



SENIORS EXERCISE PARK FEASIBILITY ANALYSIS

April 2023

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EXECUTIVE SUMMARY

Monash City Council strives to provide all communities with the opportunity to be active in local parks and reserves. Creating environments that encourage people to be active throughout all life stages is a priority for Council. This feasibility analysis relates to the potential of establishing an exercise park to cater for the needs of older adults.

The number of people aged 60 years and older in the City of Monash is forecast to increase by 6,665 between 2021 and 2041. The proportion of the population of the City of Monash aged 60 years and older rose from 21.9% in 2016 to 23.2% in 2021, although this is forecast to decrease to 20.3% by 2041.

The distribution of people aged 60 years and older is not equal across the City of Monash, with Wheelers Hill (34.8% in 2021), Glen Waverley (24.8%) and Mulgrave (24.1%) being the top three suburbs for older residents. In general, suburbs in the east of the City have a higher proportion of older residents.

References:

1) Hobson-Powell, A. (2020). Exercise for Older Adults eBook. www.essa.org.au.

The City of Monash was also declared an 'Age-Friendly City' by the World Health Organisation in 2016. The Monash City Council outlines its commitment to supporting participation in community life by older adults through the Monash Health and Wellbeing Plan, Age-Friendly Monash Plan and Positive Ageing Lifestyle Program.

Research has shown that older adults that are sufficiently active have a reduced risk of many physical and mental health conditions, including heart disease, diabetes, cancer, bone and joint problems, stress and anxiety. Older adults that are active also have reduced risk of falls and injuries¹.

Other benefits of physical activity for older adults includes increased energy levels, and improved sleep, concentration and mental health¹.

Through targeted consultation, the City of Monash determined that the installation of a seniors exercise park would encourage increased physical activity for older adults.

The characteristics of facilities that support older adults to participate were also identified, with accessibility, safety and convenience being key participation drivers for older adults.

Older adults also identified the need for support through instructional material and supervised sessions. Importantly, older adults want to feel confident and connected when active in their communities.

An initial assessment of 33 sites was undertaken, followed by a detailed assessment of potentially suitable sites to determine preferred sites for the installation of a seniors exercise park. Brickmakers Park, Batesford Reserve and Wellington Reserve were deemed as preferred sites based on this assessment process.

To assist in the future planning for the development of a seniors exercise park, an indicative design and budget has been provided based on similar parks in other locations.

Based on the proposed facility components, size and location, a project budget of \$115,000-\$120,000 (ex GST) should be considered, with additional budget allowance for design, project management and contingency applied via Council's capital works budgeting processes.

The creation of a seniors exercise park is an appropriate investment for the City of Monash, encouraging healthy active lifestyles and supporting the wellbeing of older adults across the community.

OLDER ADULTS IN THE CITY OF MONASH

The City of Monash consists of diverse communities, representing a broad spectrum of characteristics, cultures, ages and abilities. The total number of older adults has grown in recent years and will continue to grow in the future.

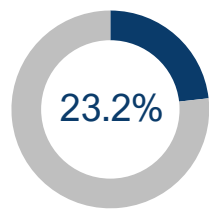
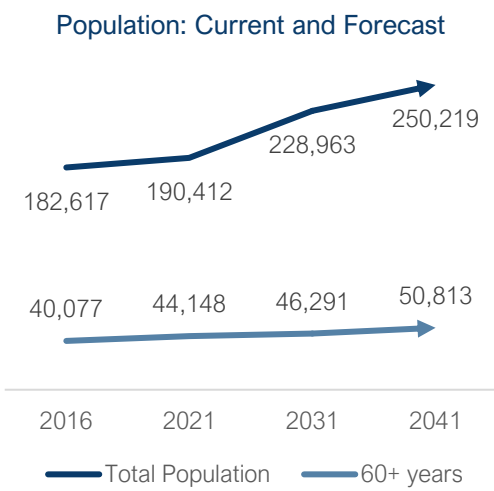
The City of Monash recorded 44,148 residents aged 60 years and over at the 2021 Census, representing 23.2% of the total population. This increased from 40,077 in 2016 (21.9% of total population), equating to a 10% increase in the total number of people aged 60 years and older.

The City of Monash has a higher proportion of adults than the average for Greater Melbourne, which recorded 20.2% of population 60 years and older in 2021, and 19% in 2016.

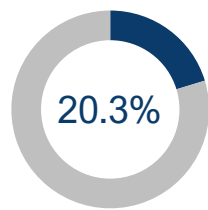
Population forecasts predict a growing number of residents aged 60 years and over, with 46,291 in 2031 and 50,813 in 2041 within this age cohort.

Despite the increase in the total number of residents aged 60 years or older, the proportion of total population is forecast to decrease from 23.2% in 2021 to approximately 20.2% by 2031 and 20.3% by 2041.

Demographic data sourced from:
www.profile.id.com.au/monash



Residents aged 60 years or older: 2021



Residents aged 60 years or older: 2041 Forecast



OLDER ADULTS IN THE CITY OF MONASH

The eastern suburbs of the City of Monash generally have a higher proportion of older adults than other areas, with Wheelers Hill, Glen Waverley and Mulgrave being the three suburbs with the highest proportion of residents aged 60 years and over.

Wheelers Hill has a significantly higher proportion of older adults (34.8%) than the second ranked Glen Waverley (24.8%). Glen Waverley has the highest total number of residents aged 60 years and over, with a total of 10,747. Suburbs in the west of the City of Monash generally have lower proportions of older adults.

By 2041, the proportion of the population aged 60 years and older is forecast to remain stable or decline in most suburbs.

Ashwood-Burwood will climb to have the second highest proportion of older adults (from the current fifth rank). Notting Hill will have the sharpest increase based on overall percentage (13.7% to 17.9%), but is moving from the second lowest proportion of older adults to the fourth lowest.

While the proportion of older adults located within suburbs has been considered during this feasibility analysis, it has not been treated as a qualifying criteria and locations in all suburbs have been considered and assessed.

Suburb	2021			2031			2041		
	Population 60+	% of Total	Rank (%)	Population 60+	% of Total	Rank (%)	Population 60+	% of Total	Rank (%)
Ashwood – Burwood	2,191	21.7	5	2,522	21.9	2	2,943	24.3	2
Chadstone	1,684	17.4	10	1,725	15.6	11	1,919	16.6	11
Clayton	2,369	12.1	12	2,745	10.3	12	3,259	11.3	12
Glen Waverley	10,747	24.8	2	11,319	21.7	4	12,497	22.0	3
Hughesdale	1,518	20.0	8	1,613	19.0	7	1,771	19.7	7
Mount Waverley	8,368	23.4	4	8,148	20.0	6	8,706	20.0	6
Mulgrave	4,834	24.1	3	4,657	21.8	3	4,705	21.2	4
Notting Hill	405	13.7	11	529	17.1	10	577	17.9	9
Oakleigh	1,789	20.9	6	2,460	20.1	5	3,093	20.3	5
Oakleigh East – Huntingdale	1,588	17.9	9	1,809	17.7	9	2,162	17.5	10
Oakleigh South	1,183	20.4	7	1,435	18.5	8	1,694	18.4	8
Wheelers Hill	7,232	34.8	1	7,329	30.2	1	7,484	28.9	1

STRATEGIC CONTEXT



STRATEGIC CONTEXT

Encouraging older adults to remain physically active is vital for their ongoing physical, mental and social health. As the number of older adults in our community continues to increase, providing environments that encourage increased physical activity will be vital to supporting healthy ageing.

