

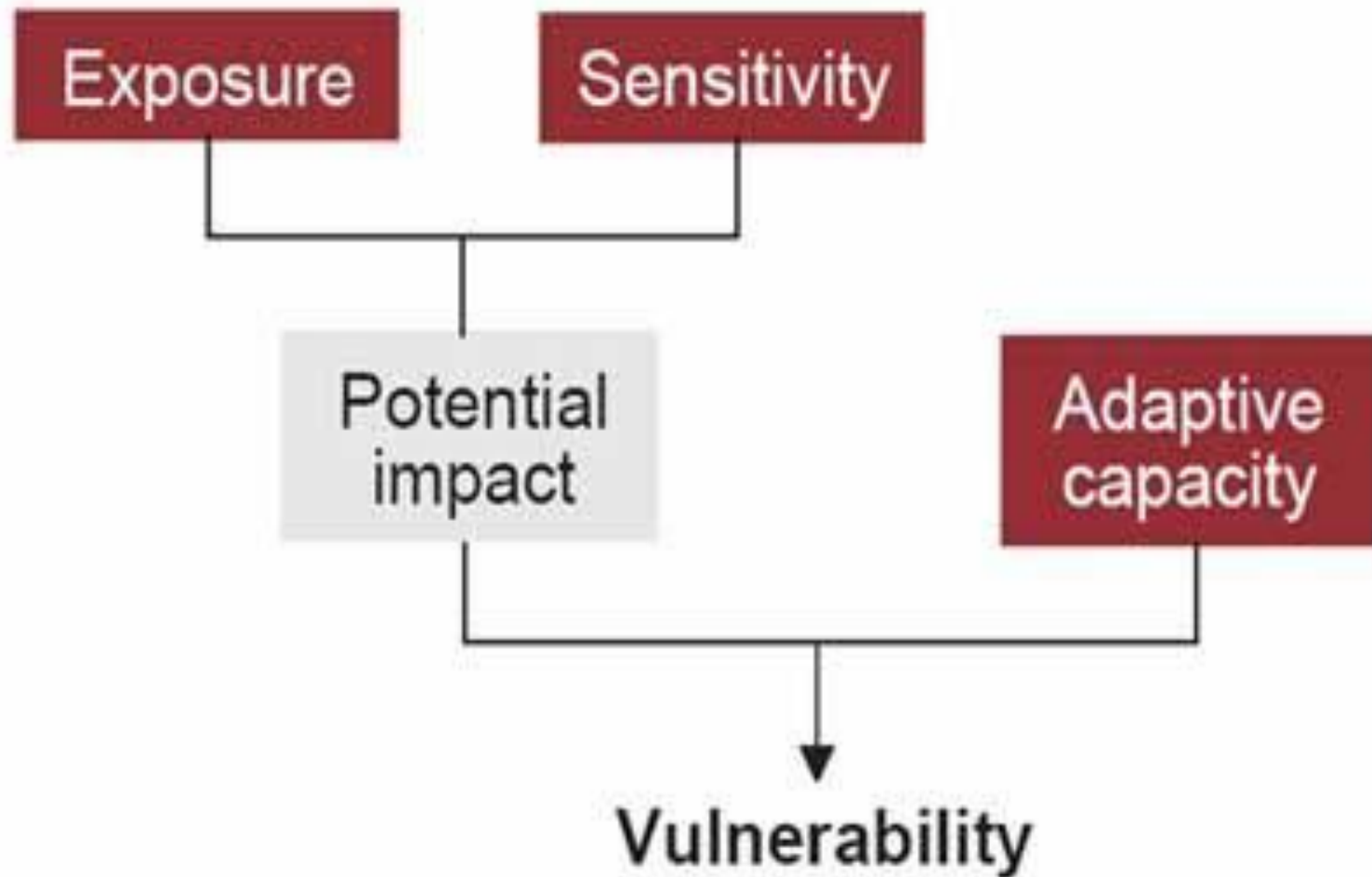


# MONASH University

IFA conference; May 2010  
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## **TRANSITION AND RESILIENCE: SOCIAL CHANGE AND ACTIVE AGEING**

# Resilience, Ageing and vulnerability...



# Resilience – definitions ...

- **the ability to maintain biological and psychological homeostasis (balance) under conditions of change**
- **continuum of adaptation and success**
- **a set of traits, an outcome, a process**
- **characteristic that “moderates effects of stress (change) and promotes adaptation**
- **ability to successfully cope with change (or misfortune)**
- **‘Resilience’ may thus be thought of adaptive positive outcomes in response to change**

... definitions...

