



**Welcome to the
Healthy Aging
2022 Regional Gatherings!**

**Please help yourself to some breakfast!
We will start at 10 a.m.**

Make sure you have the following:

**Name Tag
Comfort Level Sticker**

HEALTHY AGING REGIONAL GATHERINGS

*Transforming the future of
healthy aging together*



Land Acknowledgement

In the spirit of our journey to promote reconciliation, we would like to honour the truth of the shared history and acknowledge the many First Nations, Métis and Inuit who have lived in and cared for these lands for generations.

We are grateful for the traditional Knowledge Keepers and Elders who are still with us today and those who have gone before us.



Housekeeping

Comfort level stickers



Dietary restrictions

Locations to note

- Washrooms
- Emergency exits

We want our time together to be enriching!

- Please take phone calls outside the meeting space
- We encourage interaction but want to hear from as many voices as possible!
- If you need anything to make yourself more comfortable during the day, please ask a member of the HAA team

Healthy Aging Alberta

A network of community allies for older adults

What needs does this initiative address?

Growing senior demographic



Lack of provincial coordination



Not seen as a formal sector



Desire to age in place



Inability to operate at systems and policy level



The Journey



Sector Engagement Project



HEALTHY AGING
CORE Collaborative Online Resources & Education
ALBERTA



2019

2020

2021

2022

COVID-19

Constellation
of Networks
Model



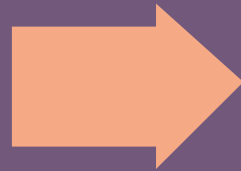
Ministry of Seniors and Housing
Ministry of Community and Social Services

The Vision and Approach

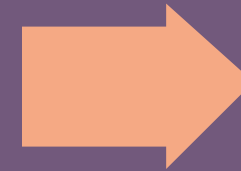
By **building a network** that connects the sector's organizations, we have the ability to have a greater impact on the lives of **all Albertans**.



