



Fact Sheet: Wellbeing in the ACT

What is the ACT wellbeing project?

The ACT wellbeing project will measure how people in Canberra feel about their lives and will include things that are important for Canberrans to live a good life.

What is wellbeing?

Wellbeing means the things needed to live a good life such as being healthy, having close family and friends, or being able to do the things you would like to do like visit a park, or join a club or community group. Wellbeing can mean different things to different people.

Who is running the wellbeing project?

The ACT Government. We are listening to the community about what things are most important to your quality of life so that we can include them in the wellbeing project.

What will the wellbeing project do?

The ACT Wellbeing project will track how Canberra is doing. The wellbeing project will help the government to work out what is most important. The project will also help the government to make decisions. The Chief Minister will provide a report in the Budget each year. This report will talk about the wellbeing of people who live in Canberra.

Why are we doing this?

In the past we have looked at things like how much money people earn or how the economy is going. But there is more to life than how much money we have. The ACT government would also like to measure other things. These things could include how well we look after the environment, how well the government listens to the community, how we support one another, and how healthy we are.

How can I help?

We would like to hear from you on what matters most for you and your wellbeing to help our work on the ACT wellbeing project.

When will the ACT wellbeing project be finished?

The Chief Minister will launch what the government is going to measure about our wellbeing in March 2020.

Where can I learn more about the ACT Wellbeing project?

You can visit our website at <https://www.yoursay.act.gov.au/wellbeing>

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How could we group our quality of life into some areas or “domains”?

The areas or categories of wellbeing are called “domains”. There are twelve (12) draft domains in the table below. These were written based on what people told us in July and August 2019.

The boxes show draft wellbeing “domains”.

Living standards I can meet my basic needs	Education and life-long learning I have the skills and education I need and can improve my skills in the future
Housing and Home I have a place to call home	Physical and Mental Health I am healthy and can find the right care when I need it
Time Use I live a balanced life with time for what matters	Governance and Institutions I have a chance to have a say on issues that affect me
Environment I can enjoy the natural and built environment now and in the future	Mobility and Accessibility I can get around and access the services I need
Social Connection I am connected to my family, friends and community	Belonging and Cultural Identity I am free to express my culture, I belong, and I can be part of broader society
Economy and the Region I can share in our city’s economy	Safety I can be and feel safe