The **Monash Health and Wellbeing Plan 2021-2025** identifies *Active Living* as a key Council priority, with Council aiming to “Provide physical activity programs, facilities and infrastructure that enable the community to be more physically active across all life stages”.

The **Age-Friendly Monash Plan 2015-2019** was developed based on the World Health Organisation (WHO) Age-Friendly Cities Framework. The City of Monash was declared an “Age-Friendly City” by WHO in 2016. This designation by the WHO indicates that the City is a place where older people live safely, enjoy good health and stay involved. (*Note: The Age-Friendly Monash Plan is now integrated within the Monash Health and Wellbeing Plan*).

Council enacts priorities for older adults through a range of initiatives. A key example is the **Positive Ageing Lifestyle Program (PALS)** that offers free or low-cost activities for older adults that live in, work in or visit the City of Monash, including physical activity programs.

The **Active Monash Active Communities Framework** further embeds Council's role in supporting residents to be physically active through the provision of facilities, program delivery, partnerships and facilitation.

The framework identifies priorities relating to older adults, including *improving accessibility and knowledge of facilities and services*, and *widening participation through targeted cohort participation*.

The cost of access to facilities and services was identified as a key barrier to participation for older adults, with the Active Community Program aiming to offer low-cost or no-cost services to address this barrier.

The **VicHealth Physical Activity Strategy 2019-2023** aims to increase the physical activity of less-active Victorians, with *social sport and active recreation* one of three key focus areas. VicHealth are aiming to support a greater number of people to participate in social versions of sport and active recreation through programs, initiatives and partnerships.

VicHealth has also developed insights into **physical activity across life stages**, including the physical activity behaviours of retirees.

Moving into retirement and older age is seen as a key transition in lifestyle. While retirees have more time to devote to activities, diminishing physical health and abilities can hinder uptake of physical activity.

Retirees are aware of the physical, mental and social health benefits of exercise, but barriers such as cost, gyms/fitness centres being intimidating or not welcoming, and embarrassment when exercising in public decrease the likelihood of older adults participating.

Active Victoria 2022-2026 outlines the Victorian Government's commitment to “build a thriving, inclusive and connected sport and active recreation sector that benefits all Victorians”.

The Victorian Government is aiming to connect communities by increasing opportunities to participate in ways that suit all Victorians, targeting efforts towards people that participate less, improving infrastructure to meet demand, and delivering inclusive, multi-use and sustainable infrastructure.

RESEARCH & LITERATURE

Regular physical activity provides a range of benefits for older adults, including improved physical and mental health and wellbeing outcomes.

Physical activity can improve health outcomes, including:

- Reduced risk of health issues, including cardiovascular disease, type 2 diabetes, bone and joint problems, and some cancers
- Maintaining a healthy weight
- Reduced risk of falls and injury
- Increased energy
- Improved sleep
- Reduced stress and anxiety
- Improved concentration
- Improved mental health

References:

- 1) Hobson-Powell, A. (2020). Exercise for Older Adults eBook. www.essa.org.au.
- 2) Australia Government. (2021). Physical Activity and Exercise Guidelines for All Australians. www.health.gov.au.

The Importance of Strength and Balance Exercises

Exercise and Sports Science Australia's (ESSA) *Exercise for Older Adults*¹ report outlines the importance of physical activity for older adults, with a focus on the importance of strength and balance exercises.

The report identified that natural ageing processes lead to a deterioration in muscle mass and strength, equating to 15% loss per decade over the age of 50.

Strength and balance exercises, such as activities supported by outdoor exercise equipment, can assist in reducing the risk of falls, strengthening bones, improving physical function and independence, and managing and recovering from illness.

Increased physical activity is also reported to assist in reducing risk and managing symptoms of dementia, Parkinson's disease, various forms of cancer, cardiovascular disease, osteoporosis, osteoarthritis and persistent pain.

ESSA encourages older adults to incorporate physical activity into daily routines and find ways to be active that are achievable and enjoyable. Participation can occur in a range of settings, including the home, parks and reserves, leisure facilities, or with organised activity groups.

Physical Activity Guidelines for Older Adults

The National Physical Activity and Exercise Guidelines² establish the following recommended level of physical activity for people aged 65 and over:

- At least 30 minutes of moderate intensity physical activity on most, preferably all, days

Older adults are encouraged to participate in a range of different types of activities, including:

- Moderate fitness activities e.g. brisk walking, swimming, golf (with no cart), aerobics or water aerobics, cycling, gardening, tennis
- Strength activities e.g. weight, strength or resistance training, lifting and carrying, climbing stairs, moderate yard work, calisthenics
- Flexibility activities e.g. tai chi, bowls, stretching exercises, yoga, dancing
- Balancing activities e.g. side leg raises, half squats, heel raises

Older adults are encouraged to build physical activity into their everyday life and increase their levels of physical activity over time.

RESEARCH & LITERATURE

The National Ageing Research Institute (NARI) has led research into the planning and implementation of exercise parks for older adults, as well as documenting the health benefits for regular participants.

References:

3) Levinger, P. Dunn, J. Panisset, M. Haines, T. Down B. Batchelor, F. Biddle, S. Duque, G. Hill, K. (2021). The ENJOY Project: Usage and Factors to Support Adherence and Physical Activity Participation. *Translational Journal of the American College of Sports Medicine*.

ENJOY MAP for Health Project

NARI has undertaken the *ENJOY MAP FOR HEALTH project: Exercise intervention outdoor project in the community for older people – more active people for healthier communities*³.

The project refurbished parks to provide age-friendly outdoor spaces for older people to engage in physical and social activities in six locations in Victoria. Participants 60 years of age and over participated in a 12-week supervised program using outdoor exercise equipment, followed by a six-month maintenance phase.

The project showed that the social aspect (60%), health benefits/improvement (41.5%), and supervision (36.9%) were the factors that most supported participation. 60.8% of participants continued to use the exercise parks that were established regularly during the maintenance phase.

The primary barriers to continued usage identified by participants were other commitments (71.4%), weather (60.7%) and medical/health problems (42.8%).

In addition to determining barriers for participants, the project identified key considerations for the planning, construction and activation of seniors exercise parks (see appendix 3).



COMMUNITY ENGAGEMENT



COMMUNITY ENGAGEMENT

Older adults were engaged to gain an understanding of their priorities relating to exercise and physical activity via an online survey to the Monash Online Community Panel (members aged 50+ years) and through the Monash Positive Ageing Reference Group and Positive Ageing Forum.

Engagement dates:

- Online Community Panel survey: 24 October – 30 November 2022
- Positive Ageing Reference Group: 29 September 2022 & 9 February 2023
- Positive Ageing Forum: 14 November 2022

Question 1: Thinking about a potential seniors exercise park, what is important to you?

- Accessibility for all abilities
- Equipment specific for older adults to ensure safety and usability
 - Safe and secure location
- Located in a visible area close to other facilities and services
- Supporting facilities such as toilets, shade, seating, drinking fountains and signage
- Able to access the site via public transport and active transport
- Co-locating the facility with other services and gathering points for older adults
 - Locate the park in a flat space
- Quiet/peaceful space away from noisy roads and infrastructure
 - Providing equipment for strengthening exercises
 - Supervised sessions
 - Provision of first aid
 - Understanding how to use the exercise park
 - Provision of lighting
 - Ensuring the site is clean and maintained



COMMUNITY ENGAGEMENT

Question 2: What would encourage you to use a seniors exercise park?

