



What does it take to be **Age Friendly**

Norquest College, Institute for Continuing Care Education and
Research Event, June 6, 2018

AGEING and HEALTH



Between 2000 and 2050, the number of people aged 60 and over is expected to double

In 2050, more than 1 in 5 people will be 60 years or older.



By 2050, 80% of older people will be living in low- and middle-income countries.

► EVERY OLDER PERSON IS DIFFERENT



Some have the level of functioning of a 30 year old.



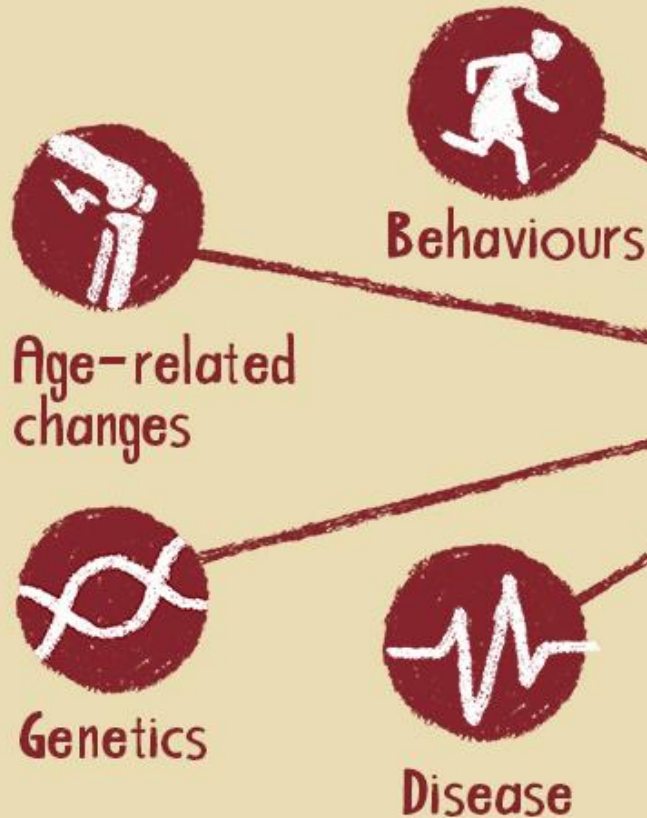
Some require full time assistance for basic everyday tasks.

Health is crucial to how we experience older age.

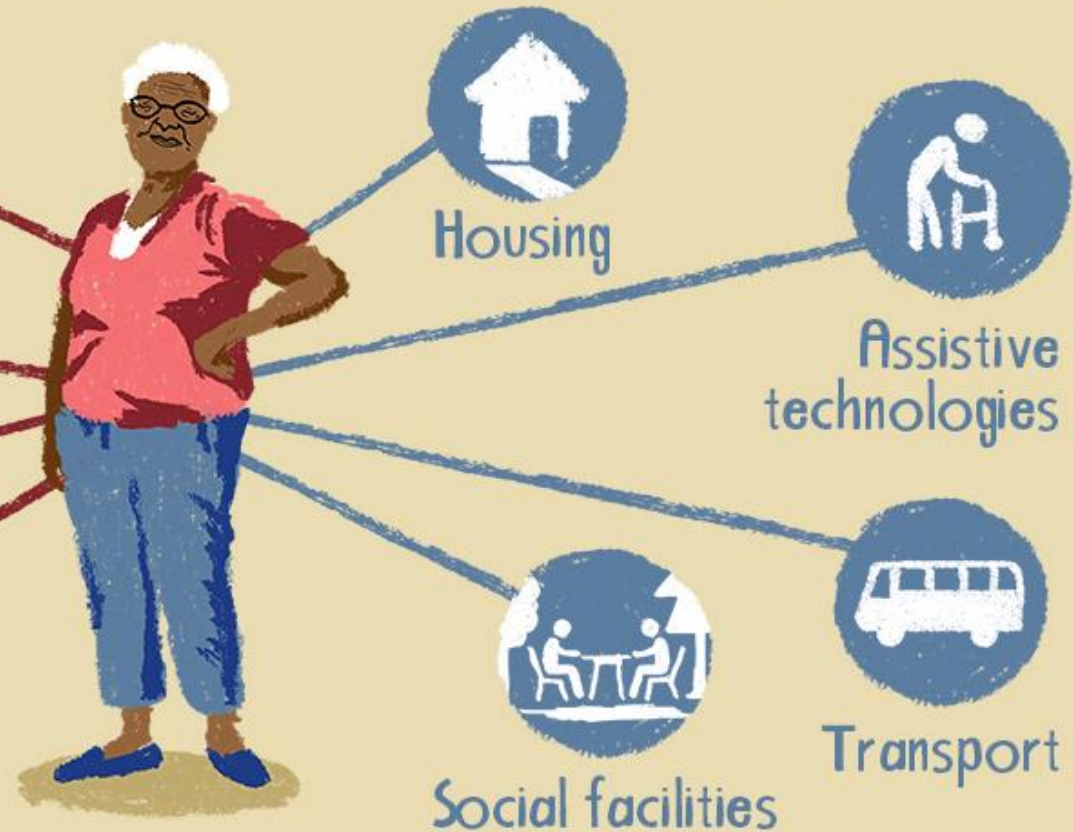
Health is crucial to how we experience older age.

