



Greg Aplin MP
Member for Albury

MEDIA RELEASE

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SENIORS GET ACTIVE IN THE COMMUNITY

An innovative project by Charles Sturt University (CSU) is set to benefit local seniors thanks to a \$30,000 funding injection from the NSW Government, Member for Albury, Greg Aplin announced today.

The project to assess and develop a walkability index targeted to older Australians in regional cities is one of 25 community projects across NSW funded under round three of the NSW Government's Liveable Communities Grants Program, which focuses on reducing social isolation, keeping fit, and supporting seniors to live longer at home.

Mr Aplin said this project will aim to improve walking accessibility (as a component of active transport and exercise) for older people in regional cities in NSW. Walking is an important component of healthy ageing and has the potential to improve quality of life.

"Using the regional city of Albury as a case study, CSU will develop a walkability index especially for older people, producing a detailed map of the level of walkability throughout the city and rural surrounds. This will be done by using existing spatial data and by recruiting participants to wear GPS tracking devices over a 2-week period.

"By linking this information with neighbourhood characteristics, councils will be provided with valuable data and insights into the level of walkability and accessibility for older people in different parts of the city. This methodology can be directly applied to any location for councils to use for built environment planning and for targeted place-based interventions in the context of healthy ageing," Mr Aplin said.

"This funding is focussed on improving lifestyles for older residents in regional areas.

"The NSW Government is committed to supporting projects like this so that older residents are supported to stay engaged with friends, family and their local community," Mr Aplin said.

Minister for Ageing Tanya Davies said this round of grants focused on increasing older people's participation in artistic, cultural, sport and exercise activities.

"This third round of Liveable Community Grants is delivering on an election commitment from the NSW Liberals & Nationals Government to invest \$4 million over four years to innovative projects that make NSW more liveable for older people," Mrs Davies said.

The Liveable Communities Grants program is an initiative of the NSW Government's *Ageing Strategy 2016-2020*. Evaluation of these projects will be used to inform future work in this area. For further information about successful projects visit:

www.facs.nsw.gov.au/about/inclusion/ageing/overview/chapters/liveable-communities.

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