Sector coordination and broader network weaving



Cross-sectoral collaboration on priority areas



Services for older adults are better resourced and enhanced

Principles that Unite Us



Collaborative



Flexible and Dynamic



Community Driven



Action Oriented



Diverse and Inclusive

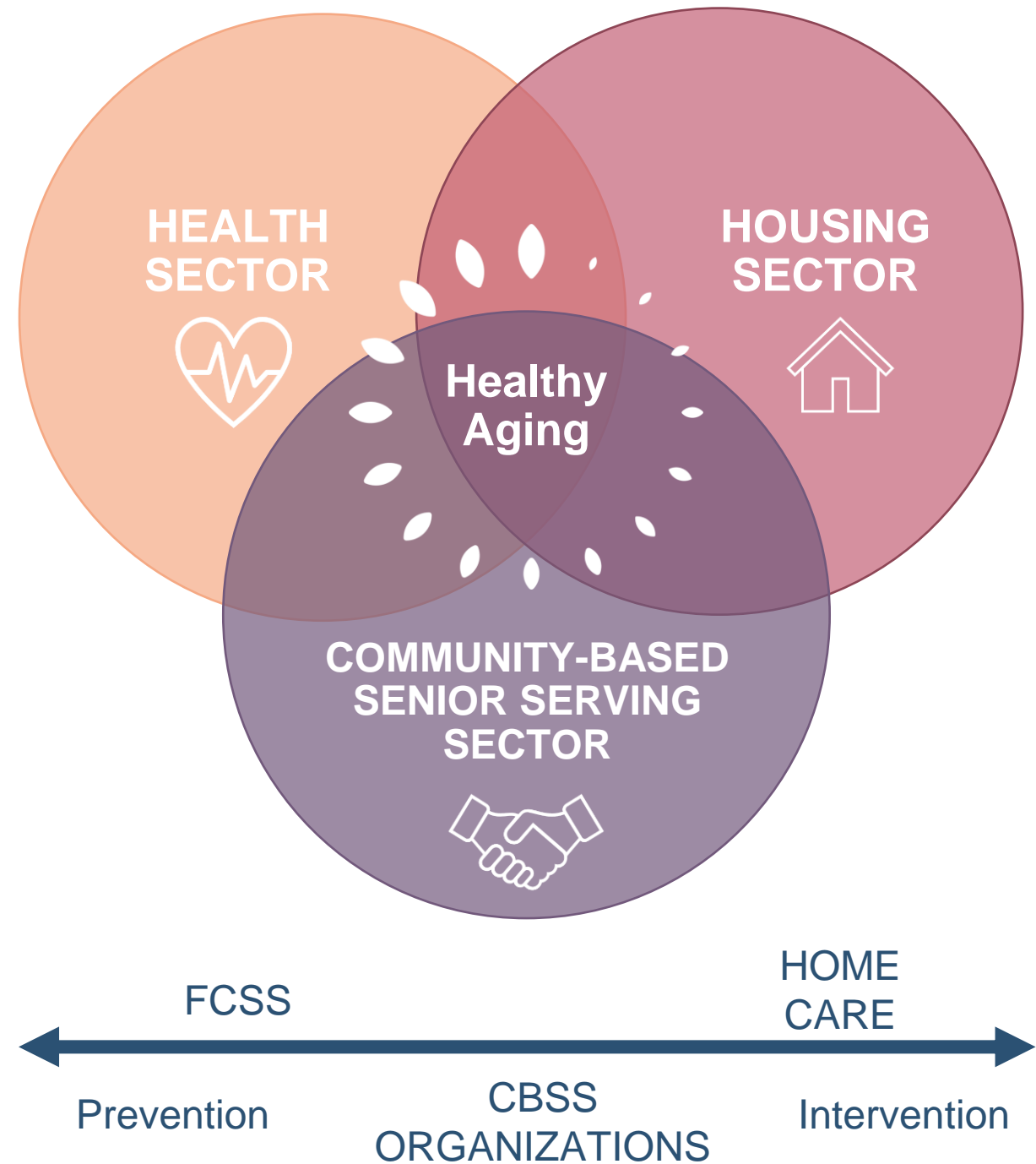


Seniors Centric



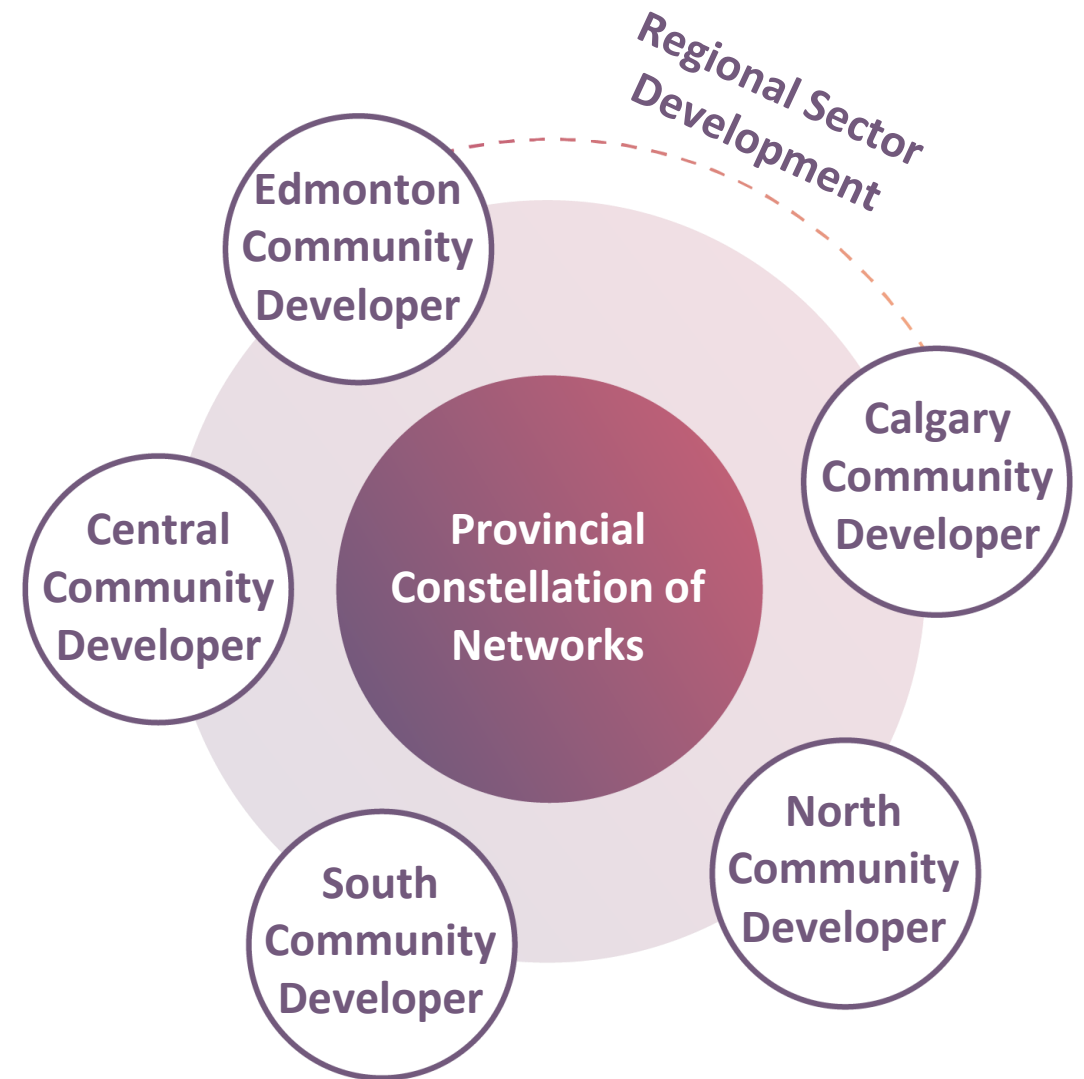
Strategic Objectives

- 1 Establish and coordinate the community-based senior-serving sector in Alberta