- Supervised/assisted sessions
 - Group sessions
- Launch event and ongoing programs
 - Convenient location
- Located close to children's playground or other facilities that allow for families to participate concurrently
- Located away from potentially conflicting facilities e.g. dog off-leash area
 - Able to take children to the park safely
 - Ease of parking and access
 - Range of equipment and activities
 - Located at a natural meeting place for groups
 - Accessible via shared pathways
 - Lighting is provided to allow after-hours access
- The exercise park is well maintained and not vandalised
 - The exercise park is located close to home
- Potential for exclusive use sessions for older adults

Question 3: Are there potential locations within Monash that should be considered for the installation of a seniors exercise park?

- Near walking trails and paths
- Within council reserves with suitable accessibility and supporting facilities (*specific sites considered via site assessment*)
 - Near libraries, community centres or leisure facilities
- Near other services for older adults e.g. senior citizens / aged care facilities
 - Close to shopping centres
 - Away from dog parks

Note: a series of potential sites were suggested by Online Community Panel and Positive Ageing Reference Group members for consideration



FEASIBILITY ASSESSMENT



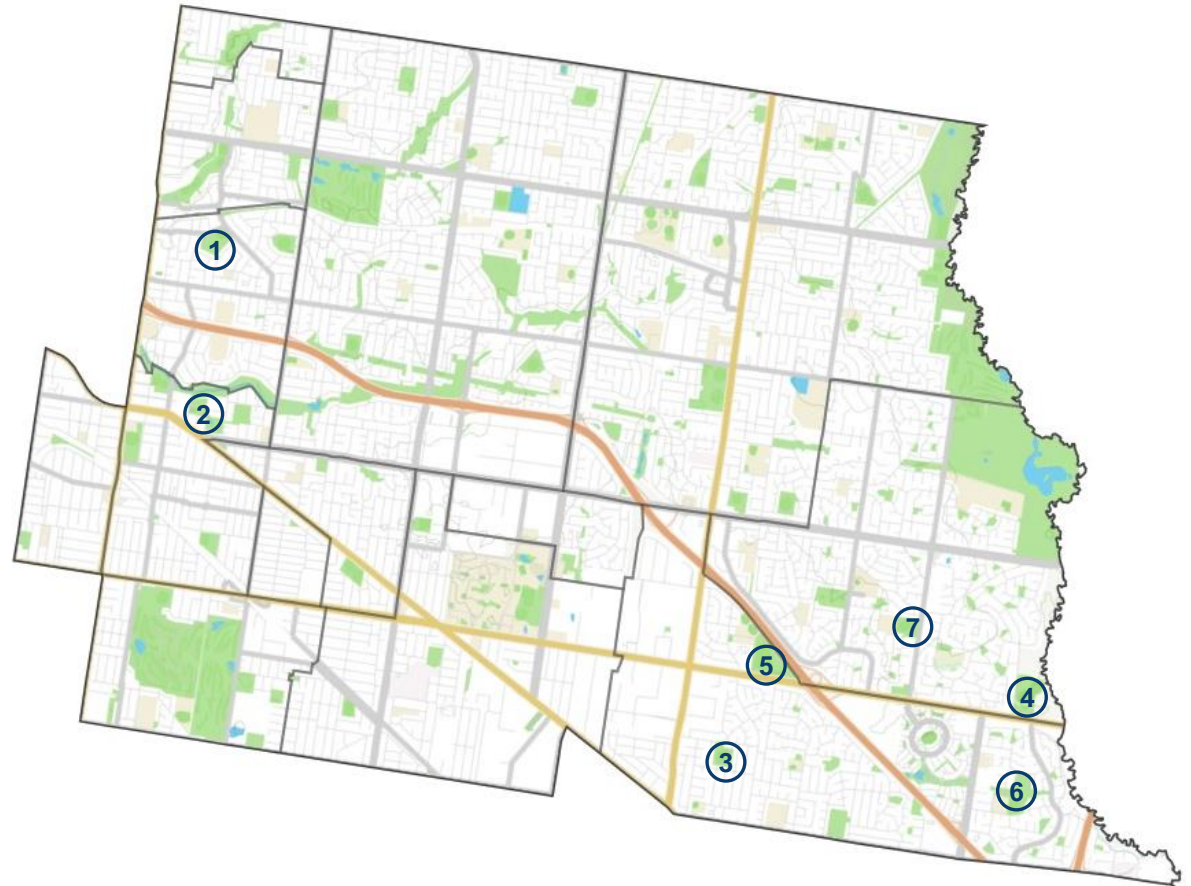
SITE ASSESSMENTS

An assessment of potential sites for the development of a Seniors Exercise Park has been undertaken based on the feasibility assessment framework (see page 15).

The following sites were assessed:

1. Batesford Reserve
2. Brickmakers Park / Oakleigh Recreation Centre
3. Wellington Reserve
4. Mulgrave Reserve
5. Freeway Reserve
6. Gladeswood Reserve
7. Columbia Park

Note: An initial assessment of 33 sites across the City of Monash was conducted, with the seven sites listed above recommended for further investigation and assessment. A map of all sites considered within the initial assessment is provided in appendix 4.



FEASIBILITY ASSESSMENT FRAMEWORK

Assessment Category	Assessment Criteria	Weighting
1. Location	Proximity to a significant residential catchment (including demographic alignment) Proximity to activity hubs such as community centres, shopping precincts or sports facilities	15%
2. Environment and site suitability	Does the site have a suitable space that could accommodate a seniors exercise park? Is the space generally flat and not impeded by environmental elements? Does the space have potentially conflicting uses? (e.g. off-leash dog park, wheeled activities etc) Is the space clearly visible and not obstructed from public view? Are there any limitations on development at the site? (e.g. planning overlays, contamination etc)	20%
3. Complementary facilities	Does the site provide other facilities generally used by older adults? Does the site provide facilities for other age cohorts and intergenerational participation (e.g. playspace, sports facilities, active recreation facilities) Does the site incorporate a trail connection or circuit path? Does the sites provide toilets, shade, seating and drinking fountains? Is the site close to other Council leisure facilities? (e.g. leisure centre, pool) Is the site close to other Council community facilities? (e.g. community centre, library)	20%
4. Access and connection	Does the site have an established internal path network (or could be provided)? Can participants (including people with mobility issues) easily access the exercise park space? Can additional infrastructure be accommodated to improve access and connection?	15%
5. Safety	Is the passive surveillance into the site appropriate? (e.g. visible from a main road or activity area) Are there multiple entry and exit points? Is the site well lit, including car parks and access points?	10%
6. Transport	Is the site easily accessible via active transport? (e.g. walking, cycling) Is the site easily accessible via public transport? Is car parking suitable, including the provision of parking for people with a disability?	10%
7. Complementary services and support	Is the site close to other services focused on older adults? Could Council or health service providers activate the space through programming?	5%
8. Strategic alignment	Does the site deliver on the objectives of Council plans and strategies? Does the site service a catchment with characteristics and demographics aligned with older population?	5%

SITE ASSESSMENT SUMMARY

The assessment of sites for the installation of a seniors exercise park was undertaken considering potential locations within each nominated site against the assessment criteria. Assessment summaries for each site are available in appendix 1 and siting options in appendix 2.

