

# MEDIA RELEASE



## Charter champions the right to age well

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**Social connection, transport, outdoor spaces, health, wellbeing and volunteering are just a few of the essential ingredients of a recipe for a longer happier life, according to an Age Friendly Charter launched in Mt Barker this week.**

The Charter sets out a road map that reflects the voice of older community members living in Plantagenet, as well as Albany and Denmark, who are living longer, healthier lives, and have the right to age well.

Nine strategic aspirations and supporting outcome areas will guide how all those involved will collaborate to achieve better outcomes, which reflects the Shire's strong commitment to be a great place for older people to live well, and to listen and respond to their needs.

WA Primary Health Alliance, via its Country WA PHN, led the development of the Charter, working in close partnership with Lower Great Southern community members, service providers and local governments.

WA Primary Health Alliance Regional Manager Great Southern, Lesley Pearson, said ageing well is vital to the health and wellbeing of communities, particularly the Lower Great Southern which has a greater population of people over 60 than the WA regional average.

"It requires much more than access to quality healthcare; it also needs a strong commitment across the board to make our various communities a great place for older people to live," Ms Pearson said.

Federal Member for O'Connor, Mr Rick Wilson MP, said the Charter was a great example of the impact local communities can have when they can decide what works best for them

"We know our population is ageing and so I commend the Country WA PHN and all others involved for their foresight in setting a clear path for the future.

"We need to have structures in place now to allow us to remain healthy, active and living at home for as long as possible to make our lives as meaningful and enjoyable as possible, and reduce the impact on health and social services systems," Mr Wilson said.

To read the Charter and to become a signatory, visit <https://www.wapha.org.au/age-friendly-charter/>

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### ENDS

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**About WA Primary Health Alliance:** WA Primary Health Alliance oversees the strategic commissioning functions of the Perth North, Perth South and Country WA Primary Health

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Networks (PHNs). The WA PHNs are three of 31 PHNs established by the Australian Government nationally to increase the efficiency and effectiveness of medical services for the community. We work across the WA healthcare system with doctors, allied health professionals, hospitals and service providers to improve the coordination of care for people who are at risk of poor health outcomes. For more information, visit [www.wapha.org.au](http://www.wapha.org.au)