Strategic Objectives

2 Provide a provincially-coordinated learning and collaboration network



Strategic Objectives

- 3 Address unmet needs through a community development approach



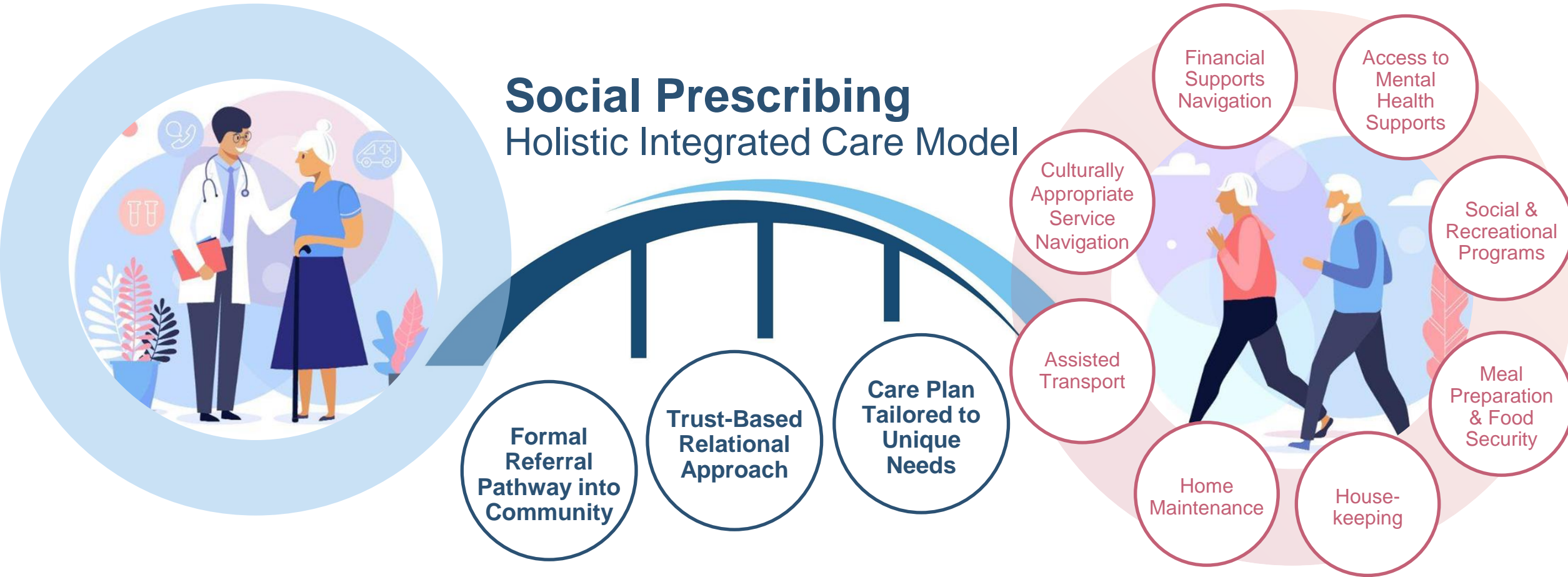
Primary Care

(and other healthcare providers)