			Weighted Assessment Scores						
Assessment Category		Weighting	Brickmakers Park / ORC	Batesford Reserve	Wellington Reserve	Freeway Reserve	Gladeswood Reserve	Columbia Park	Mulgrave Reserve
1.	Location	15%	9	9	12	12	12	12	12
2.	Environment and site suitability	20%	16	16	12	12	16	16	12
3.	Complementary facilities	20%	16	16	16	16	12	8	12
4.	Access and connection	15%	12	9	9	9	9	9	9
5.	Safety	10%	6	8	8	6	6	8	4
6.	Transport	10%	8	8	6	6	6	8	8
7.	Complementary services and support	5%	5	4	4	4	2	2	3
8.	Strategic alignment	5%	4	5	4	3	4	4	4
TOTAL SCORE (out of 100)		100%	76	75	71	68	67	67	64
RANKING			1	2	3	4	5*	5*	7

* Indicates sites that achieved an equal assessment score

PREFERRED SITES

Based on the site assessment process, three preferred sites were identified for the potential installation of a seniors exercise park. Each of the three sites could effectively incorporate a seniors exercise park into an environment that supports older adults to be physically active.

The three preferred sites (red map indicators) are:

- Brickmakers Park – 23 Stamford Road, Oakleigh
- Batesford Reserve – 94 Batesford Road, Chadstone
- Wellington Reserve – 36 Mackie Road, Mulgrave

It should be noted that active recreation hubs are being developed across the City of Monash which will also provide active recreation opportunities for older adults.

These key sites will incorporate 'intergenerational' active recreation facilities that encourage a broad range of ages to participate concurrently.

Key active recreation hubs are shown on the adjacent map (blue map indicators), including Jingella Reserve, Davies Reserve, Carlson Reserve, Mount Waverley Reserve, Glen Waverley North Reserve, Central Reserve and Waverley Park.



INDICATIVE DESIGN & BUDGET

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INDICATIVE DESIGN

The adjacent sample design is based on the Lappset Classic 90 seniors exercise park module (information provided by Lark Industries).

- The overall dimensions of the exercise equipment are approximately 9.3 metres x 5.8 metres.
- The falling space dimensions (includes fall space buffer) are approximately 12.2 metres x 8.5 metres.
- Indicative cost: \$95,000-\$100,000, including equipment supply and installation, surfacing and signage. An itemised cost estimate is provided on page 21.
- An image of the Classic 90 Seniors Exercise Park located at Carrington Park, Knoxfield is provided on page 20

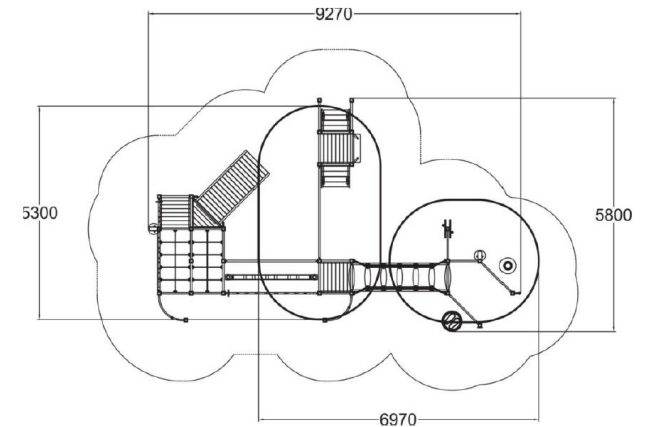
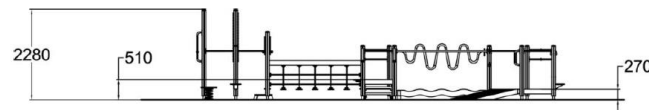
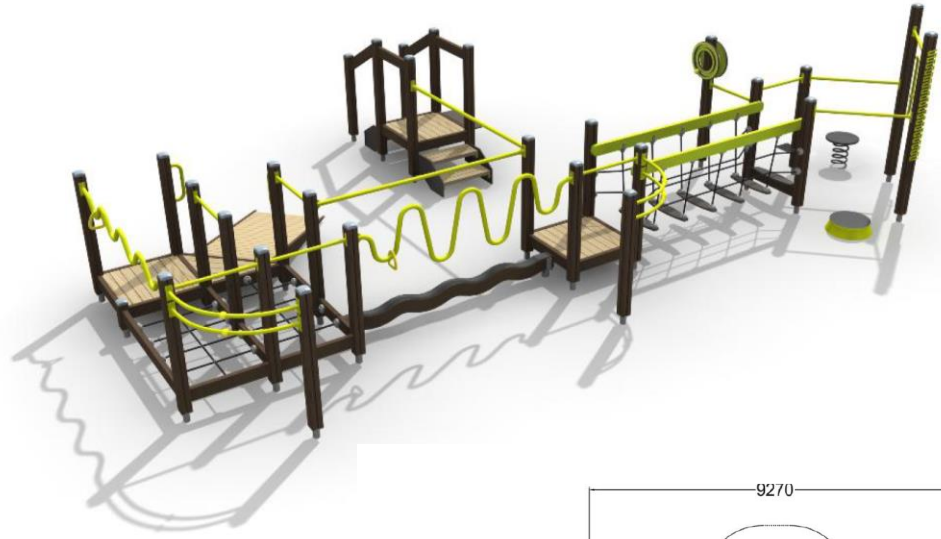




Image: Lappset Classic 90 Seniors Exercise Park – Carrington Park, Knoxfield

INDICATIVE SCOPE & BUDGET

No.	Facility Component	Description	Estimated Cost
1	Site preparation	Site preparation, excavation and temporary fencing (exercise park only)	\$5,000
2	Exercise equipment	Supply and installation of exercise equipment	\$42,000
3	Exercise park signage	Supply and installation of instructional signage	\$6,000
4	Concrete works	Concrete slab (approximately 95 sq/m) and kerbing	\$18,000
5	Rubber surfacing	Rubber surfacing and security	\$27,000
ESTIMATED COST (ex GST)			\$98,000

Notes:

1. *The opinion of probable costs is approximate at the time of publication (April 2023) based on consultation with suppliers and the sample design (Lappset Classic 90 provided by Lark Industries). Detailed designs should be developed and assessed by a qualified quantity surveyor to establish the actual cost of delivering the project.*
2. *Additional project delivery considerations are provided on page 22, including the need for further supporting infrastructure such as seating.*
3. *Allowances for design, project management, contingency and cost escalations should be applied via Council's capital works budgeting process.*

PROJECT DELIVERY CONSIDERATIONS

Each of the three potential site options for the development of a seniors exercise park will require additional facility components that support use and access by older adults for physical activity.

