



COMMUNITY INFRASTRUCTURE STRATEGY:  
**SENIORS CENTRES**









# SENIOR CENTRES

Seniors Centres are facilities and spaces designed to provide social connection and engagement for older people (within the City of Canning those over 55 can become members of the City's seniors facilities). These dedicated spaces play a significant role in enhancing the physical, emotional, and social well-being of seniors by fostering recreation, socialisation, and community engagement. Within the City of Canning, these venues, owned by the City and community-managed, are specifically tailored to meet the unique needs of older individuals. They operate alongside recreational facilities, reserves, points of interest, and commercial services at other sites, providing a comprehensive support network for seniors. They provide a pivotal role in promoting healthy aging and enhancing overall quality of life for seniors.

Older individuals often frequent established community spaces and facilities, which not only support aging in place but also serve as hubs for social inclusion, communication, information, civic engagement, community support, and health services. This approach ensures a comprehensive and supportive environment that benefits both older individuals and the wider community. Strategically, planning community infrastructure for older individuals has broader positive impacts, fostering inclusivity and accessibility across all age groups, from early learning through to the elderly, thereby defining an age-friendly community.





# CURRENT DELIVERY

Within the City there are two City owned Seniors centres. The Centres are well placed in the central corridor of the City facilitating easy connections for older people. Both are district level seniors centres in line with the PLA WA Guidelines which are those larger than 900m<sup>2</sup>. Based on the population guidelines there is a shortfall in traditional seniors centres however our two centres are considerably larger than 900m<sup>2</sup>.

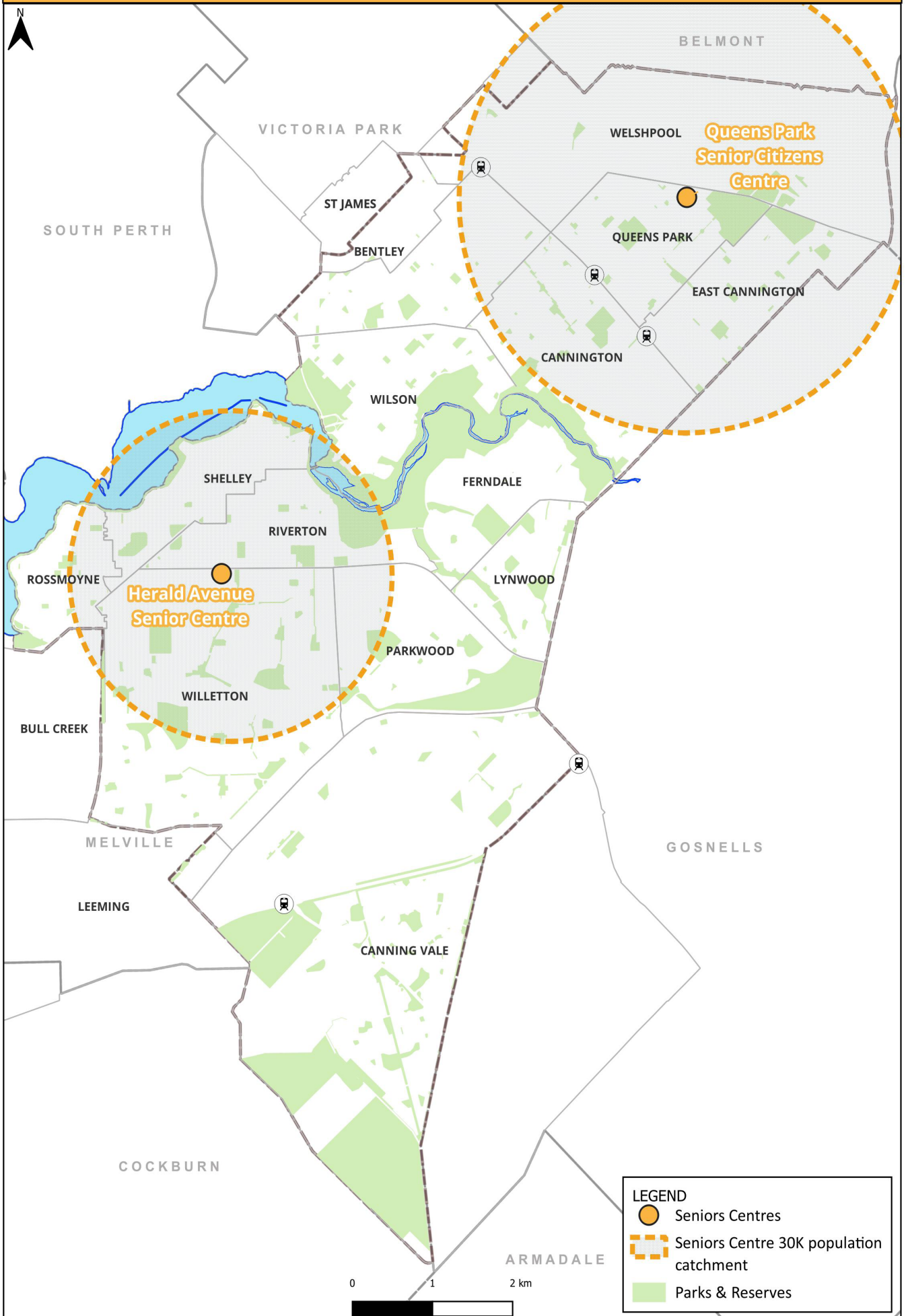
The Herald Avenue Senior Citizens Centre in Willetton (1,602m<sup>2</sup>) currently offers a variety of activities and services for individuals aged 55 and over, including for example guided yoga, tai chi and boot scooting, card games and other engaging activities such as mahjong, knitting, and table tennis. Additionally, self-help amenities like a hairdresser and podiatrist are provided for community members to access.