Aging in Community

Non-Medical Supports

Social Prescribing Holistic Integrated Care Model



Healthy Aging Alberta

Foundational to facilitating investment and coordinating provincially

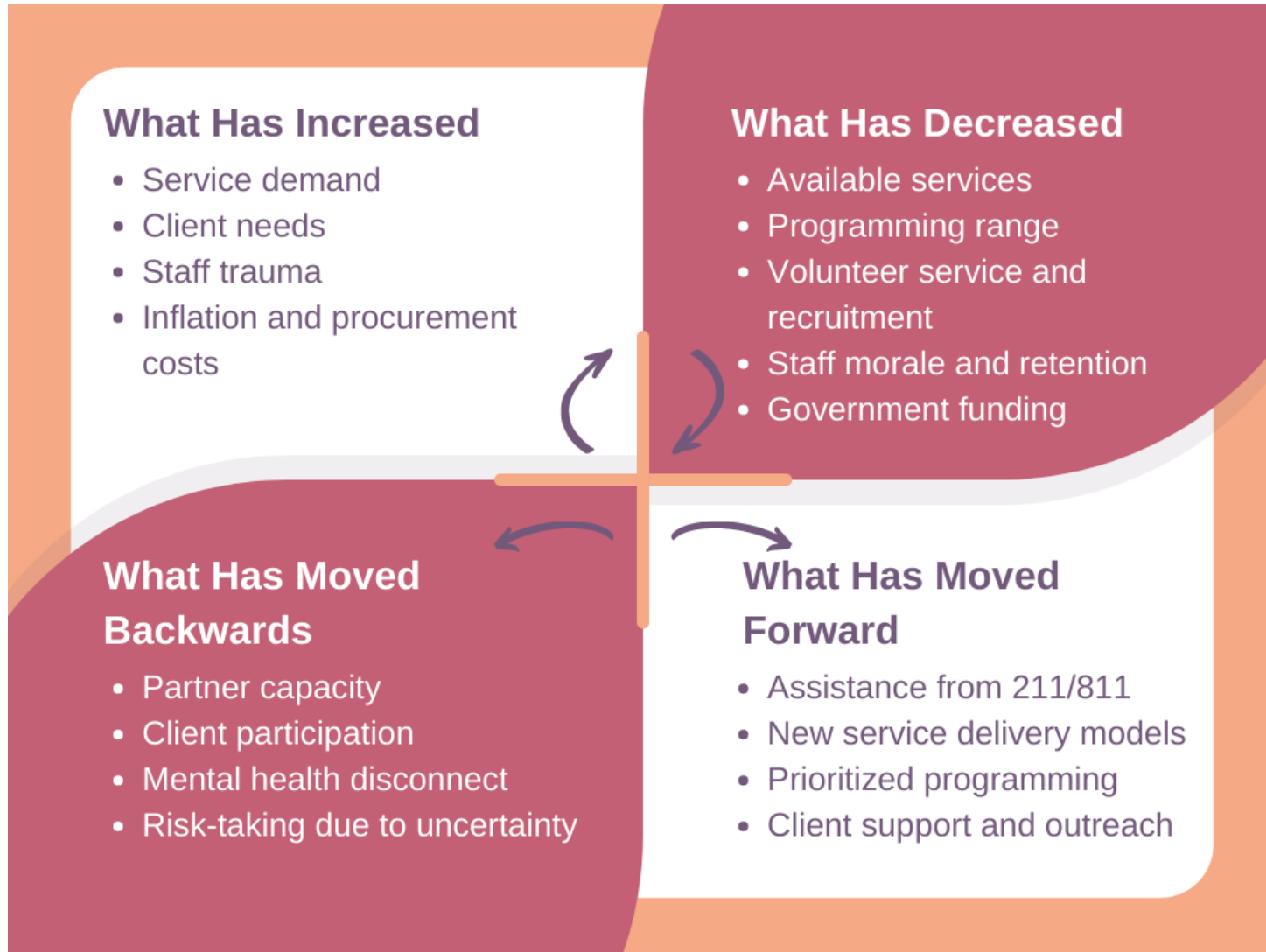
Strategic Objectives

- 4 Advocate for appropriate and coordinated investment in the sector through explore sustainable resourcing options provincially and regionally

COMMUNITY-BASED
SENIOR SERVING
SECTOR



Current State of the CBSS Sector



Service providers conveyed that their current work is:

- **Complex**
- **Challenging**
- **Exhausting**
- **Frustrating**
- **Inspiring**
- **Rewarding**

Issues and Gaps

ISSUES

affecting older adults



Complexities of Aging



Health and Well Being



Mental Health



Addictions



Connection and Participation



Service Navigation



Housing



Transportation

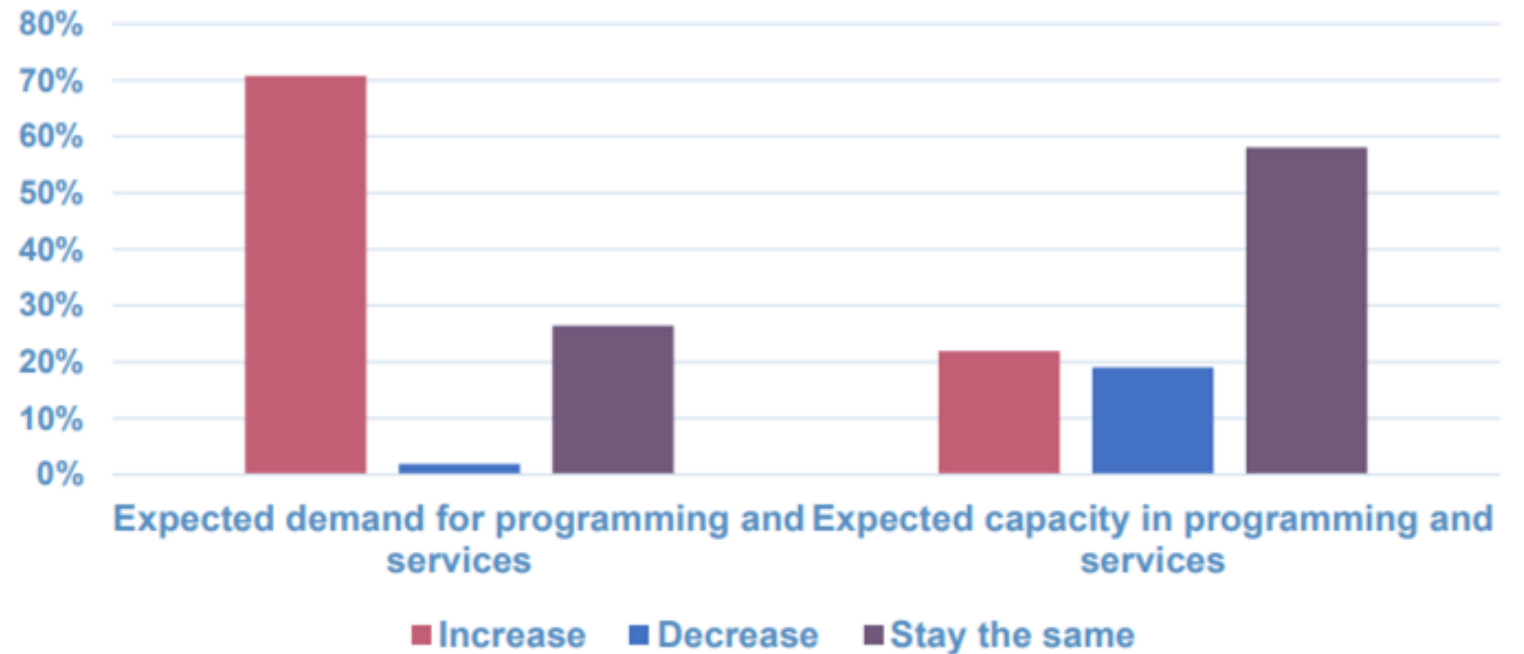


Finances



Technology

Anticipated Change in Demand versus Capacity Over the Next 3-6 Months



Purpose of our time together:

To provide an overview of the Healthy Aging Framework

How will we achieve this?

