

WELLBEING INDICATORS

REPORT ON WHAT WE HEARD

WELLBEING INDICATORS

The ACT Government is developing a set of wellbeing indicators to help our community better understand and track the drivers of a good life.

In the past, measures of progress have typically focussed on economic metrics such as growth in incomes and Gross State Product. Wellbeing indicators monitor our progress across a broader range of areas that matter to the community, like our health, environment and relationships with others.

There is no single definition of wellbeing – members of any community will have different perspectives of what affects their quality of life and that of others. However, there are likely to be a range of attributes we value as a community and consider important enough to make a priority. It is these shared values that we aim to capture in the ACT's wellbeing framework.



The ACT Government has started a conversation with the community about what matters for wellbeing and how we should measure or track this in the years to come. Our indicators will be able to measure our progress over time and highlight those areas where progress hasn't been evenly felt.

The aim is to have a set of indicators which can be tracked at the Territory level, as well as on a more disaggregated basis like geographic areas and particular community cohorts. This will be important to ensure we are able to properly see and understand the full range of life experiences people have within our community.

THE CONVERSATION

On Friday 5th July 2019, as part of series of similar sessions, we held a facilitated roundtable with representatives of groups which provide services, advocacy or support within a variety of sectors in Canberra.

The roundtable considered Canberra's values and how Canberra's wellbeing could be described at the moment. Through group exercises, participants identified key descriptions of wellbeing and ways these descriptions could be measured.

These conversations took place to help us understand what matters to Canberrans when it comes to quality of life and the drivers of our wellbeing. This was part of the first phase of development for our ACT Wellbeing Indicators, and stakeholders will be actively invited to participate and have their say through all phases of engagement.

The roundtable identified general areas of wellbeing in the ACT which included:

Community

- Socially connected, inclusive, active, involved, supporting, generous, empathetic, diverse, resilient, optimistic, responsible, compassionate and safe community, free of bullying, discrimination and harassment
- Work life balance with job security and satisfaction
- Connection to friends, families, and neighbours is valued and celebrated
- Active involvement and participation within the community including spiritual, sporting, creative, volunteering, recreation, music

Environment – built and natural

- Connection of natural and built environments - garden city/ bush capital
- Access to open space and natural recreation environments
- Urban environments focus on wellbeing, liveability and accessibility - clean, accessible, and well-maintained public assets and spaces with quality transport and housing
- Environmental health is a priority with focus on ecological health, sustainability, fauna protection, water quality, reduced waste and becoming carbon neutral

Health – physical, mental and spiritual

- Quality, timely and affordable physical and mental healthcare, with a focus on prevention
- Participation in active lifestyles and public infrastructure to support it
- Reduced suicide, substance abuse, gambling, obesity
- Spiritual needs met through work life balance, connection with family, friends, pets and green spaces

Education

- Well educated community, with accessible tertiary education and lifelong education opportunities
- Beneficial education preparing the community with appropriate skills for work environments and contributing to our community
- Educational environment is world class, culturally appropriate, tolerant, and trauma informed.
- No child left behind

Basic needs – housing, food security, essential services | Financial security

- Everyone financially secure, prosperous; able to meet needs and reasonable wants to live a good life
- Safe, appropriate, housing; sufficient, affordable, nutritious food
- Good and stable income and employment conditions
- Access to essential and emergency services with social connectedness and support

Cultural identity

- Pride in being Canberran increased



- Acceptance regardless of diversity; decrease in hate speech, bullying and harassment
- Cultural celebration, awareness, sharing, belonging, resilience, respect, engagement and participation in our multicultural community
- Identity – self, family, community
- Trust in neighbours and community

Restorative and reconciled city

- Acknowledging and celebrating our indigenous past, present and future
- Reducing the gap across health, wellbeing, incarceration and family violence
- Increased cultural sensitivity and understanding
- Restorative - honest acknowledgement of history, working to a shared future with facilitated contribution. Rebuilding, maintaining, and growing community, connection with other people, land and country
- Indigenous leadership

Personal safety

- Personal safety (and the feeling of safety) for everyone from immediate harms at home, work, school, in public spaces, in institutions or online
- Personal stability – employment, financial, housing
- Low crime and engaged and community oriented police force

Participation and governance | Accessibility

- Trusted and quality governance
- Engaged community with meaningful participation and ability to make a difference to policy development, regardless of age or diversity
- Accessible transport, education and services, particularly for vulnerable groups

Time | Making a contribution

- Ability to make meaningful and satisfying contribution to the community through work, volunteering etc.
- Time for a balanced life including family, work, sleep, leisure, relaxation and reflection
- Feel valued

The information above is presented in the groupings that were used during the roundtable. This Listening Report captures the sentiments of proceedings at a high level. All input provided to the roundtables will be considered in the development of the Wellbeing Indicators for the ACT.



WHO ENGAGED

The Roundtable engaged with a diverse range of representatives from groups:

ACT Disability, ACT Advisory Policy Group -Seniors and Veterans, ACT LGBTIQ Ministerial Advisory Council, Aged Carer Advocacy Service, Anglicare NSW South-West ACT, Belconnen Arts, Canberra Alliance Planning and Regulation, Canberra Multicultural Community Forum, Cancer Council ACT, CBR Innovation Network, ACT Children and Young People Death Review Committee, Coalition Of Major Participation Sports ACT Group, Hepatitis ACT, Human Rights Commission, Legal Aid ACT, Mental Health Advisory Council, Pedal Power ACT, Public Health Association Australia, Relationships Australia, Unions ACT, University of Canberra Caps and Physical Activity Foundation, Uniting NSW ACT, and Women's Centre for Health Matters.

WHAT'S NEXT?

This was the second in a series of public stakeholder roundtables.

Four roundtables with the community were held during July 2019. The feedback from all these roundtables, along with other community feedback begins the process of domain and indicator initial design in partnership with academics and wellbeing specialists. Further consultation and engagement with the broader Canberra community to get feedback on a proposed set of indicators will take place from September to November 2019.