Queens Park Seniors Centre at 1-5 Elshaw Street, Queens Park (1,165m<sup>2</sup>) caters to a diverse range of opportunities with a focus on fitness, recreational activities, and community bus trips. Membership is open to individuals aged 45 years and older. The facility features a compact lending library, dining room, hall, and a kitchen that provides complimentary coffee and tea for members.

As well as the two designated Senior Centres there are many other community facilities that provide opportunities for older people. City owned and operated services, including our Libraries, Leisureplexes and the Hillview Intercultural Centre offer a variety of targeted seniors programs, and other Community organisations, such as local Bowling clubs, Probus groups, Bingo and Bridge clubs also offer affordable options for many seniors throughout Canning.









## City of Canning Seniors Centres

Facility	Type	Components	Strengths	Weaknesses
<b>Herald Avenue Senior Citizen Centre</b>	District – 1,602m <sup>2</sup>	<ul style="list-style-type: none"> <li>Paid Membership required (680 active members)</li> <li>Committee Office</li> <li>Social Club rooms</li> <li>Main Hall</li> <li>Recreation</li> <li>Room/Wet Area</li> <li>Dining Areas</li> <li>Kitchenettes</li> <li>Outdoor courtyard/Alfresco Area</li> <li>Craft sales/social enterprise</li> </ul>	<ul style="list-style-type: none"> <li>Located within walking distance to Riverton Shopping Centre and public transport services</li> <li>Ample parking</li> <li>Accessible bathrooms</li> <li>BBQ area/patio (social functions)</li> <li>Charging Stations (mobility aides)</li> <li>Cleaning services</li> <li>New window dressings</li> </ul>	<ul style="list-style-type: none"> <li>Ageing Infrastructure (worn carpets, ceilings)</li> <li>Main Hall floor needs maintenance</li> </ul>
<b>Queens Park Senior Citizens Centre</b>	District – 1,165m <sup>2</sup>	<ul style="list-style-type: none"> <li>Paid Membership required (200 active members)</li> <li>Committee Office</li> <li>Social Club rooms</li> <li>Main Hall</li> <li>Recreation</li> <li>Room/Wet Area</li> <li>Dining Areas</li> <li>Kitchenettes</li> <li>Outdoor courtyard/Alfresco Area</li> <li>Craft sales/social enterprise</li> </ul>	<ul style="list-style-type: none"> <li>Outdoor patio area</li> <li>Main Hall (multipurpose space)</li> <li>Central location near public spaces</li> </ul>	<ul style="list-style-type: none"> <li>Ageing infrastructure</li> <li>Car park availability</li> <li>Signage (visibility)</li> <li>Ageing equipment</li> <li>Bathrooms are not accessible</li> </ul>