▶ WHAT INFLUENCES HEALTH IN OLDER AGE

INDIVIDUAL



ENVIRONMENT THEY LIVE IN



Creation of age-friendly environments



1. Community & Health Services
2. Communication and Information
3. Social Participation
4. Transportation

5. Respect & Social Inclusion
6. Civic Participation & Employment
7. Housing
8. Outdoor Spaces and Buildings

Age Friendly Communities



- Citizens are treated as builders, creators, contributors
- When creating our communities, we need to ask: Do these ideas and initiatives connect people of all ages?
- We can invent new ways to connect people & create a community that is healthier, more prosperous & more fun

ESCC's work to support AFE

The Working Together Continuum

Compete	Co-exist	Communicate	Cooperate	Coordinate	Collaborate	Integrate
Competition for clients, resources, partners, public attention.	No systematic connection between agencies.	Inter-agency information sharing (e.g. networking).	As needed, often informal, interaction, on discrete activities or projects.	Organizations systematically adjust and align work with each other for greater outcomes.	Longer term interaction based on shared mission, goals, shared decision-makers and resources.	Fully integrated programs, planning, funding.

Turf



Trust

Community Supports for Seniors

- ESCC provides support and facilitates collaboration(s) among organizations that provide direct services to seniors



Seniors Information Phone Line

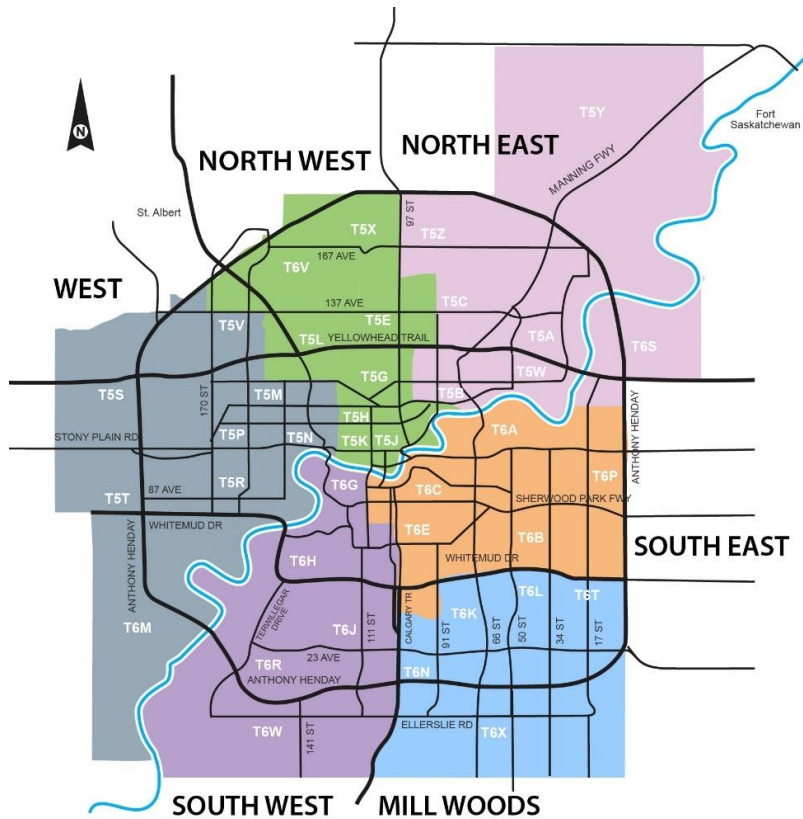
- Facilitated collaboration between CMHA to adapt 211 to be more responsive to seniors



Seniors Information Phone Line
Connecting Seniors to Supports and Services



Seniors Home Support Program



West	North West	North East	South East	Mill Woods	South West
Westend Seniors Activity Centre (780) 483-1209	North West Edmonton Seniors Society (780) 482-1958	North Edmonton Seniors Assoc. (780) 944-7470	South East Edmonton Seniors Assoc. (780) 468-1985	Mill Woods Seniors Association (780) 496-2997	SouthWest Edmonton Seniors Assoc. (780) 860-2931
T5M T5N T5P T5R T5S T5T T6M T5V	T5E T5G T5H T5J T5K T5L T5X T6V	T5A T5B T5C T5W T5Z T6S T5Y	T6A T6B T6C T6E T6P	T6K T6L T6N T6T T6X	T6G T6H T6J T6R T6W