## Put differently, resilience

- depends on “inner continuity of ideas regarding self and personal goals”
  - “perceptions of inner continuity depend on memory and consciousness”
- ➔ These, in turn, are related to agency, self-confidence and self-reliance

# Can resilience be learned ...yes an no...?

- *ability to return to the original form, position, etc., after being bent, compressed, or stretched...?*
- *“ability to recover readily from change, injury, illness, depression, adversity, or the like; buoyancy”*

# Coping vs. adaptation...

- **Coping: strategy to meet the demands of a stressful situation**
- **Adaptation: “measures and responses that aim to improve one’s fitness in relation to one’s environment.**
- ➔ **Resilience: adaptive positive outcomes in response to change.**

# Embedded strategy ....

The screenshot shows a PDF document in Adobe Reader. The document content is as follows:

**framework**

Our Boroondara Council Plan 2009–2013 Council Policy Context

Community Consultation Partnership Development

Transport

Housing

Social Participation

Respect & Social Inclusion

Civic Partnership & Employment

Communication & Information

Community Support & Health Services

Outdoor Spaces & Buildings

Partnerships across Council and the community

Health, wellbeing and social connectedness for older adults and the community generally

**Framework**

Diagram One provides an overview of the context, responsibilities and planning for developing an Age Friendly City. Objectives and strategic actions were identified through the process of Creating an Age Friendly Boroondara. An annual planning cycle will identify specific actions arising from these areas.

*Diagram One: Framework for understanding Council and community connections for Creating an Age Friendly Boroondara.*

**Resilience is a key determinant of success in later life**

**Accumulating negative conditions (often seen as synonymous with age) can constrain capacity to adapt, thus negative impacting on quality of life**



# Resilience and resilient communities ...

- **“the capacity of a system to absorb disturbance and reorganise while undergoing change, so as to still retain essentially the same function, structure, identity and feedbacks”**
- **better able to handle the changes and shocks arising from marked demographic change and extreme events.**



# *Mitigation*

- **refers to implementing policies or strategies to reduce the impact of the demographic challenge on the whole community. Mitigation reduces impact by reducing the rate of change.**

# Adaptation ...

- ***Adaptation* refers to adjustment in natural or human systems in response to actual or expected demographic change effects, which moderates harm or exploits beneficial opportunities. Adaptation measures can be anticipatory, autonomous or planned and increase the ability of a system to cope with a changing structures**

# Boroondara: Adaptation and Partnerships...

- **social participation, support and focus on health promotion.**
- **social and community capacity building approach.**
- **Strengthening the community by actively engaging residents and service providers in the planning for an Age Friendly City.**
- **Integrating social, cultural, environmental, physical and economic approaches to older people.**
- **Strengthening relationships and increased collaboration between Council and community based agencies.**
- **Linking overarching Council policies to service and facility planning and development.**

# Resilient comments ... (IGLL Project)

- *Wonderful that the students are choosing to learn this language and we can support them.*
- *It was a great honour to teach and have contact with young people. Three to four hours are a how do you say 'drop in the ocean'.*
- *I find the idea very good because we ought to make use of the fact that there are so many nationalities and native speakers (of so many languages) here*

- *Ahh well they were interesting because she wanted to know and we made conversation... so the meetings for me, for me is very satisfying because how do you say, speaking with a girl who is interested in knowing the language, it makes me very happy*
- *I was just amazed that young people come and ask me these questions 'coz I had forgotten about that and that had stimulated it again'.*
- *As for myself I would say it was refreshing for me to speak to someone who was apparently interested in holding a conversation in German.*

- *'We became very close friends – it was like having a friend who speaks Spanish' (female students of Spanish)*
- *It gave me the opportunity...to look behind the scenes of young people, the way of thinking of younger people*
- *To find out the different ways of living*
- *To know a bit more about what students do.*
- *It was good for me. I don't have as good a relationship with my granddaughter, who doesn't speak German.*
- *At the end we were like family.*
- *I was able to be useful in some way, more than anything else.*
- *I enjoyed it as I was helping a young person, mainly a young girl since nowadays younger people are very*

- *I was just amazed that young people come and ask me these questions 'coz I had forgotten about that and that had stimulated it again'.*
- *As for myself I would say it was refreshing for me to speak to someone who was apparently interested in holding a conversation in German.*