- Work through an *application* of the Healthy Aging Framework together
- There will be an opportunity for questions and conversation

What is the HAF?

The purpose of the HAF is to **articulate** and **organize** the work of senior-serving organizations, so that older adults are able to age in their chosen homes and communities, rather than moving into higher levels of care.

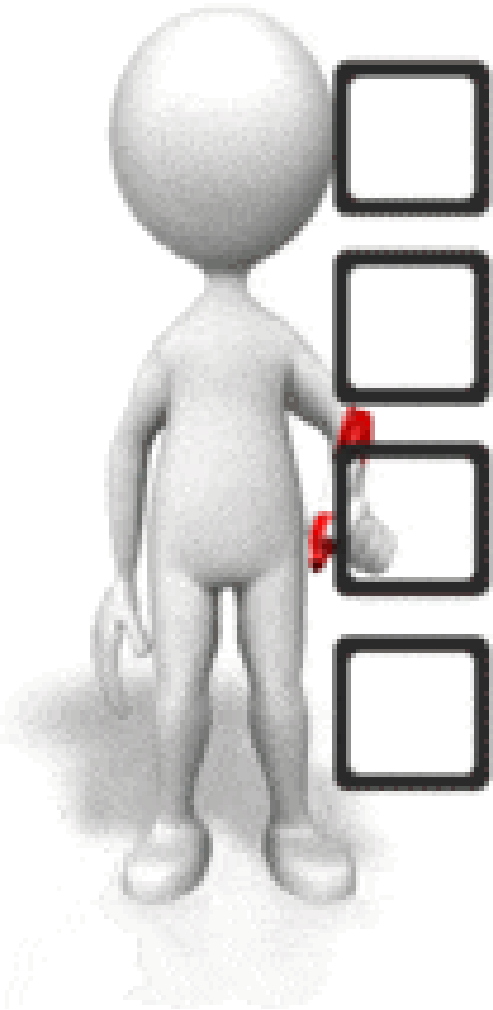