Site	Project Delivery Considerations	Site Cost Estimate
Brickmakers Park	<p>The location of a seniors exercise park in the north-east corner of the site provides easy access to existing public toilets and parking (including parking for people with disabilities).</p> <p>Shelter, seating and a drinking fountain is provided at the BBQ shelter/playground and is within 50 metres of the proposed exercise park location. Information regarding the location of the drinking fountain could be included within park signage.</p> <p>An additional allowance of \$17,000 for the installation of two park benches and a drinking fountain is recommended.</p>	\$115,000 (ex GST)
Batesford Reserve	<p>The location of the seniors exercise park in close proximity to the playground will capitalise on existing supporting infrastructure. It should be noted that existing public toilets are available at the site and the Monash Public Toilet Strategy recommends the provision of a new standalone public toilet near the playground as a medium priority.</p> <p>Council should consider converting parking spaces to provide for people with disabilities in the area that services the potential exercise park location.</p> <p>An additional allowance of \$22,000 for the installation of two park benches, drinking fountain and minor car park linemarking and signage for accessible spaces is recommended.</p>	\$120,000 (ex GST)
Wellington Reserve	<p>The location of the seniors exercise park alongside the existing exercise equipment and playground capitalises on the existing pathways, parking and other supporting infrastructure provided at the site. Public toilets are available within the library/community centre adjacent to the exercise park.</p> <p>An additional allowance of \$17,000 for the installation of two park benches and a drinking fountain is recommended.</p>	\$115,000 (ex GST)

Note: The cost estimate does not include additional design, project management, contingency or cost escalation amounts, which should be added to the project budget based on Council's capital works budgeting process.

ACTIVATION & MANAGEMENT

Following the development of the seniors exercise park, the relevant site will require ongoing management and activation by Council.

Activation strategies will ensure that the seniors exercise park is promoted to the community and older adults are supported to use the facility safely and effectively.

Management strategies will ensure that there is clear commitment to the ongoing management and maintenance of the facility by the relevant Council departments.

The following activation and management strategies should be considered by Council and embedded within departmental work plans.

Activation

- Council to hold a facility opening event in conjunction with the Positive Ageing Reference Group (PARG)
- Opening of the exercise park to be promoted via Council's communication channels relating to older adults, including social media, website and Council newsletters, as well as via relevant health and care services
- Include ongoing promotion of the exercise park via the Positive Ageing Lifestyle Program (PALS)
- Council to facilitate a series of supervised introductory sessions to encourage use by less active people and build confidence
- Install signage with clear instructions regarding use of the exercise park, including QR codes with links to demonstration videos
- Promote supervised/introductory sessions via the Active Communities Program calendar of events
- Promote the availability of the seniors exercise park via health and community service providers
- Organise supervisor training for community leaders to enable community-led activation and facilitation

Management

- Relevant Council departments to agree on management and maintenance responsibilities, with the following suggested:
 - Active Monash: Programming and supervised session delivery
 - Aged and Community Care/Media and Communications: Promotion and communication
 - Facility and Infrastructure Maintenance: Park and equipment maintenance



APPENDICES



APPENDICES

No.	Appendix
1	Site assessments
2	Potential exercise park locations
3	Design principles for seniors exercise parks
4	Map of assessed sites

APPENDIX 1

SITE ASSESSMENT: BATESFORD RESERVE

Assessment Category		Assessment Commentary	Weighting	Score	Weighted Score
1.	Location	Located in Chadstone in the northeast of the City of Monash. Surrounded by a residential catchment. Lower proportion of older adults in Chadstone, with a growing proportion of older adults in Ashwood/Burwood.	15%	3	9
2.	Environment and site suitability	The site has space available for exercise equipment in proximity of car parking adjacent to either the existing playground or U3A facility. The site is generally accessible via existing pathways. An exercise park can be established in an appropriately visible area and a flat area can be established within the site to ensure accessibility. There appears to be few limitations to development of an exercise park at the site.	20%	4	16
3.	Complementary facilities	The site supports facilities used by U3A Waverley and the Waverley Basketball Association. U3A Waverley attracts use by older adults. The site also provides a playground and basketball half-court, encouraging intergenerational participation within the site. The Active Recreation Opportunities Strategy recommends the installation of a perimeter circuit path (future construction). The site provides toilets, drinking fountain, seating and shade/shelter.	20%	4	16
4.	Access and connection	The site includes internal pathways, with a perimeter circuit path recommended for future development. There is car parking for people with disabilities on the east and west of the basketball stadium. Additional pathways and connections could be provided for people with mobility issues as required.	15%	3	9
5.	Safety	Passive surveillance across the site is appropriate based on visibility from the adjacent roadway and the amount of concurrent use with the site. There are multiple entry and exit points for users, with any exercise equipment recommended to be installed in close proximity of the existing facilities and car parking.	10%	4	8
6.	Transport	The site is accessible via bus on Power Avenue (directly adjacent the site) and within a kilometre of the Holmesglen and Jordanville train stations. There is a high level of car parking (including parking for people with disabilities) given the other concurrent users of the site. Active transport connection is via the local road/path network.	10%	4	8
7.	Complementary services and support	The site is home to U3A, creating opportunities for on-site activation from existing patrons. The site is less than 2km from Oakleigh Recreation Centre, creating the potential for supervised sessions to be serviced from ORC staff if required.	5%	4	4
8.	Strategic alignment	The Active Recreation Opportunities Strategy includes the development of a local fitness equipment node and perimeter circuit path as medium-level priorities.	5%	5	5
TOTAL SCORE				31	75

APPENDIX 1

SITE ASSESSMENT: BRICKMAKERS PARK / OAKLEIGH RECREATION CENTRE

Assessment Category	Assessment Commentary	Weighting	Score	Weighted Score
1. Location	The site is located adjacent to residential properties to the east, with commercial properties to the west and Scotchmans Creek to the north. The Oakleigh Recreation Centre (ORC) and aquatic facility attracts use from a district/municipal catchment, with Brickmakers Park adjoining to the south-east. The site is located in the west of the municipality where the proportion of older adults is lower.	15%	3	9
2. Environment and site suitability	The primary options for the development of an exercise park are within Brickmakers Park or as part of a redevelopment or expansion of the aquatic facility. Brickmakers Park is the most suitable space based on the existing infrastructure, ease of access and lack of available space in the ORC precinct. While the site is located in close proximity to Ferntree Gully Road, it is not highly visible from high traffic roadways.	20%	4	16
3. Complementary facilities	Brickmakers Park provides a district level playground, circuit path, basketball half court, public toilet and shade structure. Opportunities for intergenerational participation can be created through integration with existing play and active recreation infrastructure. Standard outdoor exercise equipment is recommended for installation at the site, with the option to prioritise all or part of the infrastructure for older adults. Direct access to the ORC and aquatic facilities provides additional opportunities to encourage participation, integrate Council services and activate the park.	20%	4	16
4. Access and connection	The site is accessible via the established internal path network, with further provision of access for people with mobility issues possible. The site is relatively flat with some undulation and mounding as part of the existing layout.	15%	3	12
5. Safety	Passive surveillance at Brickmakers Park is generally sufficient, although traffic on Stamford Road is generally localised and not high in volume. Sightlines through the park support passive surveillance. There are multiple entry and exit points along Stamford Street and Lever Street, as well as via pathways to the ORC.	10%	3	6
6. Transport	Car parking along Stamford Street is sufficient, including parking for people with disabilities adjacent to the public toilet. Active transport connections are provided from Scotchmans Creek Trail and the local path network. Public transport is available via bus stops on Ferntree Gully Road and Princes Highway in relatively close proximity to the site.	10%	4	8
7. Complementary services and support	A primary opportunity at this site is the potential for activation through programming and promotion from the ORC. The potential for integrated health and wellbeing services for participants could create a more holistic approach to improving health for older adults.	5%	4	5
8. Strategic alignment	The Active Recreation Opportunities Strategy includes a recommendation to install fitness equipment to complement the circuit path and basketball court at Brickmakers Park as a medium priority.	5%	5	4
TOTAL SCORE			31	76