# CASE STUDY: HERALD AVENUE SENIOR CITIZEN CENTRE

Herald Avenue Seniors Centre currently has over 800 members and is one of the busiest Seniors centres south of the river. The Centre provides a wide variety of activities for seniors, fostering social connection and engagement. It is a vibrant centre where on any given day members can participate in Tao Chi, Mahjong, art classes, boot scooting, card games, knitting etc. Importantly, members can also access key services such as an onsite hair dresser and podiatrist.

The Seniors Centre is well positioned for access to a range of other services including allied health, shopping centre and public transport.

Through active communication and varying events, seniors are able to connect with each other on a regular basis.





# INDUSTRY PROVISION RATES AND BENCHMARKING

Parks and Leisure Australia, Western Australia (PLA WA) Guidelines articulate a facility hierarchy and provision for senior facilities against population catchment. This has been outlined in the table below. The Guidelines advocate for co-located facilities as opposed to stand alone seniors centres. At a regional and district level the recommendation is that seniors facilities should be integrated service offerings within a district or regional community hub.

The PLA WA Guidelines offer direction for district senior facilities but lacks specific provisions for senior facilities at the neighbourhood level. More broadly, guidance provided by the Neighbourhood Community Centres is outlined in the guidelines. When planning for smaller senior facilities, it is recommended to consider local needs and research, taking into account unique local conditions. Ideally, these facilities should be integrated or collocated within a local sports or leisure facility, or other community focussed spaces that are well-served by public transport.

**The PLAWA Community Infrastructure Guidelines 2020 (the guidelines) provide the following for the provision of Senior Services:**

Facility Type	Definition	Population Guidelines	Facility Hierachy
Seniors Centre	<p>A place where older adults can congregate to fulfil many of their social, physical, emotional and intellectual needs. Seniors activity should be part of an integrated service offering within a community hub.</p> <p>District Community Centres (multi functional space) – 900sqm</p>	1:20,000 – 30,000	<p>District (depending on ageing demographic)</p> <p>Dedicated seniors facilities are not supported by PLAWA and should be collocated within community facilities</p>
Neighbourhood Community Centre	<p>Small local meeting rooms and activity spaces that can be used by local organisations for activities such as dance, fitness and outreach work. Various gross floor area configurations of approximately 300m<sup>2</sup> to serve immediate community.</p>	1:7,500	<p>Determined by local need and research, size and design should reflect the unique local conditions and be integrated / co-located where possible with a local sports pavilion and sports or other active spaces serviced well by public transport.</p>



# TRENDS

The following trends have been identified for consideration with regards to Seniors Centres:

- Collaborative spaces - Seniors facilities should be designed as collaborative spaces that provide a safe and inclusive environment for older people to interact and connect, amongst peers and intergenerationally. These spaces are often multifunctional, offering a range of activities and services such as lifestyle, arts, recreational and educational programs.
- Diversification of Services – Seniors facilities should diversify services to meet the varied need of older people. For instance, some facilities are offering health and social services while others may focus on supporting older people from diverse cultural backgrounds.
- Increased focus on facilities and programs relating to mental health and social isolation and mitigate loneliness. There has been growing recognition of the importance of mental health and social support in older populations, which has led to increased investment in mental health, social services and facilities.
- Technological based facilities. Technology has been increasingly integrated into seniors facilities to provide innovative solutions for engaging with older people. For example digital platforms and tools are being used to provide online counselling, peer support, and information about health and wellbeing. Also the use of artificial intelligence, virtual reality and other programs to increase digital literacy to support and aid in areas such as dementia support are becoming more widespread.
- Due to an Ageing population, Service providers are increasing and are looking for local government facilities to lease suitable spaces so seniors can age in place. Seniors centres are important, as they fill the gap between seniors who do not qualify for aged care service provision.



