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.
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WHAT INFLUENCES HEALTH IN OLDER AGE

INDIVIDUAL
- Age-related changes
- Genetics
- Behaviours
- Disease

ENVIRONMENT THEY LIVE IN
- Housing
- Assistive technologies
- Social facilities
- Transport
- Travel

Social services
Transport
Housing
Assistive technologies
Social facilities
Transport
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

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

West
Westend Seniors Activity Centre
(780) 483-1209

North West
North West Edmonton Seniors Society
(780) 482-1958

North East
North Edmonton Seniors Assoc.
(780) 944-7470

South East
South East Edmonton Seniors Assoc.
(780) 468-1985

Mill Woods
Mill Woods Seniors Association
(780) 496-2997

South West
SouthWest Edmonton Seniors Assoc.
(780) 860-2931

T5M, T5N, T5P, T5R, T5S, T5T, T6M, T5V
T5E, T5G, T5H, T5J, T5K, T5L, T5X, T5V
T5A, T5B, T5C, T5W, T5Z
T6A, T6B, T6C, T6E, T6P
T6K, T6L, T6N, T6T, T6X
T6G, T6H, T6J, T6R, T6W
RISK FACTORS

- Poverty
- Physical Health & Mobility Limitations
- Mental Health Limitations
- Language Barrier
- Caregiving for a Loved One
- Transportation Issues
- Emotional Health Issues
- Environmental
Losses/Crisis:
- 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
INTERNAL RESILIENCE FACTORS & SELF-CARE

- Personally Meaningful Action
- 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

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