APPENDIX 1

SITE ASSESSMENT: WELLINGTON RESERVE

Assessment Category		Assessment Commentary	Weighting	Score	Weighted Score
1.	Location	Located in Mulgrave in an area with a higher than average proportion of older adults. The site services a local residential catchment. Located in close proximity to the Clayton commercial/industrial area, which marginally reduces the immediate residential catchment.	15%	4	12
2.	Environment and site suitability	Existing fitness equipment is installed at the site in the area adjacent to the playground and basketball half-court. Space is available to introduce additional fitness equipment components, although this is likely to be in close proximity to the high-voltage transmission lines, potentially diminishing the appeal of the site for some potential users.	20%	3	12
3.	Complementary facilities	The site is home to the Wellington Reserve Community Centre, Mulgrave Library and Mackie Road Neighbourhood House, generating existing use by older adults. The site includes an existing drinking fountain, seating and shelter, with access to public toilets at the pavilion. Locating exercise equipment for older adults adjacent to the playground, existing fitness equipment and basketball half-court would create opportunities for intergenerational use.	20%	4	16
4.	Access and connection	Access and connection within the site is appropriate, with internal pathways to the existing active recreation and play facilities, and a circuit path provided around the oval. Access for people with mobility issues is generally appropriate and could be expanded in the northern area of the site if required.	15%	3	9
5.	Safety	Passive surveillance within the northern area of the site is appropriate, with visibility from Mackie Road and community and sporting club use generating concurrent use of the site.	10%	4	8
6.	Transport	Public transport is available on Wanda Street and Springvale Road but not directly adjacent to the site. There are no direct trail connections to the site, with active transport access via the road/path network.	10%	3	6
7.	Complementary services and support	The community centre, neighbourhood house and library create opportunities for Council to support use and activate and promote a seniors exercise park at the site.	5%	4	4
8.	Strategic alignment	The Active Recreation Opportunities Strategy recommends the installation of fitness equipment and a circuit path at the site as a high priority (note: both components have been installed).	5%	4	4
TOTAL SCORE				29	71

APPENDIX 1

SITE ASSESSMENT: MULGRAVE RESERVE

Assessment Category		Assessment Commentary	Weighting	Score	Weighted Score
1.	Location	Located on the border of Wheelers Hill and Mulgrave close to the eastern boundary of the City of Monash. Services a residential catchment to the west and south. An area with a higher than average proportion of older adults. The Cumberland View Aged Care Centre is located directly adjacent to the site.	15%	4	12
2.	Environment and site suitability	Space on the site is somewhat limited in close proximity to existing infrastructure and supporting facilities. Opportunities to include equipment as part of a circuit path around the ovals or adjacent to the playground or pavilion should be considered. The space is generally flat and accessible. The Mulgrave Reserve Master Plan establishes planned uses for other spaces adjacent to the car parking along the entry road.	20%	3	12
3.	Complementary facilities	There are limited complementary facilities at the site that attract use by older adults. The site provides seating, shelter and toilets, and is connected to the Dandenong Creek Trail at its eastern boundary. Other facilities are focused on organised sport, with local football and cricket hosted at the site. The site is a designated dog off-leash area.	20%	3	12
4.	Access and connection	Internal access and connection throughout the site is limited, but will be improved through the implementation of the master plan. Parking at the site is generally sufficient and would service potential use by older adults accessing an exercise park or circuit.	15%	3	9
5.	Safety	Passive surveillance from Garnett Road is obscured by vegetation. The proposed development of the path network outlined in the master plan would create additional entry and exit points, although it is noted that the site is surrounded by wetlands and environmental regrowth zones, which limit visibility and surveillance.	10%	2	4
6.	Transport	Public transport is provided via a bus route on Garnett Road. Active transport connection to the site is made via the Dandenong Creek Trail on the eastern boundary of the site. The site has sufficient car parking (including parking for people with disabilities).	10%	4	8
7.	Complementary services and support	There are limited complementary services and support within or connected to the site. The primary complementary service provided is the connection to the Cumberland View Aged Care facility, which is an extensive facility but provides limited opportunities for formalised activation or support.	5%	3	3
8.	Strategic alignment	The Active Recreation Opportunities Strategy recommends the installation of a circuit path around the south and south-east ovals (as per the master plan). The master plan for the site recommends the establishment of a recreation fitness and walking trail around the ovals, which could potentially incorporate equipment for older adults, although this is not explicitly stated.	5%	4	4
TOTAL SCORE				26	64

APPENDIX 1

SITE ASSESSMENT: FREEWAY RESERVE

Assessment Category		Assessment Commentary	Weighting	Score	Weighted Score
1.	Location	Located in Mulgrave directly south of the Monash Freeway. Located in an area with a higher than average proportion of older adults. The site services a local residential catchment and is also located in close proximity to commercial/industrial properties in Clayton.	15%	4	12
2.	Environment and site suitability	The site provides opportunities to incorporate additional fitness equipment/components for older adults alongside existing fitness equipment, but the site has limitations relating to available space and passive surveillance that diminish its suitability. The existing fitness equipment is provided as a circuit along the circuit path, with an alternate space available to the east of the playing field. The area along the northeast of the site has limited passive surveillance due to the Monash Freeway soundwall and vegetation.	20%	3	12
3.	Complementary facilities	The Mulgrave Community Centre and Monash Gardens Retirement Village are located directly adjacent to the western boundary of the site. These facilities are would generate use by older adults and assist in activating an exercise park. Further complementary facilities are limited, with the site primarily consisting of facilities for organised sport. The site has appropriate access to toilets, shelter, drinking fountains and seating.	20%	4	16
4.	Access and connection	The internal path network is well established, although it is acknowledged that some of the surfaces and access ramps may create accessibility challenges for people with limited mobility. Access and connection provision is generally suitable, but it may limit access to potential participants that are less mobile.	15%	3	9
5.	Safety	Passive surveillance at the site is an issue in areas, with visibility along the northeast edge of the site limited, particularly along the existing circuit path and fitness loop. The remainder of the site is open and visible for users, although visibility from Wellington Road is obscured by mounding for the retarding basin. Safety issues are not prohibitive, but may diminish the attractiveness of the site for older adults.	10%	3	6
6.	Transport	Public transport connection is provided via bus on Wellington Road. Active transport connections are provided via the local road/path network. Car parking is generally suitable, although passive surveillance of car parking is limited given its location and views being obscured from Wellington Road by infrastructure and vegetation.	10%	3	6
7.	Complementary services and support	The Mulgrave Community Centre provides opportunities to support and activate exercise equipment for adults. Further complementary services and support are limited.	5%	4	4
8.	Strategic alignment	The Active Recreation Opportunities Strategy does not include recommendations for Freeway Reserve as the circuit path and fitness loop were established prior to the development of the strategy.	5%	3	3
TOTAL SCORE				27	68

