Emergency Management, and more. These discussions identified desired outcomes for the Ageing Well Living Lab, reflecting the high-priority areas that we aim to fund. This document serves as a guide for applicants to align proposals with Council's objectives, though innovative solutions outside these areas are welcome.

For any questions, please contact smartcity@casey.vic.gov.au

1. Prevention and Early Intervention

How might we identify signs of declining health, wellbeing or social connection early and connect older adults with support before they reach crisis point?

We encourage organisations to submit projects that focus on delivering these outcomes:

- Increased early identification of physical, mental, cognitive, financial and social wellbeing risks before crisis occurs.
- Increased awareness of early warning signs of declining health, wellbeing, cognitive decline and social isolation.
- Increased confidence and capability among older adults, families and carers to seek help early.
- Increased access to preventative health information, screenings, education and support services.
- Increased financial literacy and future planning to support healthy, independent ageing.
- Increased understanding of powers of attorney, ageing-related decision making and protection from financial abuse.
- Increased awareness of local services, supports and referral pathways before support needs become critical.
- Improved ability of community members, organisations and frontline staff to recognise and respond to vulnerability and declining wellbeing.
- Reduced avoidable health deterioration, preventable illness, falls and crisis interventions.
- Reduced reliance on aged care and crisis support services through stronger prevention and self-management.
- Increased participation in preventative and wellbeing-focused programs among pre-retirement and newly retired cohorts.
- Increased equitable access to preventative supports for culturally diverse communities, Aboriginal Elders, people experiencing disadvantage and other priority groups.

2. Health and Wellbeing

How might we support older adults to maintain and improve their physical, mental and emotional wellbeing as they age?

We encourage organisations to submit projects that focus on delivering these outcomes:

- Increased participation in physical activity, recreation and movement-based programs.
- Improved physical health outcomes and maintenance of mobility, strength and fitness.
- Improved mental wellbeing, emotional resilience and overall quality of life.
- Improved cognitive health and increased awareness of brain health and dementia prevention.
- Increased lifelong learning opportunities that support cognitive stimulation and wellbeing.
- Improved access to culturally safe, culturally responsive and holistic wellbeing supports.
- Increased engagement in programs that support healthy ageing across physical, mental, social and financial wellbeing.
- Increased confidence to manage personal health and wellbeing independently.
- Increased utilisation of local health, wellbeing and community services.
- Improved accessibility of health and wellbeing opportunities through transport, affordability, timing and location considerations.
- Increased participation from culturally diverse, Aboriginal and other underrepresented older adult communities.
- Reduced barriers that prevent older adults from maintaining their health and wellbeing.

3. Independence and Connection

How might we reduce loneliness and social isolation for older adults by supporting meaningful social connections at every stage of ageing?

We encourage organisations to submit projects that focus on delivering these outcomes:

- Reduced loneliness and social isolation among older adults.
- Increased meaningful social connections and sense of belonging.
- Increased participation in community groups, activities, programs and social networks.
- Increased community-led and peer-led groups that continue beyond the pilot or Council support.
- Increased volunteering, contribution and active participation in community life after retirement.
- Increased social connection through physical activity, recreation and shared interests.
- Increased intergenerational connections and opportunities to engage with younger generations.
- Increased awareness of social opportunities, community groups and support services.
- Increased confidence to participate in community activities and try new opportunities.
- Increased inclusion, accessibility and welcoming environments within community groups and facilities.
- Improved connections for newly retired people as they transition away from the workforce and existing social networks.
- Increased connections to culture, country, community and identity for Aboriginal Elders and culturally diverse older adults.
- Increased independence through improved access to transport, information, community supports and social networks.
- Increased satisfaction with community facilities, programs, libraries and social spaces that support connection.
- Stronger community capacity, leadership and self-determination among older adults.

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