Current State: Apples to Oranges



Desired State: Apples to Apples



Maximize the capacity of individual organizations

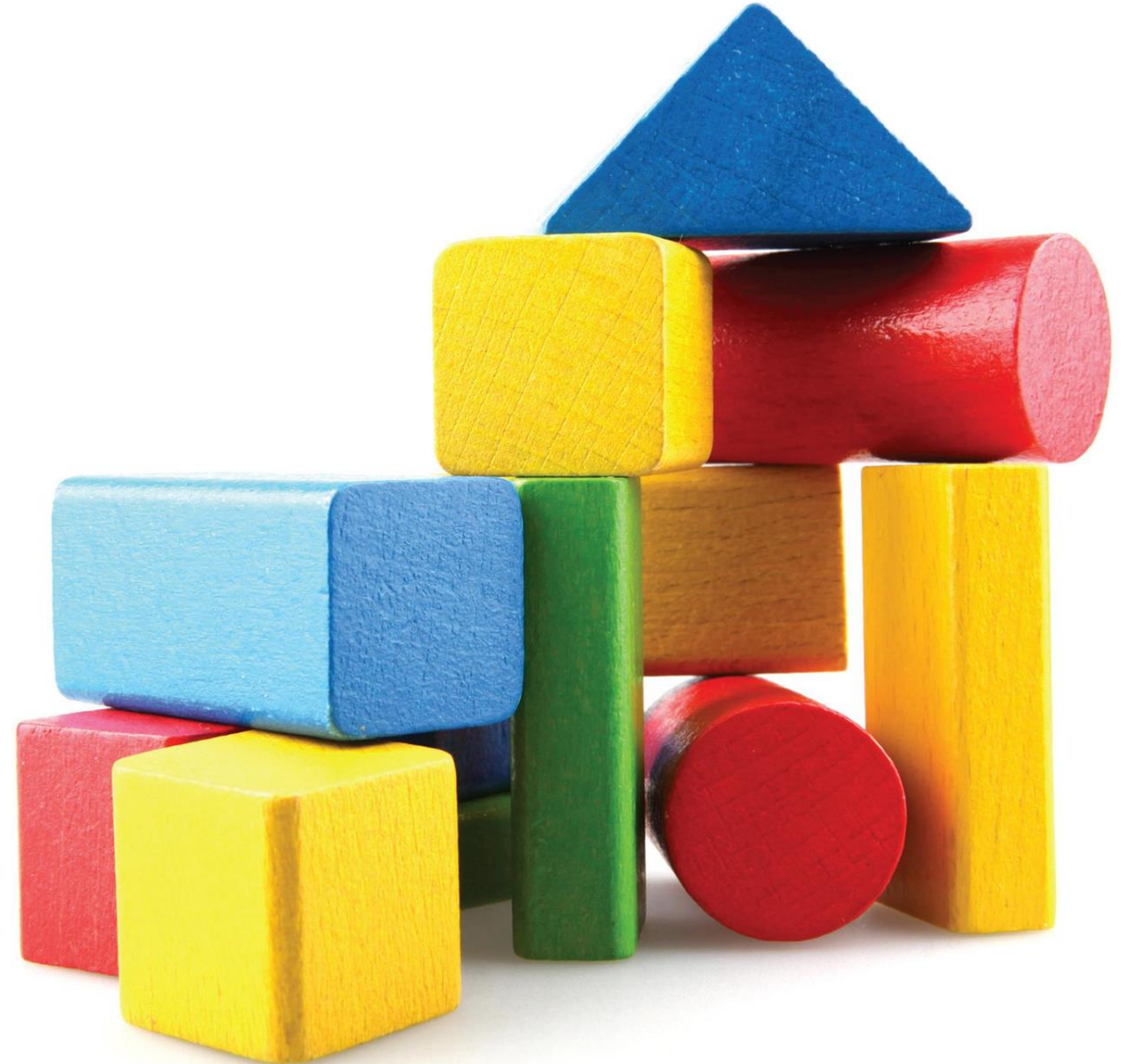
Minimize duplication of services

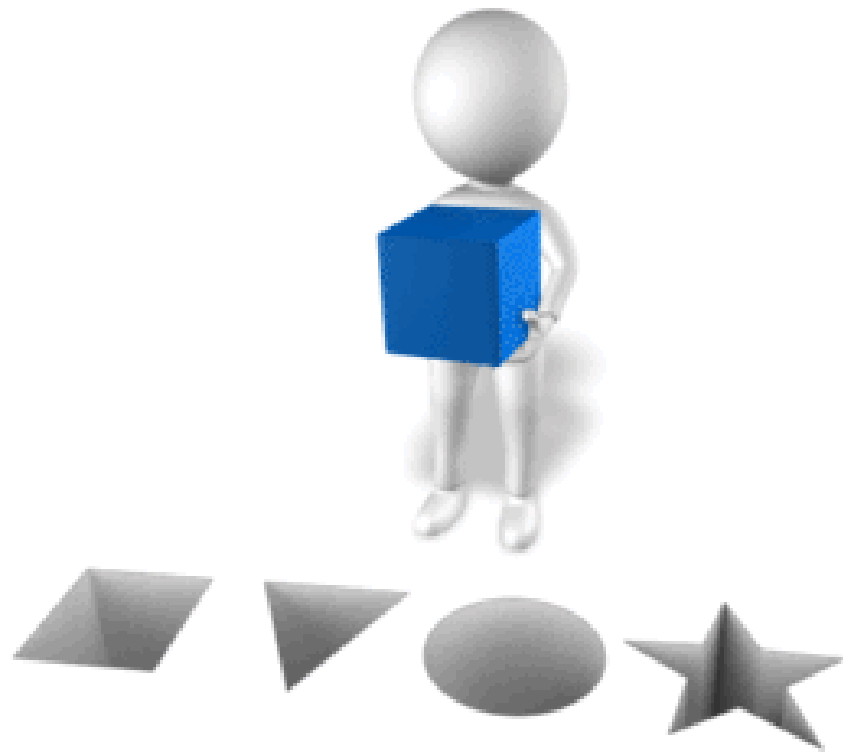
Support the coordination of effective collaboration

Simplify navigation within and between complex systems

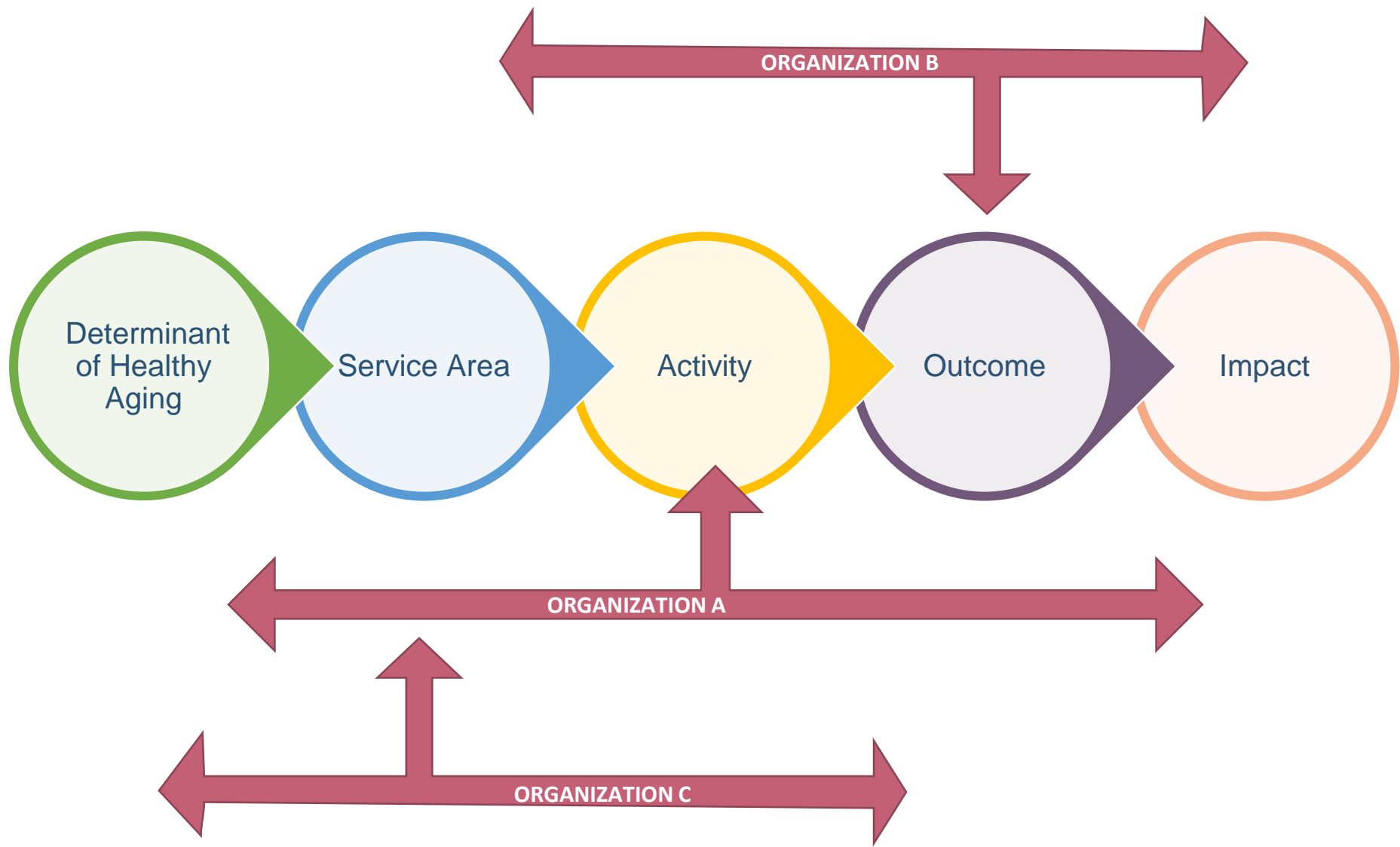
The Framework:

- Determinants of Healthy Aging
- Service Areas
- Activities
- Outcomes
- Impacts

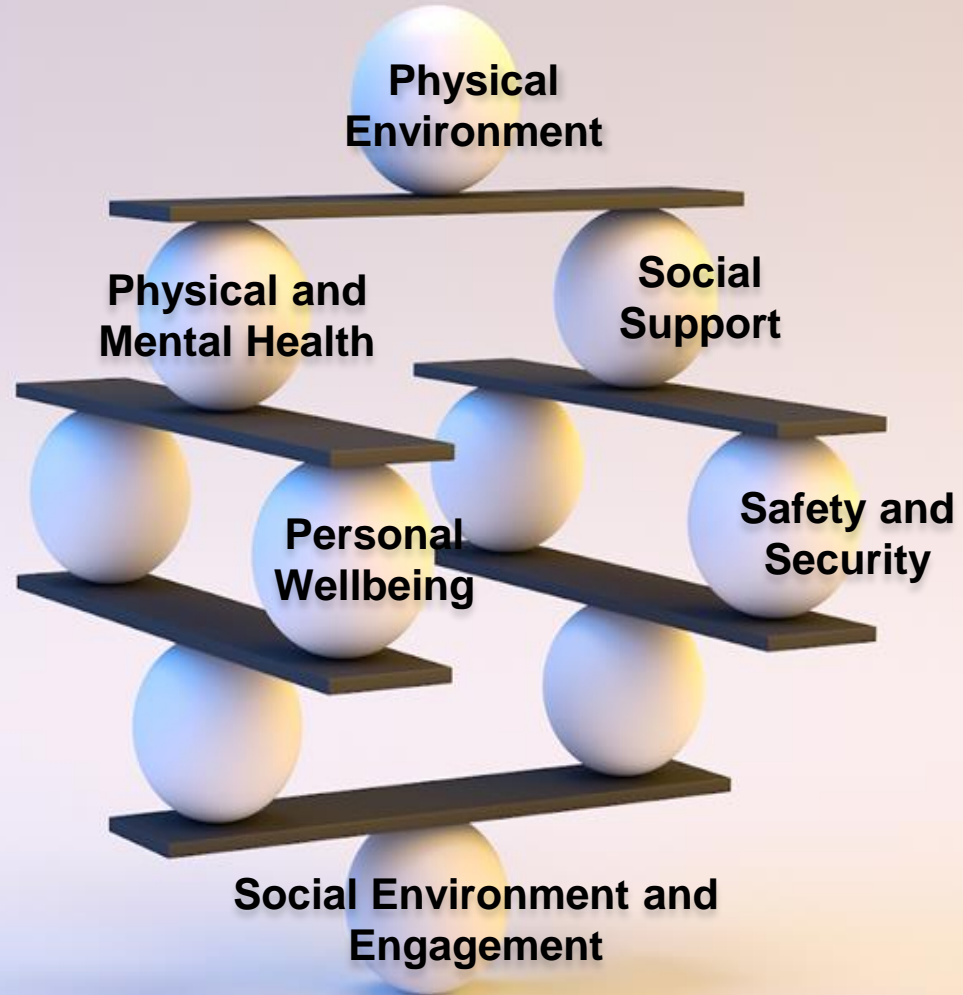




The Framework is just a way of organizing the work of diverse organizations across varied contexts serving a deeply diverse population.