# THE FUTURE

## Population forecasts indicate considerable growth in older people living in the City of Canning by 2041.

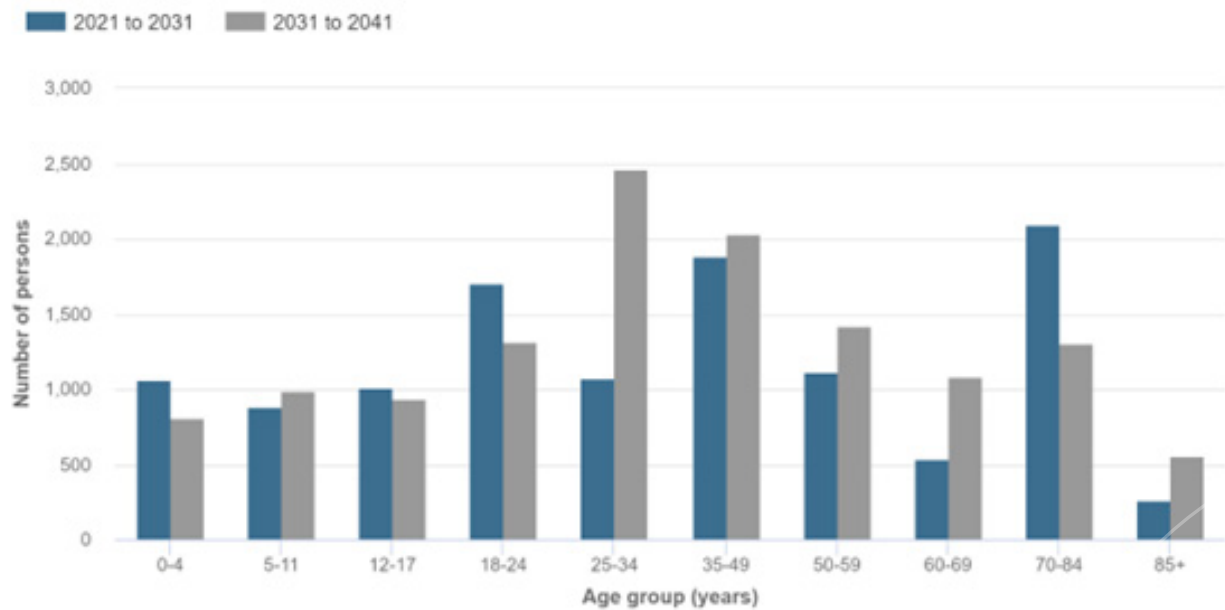
In 2021, 30.5% of the population was over the age of 50 years. Future projections indicate a 0.6% increase by 2041, adding 17,792 individuals 50 and over. The most significant surge is expected in the 70 plus age group, with an estimated increase of 4,219 people, comprising 11.2% of the total population. Continued growth in the seniors population is projected through to 2041, particularly in areas like Willetton, Queens Park, Canning Vale, Bentley, and Rossmoyne. Strategic planning, considering the evolving needs of the Canning City Centre, is essential (profile i.d).

The City's current dedicated senior's infrastructure, coupled with associated seniors services at the City's leisureplex's and libraries, is sufficient for the short-term, however in line with PLA WA provision standards, the City is short one Centre and by 2041, two.

Importantly however, the City's two standalone district centres are large in size (above the recommended 900m<sup>2</sup> per centre) and well located. Ideally future investment in seniors infrastructure would look to capitalise on these two centres, and where possible the co-location of seniors infrastructure with other complimentary types (i.e. bowling clubs; Men's Sheds, Arts Centre, Libraries) as opposed to standalone facilities.

