

# The Healthy Aging Framework

*In its current state, the community-based seniors serving (CBSS) sector in Alberta is well-positioned for an acceleration to their valuable work through broad provincial coordination, a shared framework for action, and a common vision. While we work together, it can sometimes feel like we are trying to compare apples to oranges; with a shared baseline we can coalesce at a systems and policy level more effectively.*

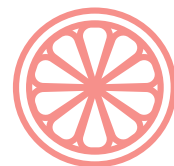
*The Healthy Aging Framework (HAF) offers multiple ways to align the important work that is already being done to serve seniors in Alberta, and establishes a common set of goals to pull towards and weave individual efforts together.*

## WHERE ARE WE NOW AND HOW DO WE GET THERE?

### Current State: Apples to Oranges



Difficulties with articulating and describing similar work in a consistent way slows down our ability to respond together and stifles our ability to effectively sit at the table with other systems.



### Desired State: Apples to Apples



Variety



Variety



If the sector were better able to relate to one another, we would then be empowered to co-develop mutual conceptualizations of change, language, and impact, and evaluate with shared measurements, ultimately accelerating systems work. The *variety* of services would be maintained and each CBSS organization's uniqueness would be valued (just like how apples have variety!).

## Systems State: All-Encompassing Basket of Services



Cross



Connect



On a systems level, a well-coordinated CBSS sector will be better positioned to interact with various players and more effectively advocate and ensure that the strengths, innovations and voices of CBSS organizations are represented. A *holistic* and an all-encompassing basket of services can be designed to support healthy aging.

## How might the Healthy Aging Framework get us to this desired state?

"It is a tool for organizing the collective work of senior centres, and has the potential to provide an integrated, **coordinated, responsive, and person-centred approach** to supporting Alberta's aging population."  
(HAF, p. 115)

"A framework that can identify gaps in service provision across regions; help **inform funding; and establish consistency, standards, and accountability.**" (HAF, p. 52)

While HAF's research was focused on seniors centres, we believe that we can adapt this to the wider sector. We will need the involvement of CBSS organizations to help us determine if this is true.

# Determinants of Healthy Aging

The Healthy Aging Framework organizes the work of senior centres into six interrelated areas that impact the aging process. The adapted framework would similarly organize the work of the CBSS sector.

CBSS organizations would retain the agency and flexibility to design services that meet the needs of their constituents. Services offered are informed by the determinants, and their outcomes function as indicators (shared metrics & data collection) of broader sector-wide impact.

Additionally, the HAF supports an understanding that the current work *is* a response to the need for healthy aging in community. The HAF supports the articulation and language to frame the valuable work.



(HAF, p. 43)

-  **Physical and Mental Health**
-  **Social Environment and Engagement**
-  **Safety and Security**
-  **Social Support**
-  **Physical Environment**
-  **Personal Wellbeing**

Each Determinant has several corresponding Service Responses, Intended Outcomes, and Activities from which senior centres can choose: this provides the flexibility and adaptability that is necessary for a true community-based response to aging in place (HAF, p. 47).

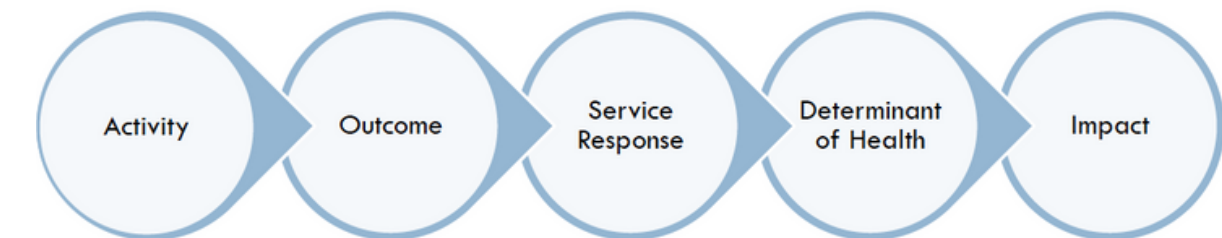
**Activity:** Facilitates the achievement of the intended outcome.

**Outcome:** Focuses and articulates the purpose of the service.

**Service Response:** Meets the need identified by a given Determinant.

**Determinant of Health:** 6 interrelated areas.

**Impact:** 12 Impacts can be measured using broader healthcare system or socioeconomic indicators. (HAF, p. 52)



**Example:**

Falls Prevention Programs & Information

Increased access to programs & services that foster physical health & wellness

Physical Health & Wellness

Physical Health & Wellbeing is interrelated with other determinants such as safety & security

Increased capacity to live independently by enhancing physical wellness

Impact affects GoA Aging Population Policy Framework and other systems like Health (decrease number of hospital visits).

## Adapting Framework & Piloting Tool

This framework has the ability to become a tool that goes beyond the above model. Multiple tools can stem from this framework so that it can be *useful in a variety of situations*. The intention behind adapting this framework is multi-layered.

EVALUATION IS EMBEDDED THROUGHOUT

The CBSS sector will be able to use the Healthy Aging Framework *with multiple systems*. This diagram is still in the works and this is the first draft. We would love to have your feedback!

# Healthy Aging Framework

This diagram is a visual display of the Healthy Aging Framework's versatility and where value can be added.

Government Systems

Funders

CBSS Sector

CBSS Organization



- Advocacy
- Partnerships
- Policy Influence
- Holistic Strategies
- Streamline Funding - Sowing Seeds
- New Funding Opportunities
- Innovative Funding Structures
- Equity Lens to Funding
- Standardized Taxonomy
- Shared Evaluation Metrics
- Minimize Duplication
- Coordinated Response
- Intentional Programming
- Alignment with Broader Goals
- Commitment to Goals
- Measurable Outcomes

IMPLEMENTATION IS EMBEDDED THROUGHOUT