



# Wangaratta Regional Study Centre



## Leadership in Healthy Ageing Program

*"In the Ovens Murray region right now, people aged 60 and over account for an extraordinary 32% of our community. This means there are more people over 60 living, working, learning and contributing to our community than any other group in the population"*

Sandy Austin, Director North East Division Health, DHHS, August 2017

In her 2018 'Celebrating our middle-aged population' public lecture at Wangaratta, Associate Professor Briony Dow, Director of the National Ageing Research Institute, challenged the pervasively negative views that can dominate societal attitudes to population ageing. Instead she proposed a range of ideas that recognise and build on the capacity of the growing middle-aged population to be a valuable resource, in economic and social terms.

The regional response was so great that a series of workshops were proposed to develop community capacity to lead an effective response to regional needs. The Leadership in Healthy Ageing program was developed in 2019 by Charles Sturt University in conjunction with Department of Health Human Services Victoria (DHHS) to connect colleagues and agencies, foster partnerships, and support innovative thinking in positioning regional communities as liveable and inclusive for older people.

Presented over six day-long workshops, the program included three assessable learning modules covering:

- Social determinants of health and ageing
- Creating healthy ageing opportunities and agefriendly communities
- Leadership in developing age friendly communities

Participants learned how to:

- Understand and interpret various social models of ageing
- Examine the social determinants of health in ageing
- Analyse the choices and options available to older adults
- Create social policy and age friendly communities
- Develop individual and structural healthy ageing opportunities and
- Develop the systems necessary to support this work.

Successful completion of the course and assessments offered a pathway to the Charles Sturt University Graduate Certificate in Gerontology and Masters in Gerontology, with a one subject credit. For further information on similar programs please contact Robin Harvey [rharvey@csu.edu.au](mailto:rharvey@csu.edu.au)