APPENDIX 1

SITE ASSESSMENT: GLADESWOOD RESERVE

Assessment Category		Assessment Commentary	Weighting	Score	Weighted Score
1.	Location	Located in Mulgrave in the south-east corner of the City of Monash. In an area with a higher than average proportion of older adults. The site services a local residential catchment and is directly adjacent to the Mulgrave Primary School.	15%	4	12
2.	Environment and site suitability	The Gladeswood Reserve Master Plan is currently under development, with increased active recreation and improved supporting infrastructure likely to feature as high priorities within the plan. The open space area in the north of the reserve is relatively flat and suitable for exercise equipment for older adults. The site does include areas with significant grades that may diminish accessibility for some users. The opportunity to integrate exercise equipment for older adults into a broader play and active recreation node provides the ability to create intergenerational participation opportunities.	20%	4	16
3.	Complementary facilities	Existing complementary facilities relevant for older adults are limited, with the majority of infrastructure focused on children (preschool, primary school). It should be noted that a large aged care facility is proposed for construction on Jacksons Road and a potential direct access path will be considered for installation via the transmission easement.	20%	3	12
4.	Access and connection	Access and connection within the site is generally appropriate across the majority of the site, noting that there are significant grades through the transmission easement to the east. The grades of access paths on the northern edge of the site may also create accessibility issues for people with limited mobility. Access improvements will be incorporated during the development of the master plan.	15%	3	9
5.	Safety	Passive surveillance across the site is generally sufficient, although there are areas of the site that provide facilities with limited visibility from Gladeswood Drive or Maygrove Way, including the existing public toilets. Improvements to passive surveillance and the location of supporting infrastructure will be included within the master plan.	10%	3	6
6.	Transport	Public transport access is available via bus on Jacksons Road (not directly adjacent to the site). Active transport connection for older adults is somewhat diminished due to the steep grades of the road/path network between the Dandenong Creek Trail and Gladeswood Reserve. Existing car parking is sufficient and aims to be improved through the development of the master plan.	10%	3	6
7.	Complementary services and support	Complementary services and support relating to older adults is limited at the site. The tennis club has a cohort of older adult members, but access to tennis facilities is restricted to club members only.	5%	2	2
8.	Strategic alignment	The Active Recreation Opportunities Strategy did not include any recommendations for Gladeswood Reserve due to the existing infrastructure at Waverley Park. The development of the master plan provides an opportunity to incorporate planning and design for older adults into new active recreation facilities.	5%	4	4
TOTAL SCORE				26	67

APPENDIX 1

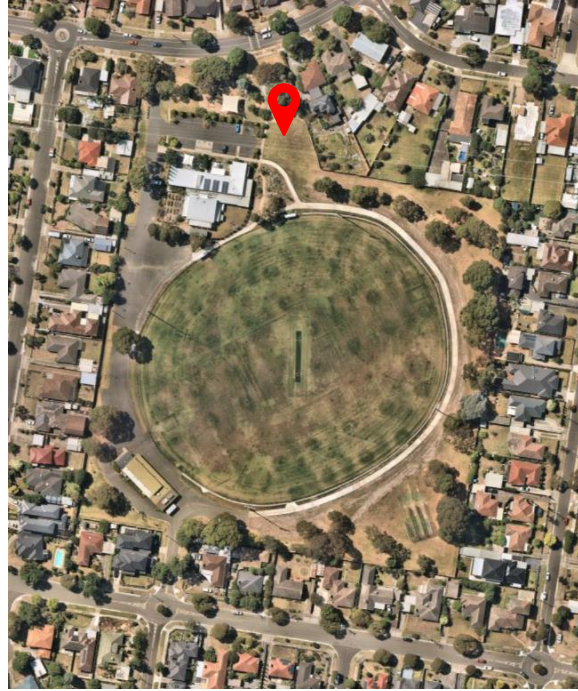
SITE ASSESSMENT: COLUMBIA PARK

Assessment Category		Assessment Commentary	Weighting	Score	Weighted Score
1.	Location	Located in Mulgrave in the south-east of the City of Monash. In an area with a higher than average proportion of older adults. The site is surrounded by a residential catchment on all sides, with the Weary Dunlop Retirement Village and Wheelers Hill Shopping Centre located to the north of the site along Jells Road.	15%	4	12
2.	Environment and site suitability	The site has appropriate space to accommodate a seniors exercise park, with the primary siting option adjacent to the existing playground on the eastern side of the reserve.	20%	4	16
3.	Complementary facilities	Complementary facilities within the site are limited, with the site primarily developed for organised sport use. The site also provides an early learning centre and is directly adjacent to the Waverley Meadows Primary School. It should be noted that supporting infrastructure including public toilets, shelter and shade would need to be considered with any development of active recreation infrastructure for older adults.	20%	2	8
4.	Access and connection	The site has a limited internal path network, noting that the section through the east of the site is granitic sand. People with mobility issues could be successfully accommodated within the site, although additional concrete pathways and access points would improve accessibility.	15%	3	9
5.	Safety	Passive surveillance across the site is generally very good, with sight lines from Jells Road and Columbia Drive creating a high level of visibility. The site has multiple entry and exit points on the eastern and western boundaries.	10%	4	8
6.	Transport	Public transport access is available via bus on Columbia Drive. Active transport access is provided via the local road/path network. The site has sufficient car parking on the western side of the reserve, including parking for people with disabilities.	10%	4	8
7.	Complementary services and support	Complementary services and support within and surrounding the site are limited, with the majority of services in the direct vicinity of the site focused on young people, with the exception of the aged care facility to the north of the site.	5%	2	2
8.	Strategic alignment	The Active Recreation Opportunities Strategy recommends the installation of a multipurpose active recreation node at the site as a medium priority. Exercise equipment components for older adults could be incorporated into this active recreation node.	5%	4	4
TOTAL SCORE				27	67