Unwanted Social Isolation of Seniors Social Vulnerabilities and Supports

RISK FACTORS

poverty
Physical Health & Mobility Limitations

Mental Health Limitations
Language Barrier
Caregiving for a Loved One

Transportation Issues
Emotional Health Issues
Environmental

LOSSES/CRISES

Loss of Income
Physical Health & Mobility Crises
Death of Loved One

Mental Health Crisis
Loss of Connections with Family

Loss of Home
Loss of Driver's License
Loss of a pet

EXTERNAL SUPPORTS FROM COMMUNITY & OTHERS

Income Supports
Medical/Health Supports

Family/Caregiving Supports
Community Supports
Religious Communities

Seniors Housing
Transportation
Advocate's Support

INTERNAL RESILIENCE FACTORS & SELF-CARE

Personally-Meaningful
Action

Personal Resilience

Spirituality

Self Advocacy

Staying Active
& healthy

Positive Relationship



Systemic Barriers

Restrictive Government Policies (e.g. SuperVisa for immigrants)
Not Enough Affordable Seniors Housing
Not Enough Affordable Transportation

Potential Systems Solutions

Policy Improvement
Enough Income Supports
Age Friendly Spaces
Enough Affordable Housing
Enough Affordable Transportation

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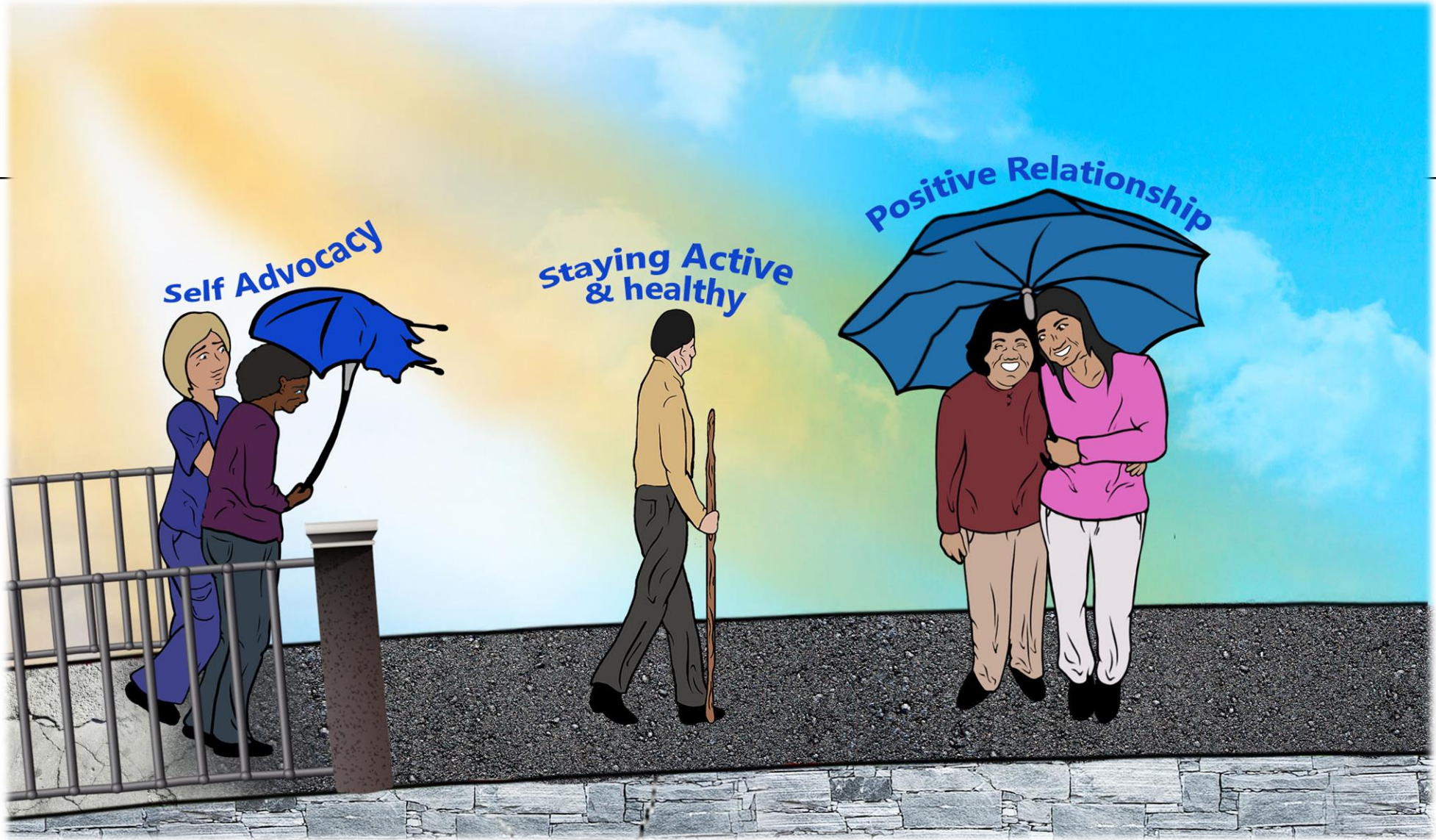


Spirituality



Personal Resilience







Potential Systems Solutions

Policy Improvement

Enough Income Supports

Age Friendly Spaces

Enough Affordable Housing

Enough Affordable Transportation

AFE Public Engagement 2017

Think Tanks results and Priority Matrix were used to identify top priorities:



AGING IN PLACE



INTERGENERATIONAL



DIVERSITY



AGEISM



Questions?

[www. agefriendlyedmonton.ca](http://www.agefriendlyedmonton.ca)

Contact Information

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