### Forecast change in age structure - Service age groups

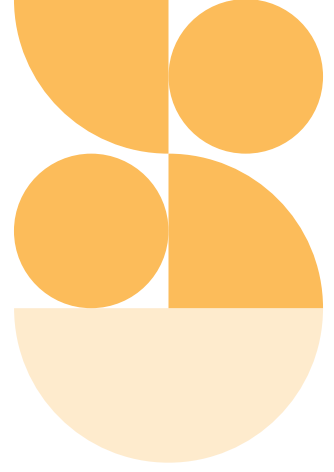
City of Canning - Total persons



Source: Population and household forecasts, 2021 to 2041, prepared by [.id](#) (informed decisions), March 2023.

**.id** informed decisions





# PROVISION STANDARDS

The City’s Senior Centres are to be based on demonstrated need and form part of other community infrastructure. They are not to be designed as standalone facilities in line with the CIS principles and consider other City of Canning guiding documents.

Whilst there is an identified shortfall by population, based on the current provision of two district facilities totalling 2,767m2 coupled with other community infrastructure accessed by seniors within the City, and no demonstrated need for additional facilities at this time, current seniors infrastructure is considered adequate.

Any future seniors infrastructure should developed as part of multi-functional community centres / infrastructure.

Seniors Centres	
Classification	Components
Neighbourhood	Senior Centres at a neighbourhood level can be provided as popup or short-term service offerings at existing Leisureplex’s, Sport and Community Halls across the City.
District – (900sqm +)	<ul style="list-style-type: none"> <li>Meeting spaces</li> <li>Function hall</li> <li>Commercial kitchen</li> <li>Universal Accessible Toilets</li> <li>Reception</li> </ul>

# CONSULTATION FINDINGS

This Type received 13 responses, with 12 from a suburb within the City. Of these, 9 are currently using this type of infrastructure. All strategic directions and recommendations proposed were supported.

Summary of Consultation	
Survey Questions	Results
Surveys Completed	34
From a suburb within the City of Canning	21
Already using this infrastructure	29
Addition consultation activities specific for this Type	<ul style="list-style-type: none"> <li>Dropin at Herald Avenue Seniors Citizen Centre</li> <li>Dropin at Queens Park Avenue Seniors Citizen Centre</li> <li>Hard copies also printed as part of the consultation</li> <li>Youth Consultants Network workshop</li> <li>Cultural Ambassadors Huddle</li> </ul>

## Survey Response Results

	Support	Neutral	Oppose
<b>Strategic Direction 1</b> - The City will support existing standalone senior centres until the end of their asset life, with future seniors infrastructure co-located with other community infrastructure types.	21	3	10
<b>Strategic Direction 2</b> - Future seniors infrastructure projects should be strategically located near senior-focused resources and community infrastructure, such as aquatic centres, community centres, and cultural venues. This is to establish a comprehensive and interconnected network of resources for the City's older people.	29	2	3
<b>Recommendation 1</b> - The City will consider inclusion of seniors appropriate spaces into community facilities undergoing upgrade or renewal to support service delivery and access at key locations throughout the City as existing infrastructure is refurbished or upgraded.	30	3	1
<b>Recommendation 2</b> - The City will work with aged care providers, support services, community organisations and government agencies to identify other locations for delivery of senior services across the City.	30	4	0

## KEY THEMES

Relocation Concerns: There's opposition to any possibility regarding relocating the Herald Avenue Centre, given its proximity to essential services like the library and shops. Attendees emphasised that the centre should remain in its current location.

Requests for more parking and dedicated buses indicate transportation challenges faced by senior citizens.

Funding and Support: Participants request more funding and support for the Herald Avenue Senior Centre to enhance amenities like affordable restaurant options and create a welcoming atmosphere.

Cross-Generational Interaction: Respondents suggest creating more opportunities for seniors to interact with other age groups.

## KEY FINDINGS

There were very high levels of support by respondents to the Strategic Directions and Recommendations.

That any future site or facility planning by the City must be informed by engagement with users and the broader community to ensure views valuing the current locations are considered.

## CONSULTATION RECOMMENDATIONS

1. No changes to the Strategic Directions
2. No changes to the Recommendations



# STRATEGIC DIRECTION



The City will support existing standalone senior centres until the end of their asset life, with future seniors infrastructure co-located with other community infrastructure types.



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# RECOMMENDATIONS



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