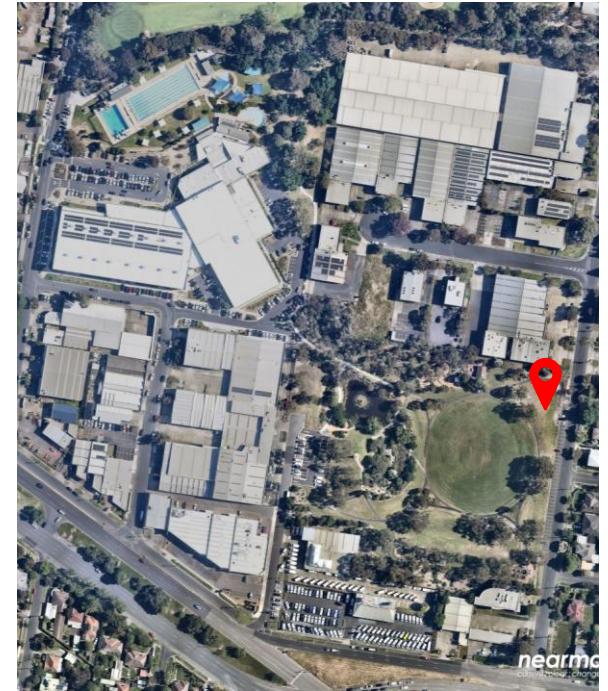
APPENDIX 2 PROPOSED SITING OPTIONS



Batesford Reserve



Wellington Reserve



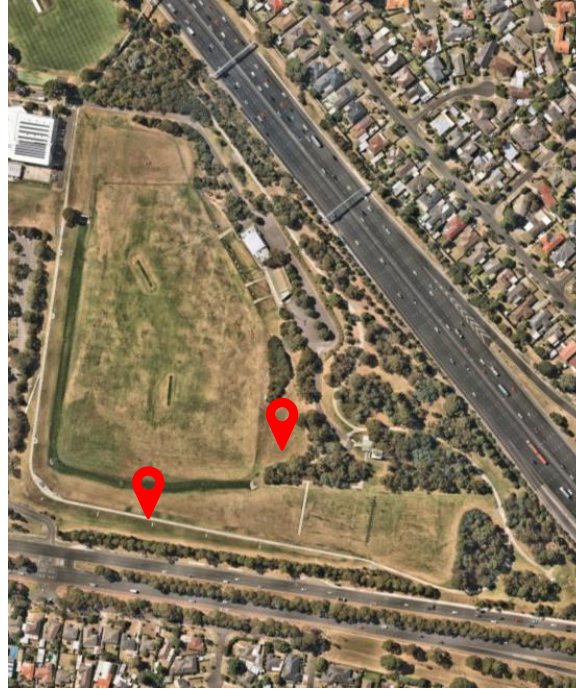
Brickmakers Reserve / Oakleigh Recreation Centre

APPENDIX 2

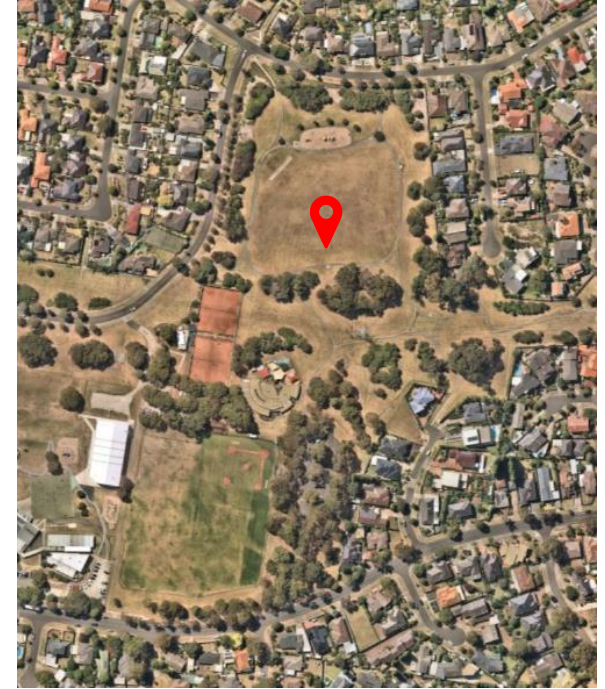
PROPOSED SITING OPTIONS



Mulgrave Reserve



Freeway Reserve



Gladeswood Reserve

APPENDIX 2

PROPOSED SITING OPTIONS



Columbia Park

APPENDIX 3

DESIGN PRINCIPLES

Exercise infrastructure can be tailored for older adults by considering the types of suitable activities and barriers to physical activity for older people.

Consideration must be given to equipment selection, surface treatments, signage, supporting infrastructure, and accessibility to and within the exercise facility.

The following guidance has been provided by the National Ageing Research Institute through the following journal article:

Guidance about age-friendly outdoor exercise equipment and associated strategies to maximise usability for older people
(<https://onlinelibrary.wiley.com/doi/full/10.1002/hpja.367>)

Key Considerations for Exercise Equipment

Physical activity types to be targeted by the outdoor exercise equipment	<ul style="list-style-type: none">• Day-to-day movements• Functional strength• Joint movement and flexibility• Balance• Aerobic fitness
Built environment – location	<ul style="list-style-type: none">• Close proximity to residential area, amenities and community hubs• Proximity to other sport and recreational opportunities• Easily accessible by foot and other mode of transports• Co-location near children's playgrounds
Settings and safe ground surface	<ul style="list-style-type: none">• Benches and sheltered resting areas• Water fountain• Nonslip and compliant surface (Softfall or equivalent),• Safe sidewalk/trails• Shade cover
Increase participation and engagement	<ul style="list-style-type: none">• Clear instructions and signage• On-site labelling/graphics• Organised programs/activities• Designated times for older people classes• Supervision and instructional sessions• Effective communication, marketing and information• Age-friendly senior ambassadors/champions

APPENDIX 3

DESIGN PRINCIPLES

Type	Functionality	Examples	Targeted primary user	Safety considerations	Limitations	Other considerations for older people
Aerobic machine	Cardiorespiratory system	Sky walker, Cross/elliptical trainer, stationary bike	Adults		No resistance, no adjustable pieces. No progression of exercise difficulty is possible	
Dynamic resistance gym-based machine	Strength	Leg press, chest press, pull down	Adults Experienced/fit older adults	Users need to be able to lift body weight pull/push against machine weight	Fixed movement based on manufacture. No adjustable points/elements for different individual needs/body size/dimension No progression of exercise difficulty is possible	
Static gym-based machine	Strength	Pull/push up bars, benches	Adults Experienced/fit older adults	Users need to be able to lift body weight. Users need to complete transfer movements unaided (eg, standing up from a lying position)		
Balance beams, agility equipment	Strength, balance	Balance beam	Adults	Not safe for older people if no handrail provided	Agility/jump boxes are high boxes > 30 cm, which limit usability for those who are unable to jump safely to/from a high platform	
Senior Exercise Park	Multiple stations of range of motion, functional strength, balance, cardiorespiratory fitness	Shoulder arch, core twister, sit to stand, balance beam, unstable walkway bridge, finger steps, stairs, step up platform.	Adults and older people	Handrail/hand support bars are provided for each equipment piece	Can be used by children; a priority use by older people should be indicated	Multigenerational. Exercises can be adjusted/modified for various physical capabilities
Others - stand-alone static equipment	Strength, flexibility	Stretching station or step-up platforms	Adults and older people	Handrail/hand support bar is needed for safety	Step height higher than the accepted standard height (22.5 cm) will limit usability	

APPENDIX 4

MAP OF ASSESSED SITES

Preliminary assessments were conducted across the following Council parks and reserves:

Argyle Reserve, Batesford Reserve, Bogong Reserve, Brickmakers Park / Oakleigh Recreation Centre, Cameron Avenue Reserve, Capital Reserve, Carlson Reserve, Central Reserve, Columbia Park Reserve, Davies Reserve, Essex Heights Reserve, Freeway Reserve, Gardiners Creek Reserve, Gladeswood Reserve, Glen Waverley North Reserve, Glen Waverley Sports Hub, Hinkler Reserve, Jack Edwards Reserve, Jells Park, Jingella Reserve, Legana St Reserve, Monash Aquatic & Recreation Centre, Mount Waverley Reserve, Mulgrave Reserve, Napier Park, Princes Highway Reserve, Reg Harris Reserve, Samada St Reserve, Southern Reserve, St Claire Crescent Reserve, Warrawee Park, Waverley Park, Wellington Reserve

Detailed assessments were conducted at the following sites:

1. Batesford Reserve
2. Brickmakers Park / Oakleigh Recreation Centre
3. Wellington Reserve
4. Mulgrave Reserve
5. Freeway Reserve
6. Gladeswood Reserve
7. Columbia Park