Determinants of Healthy Aging





Physical and Mental Health

- Physical Health and Wellness
- Physical Fitness
- Healthy Life Choices
- Mental Health and Wellness
- Brain Health

Social Environment and Engagement

- Social Engagement
- Participation and Engagement

- Outdoor Activity
- Diversity and Inclusion

Social Support

- Information and Referral
- Social Support Services
- Caregiver Supports

Service Area

Personal Wellbeing

- Resiliency
- Emotional Wellbeing
- Personal Services
- Food and Nutrition

Physical Environment

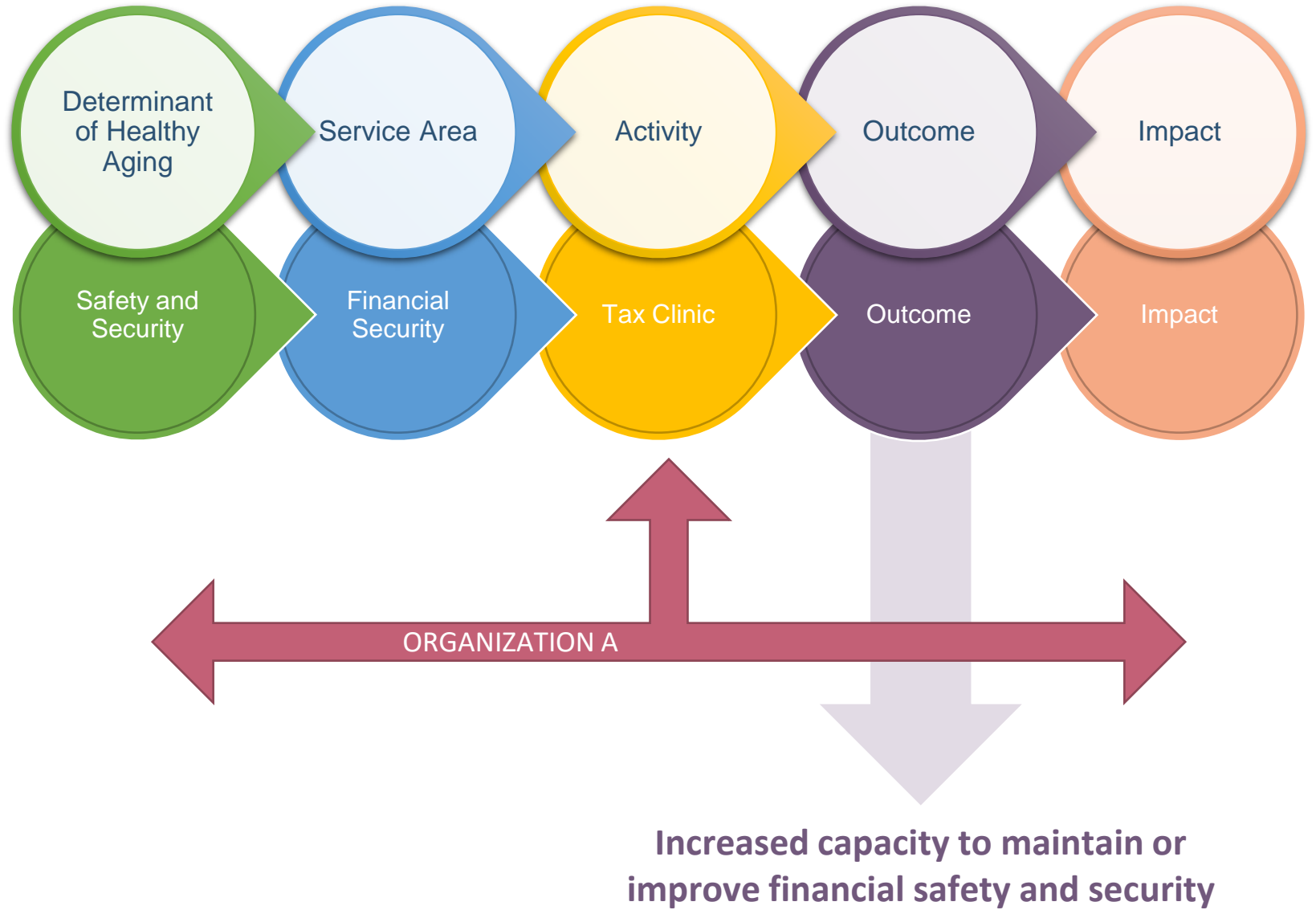
- Transportation
- Housing
- Home Supports

Safety and Security

- Personal Safety
- Financial Security
- Vocational Training and Support

Impacts (12)

- Increased capacity to live independently by enhancing physical wellness
- Increased capacity to live independently by enhancing mental wellness
- Increased sense of meaning, purpose, and connection to the larger world
- Increased engagement in creative pursuits and intellectually stimulating activities to keep the mind alert and interested
- Reduced risk of isolation and loneliness
- Increased sense of purpose, belonging, and ability to cope with change and life transitions
- Increased inclusion and access for Indigenous, marginalized, racialized, and/or low-resourced seniors
- Increased capacity to maintain personal safety, security, and the integrity of personal decisions as one ages and personal circumstances change
- Increased access to information programs, services and supports to manage activities of daily living
- Increased ability to balance personal wellbeing with the wellbeing of dependents
- Increased ability to cope with challenges and life transitions
- Increased ability to reside in the place that is appropriate for one's circumstances



Determinant of Healthy Aging

Service Area

Activity

Outcome

Impact

Safety and Security

Financial Security

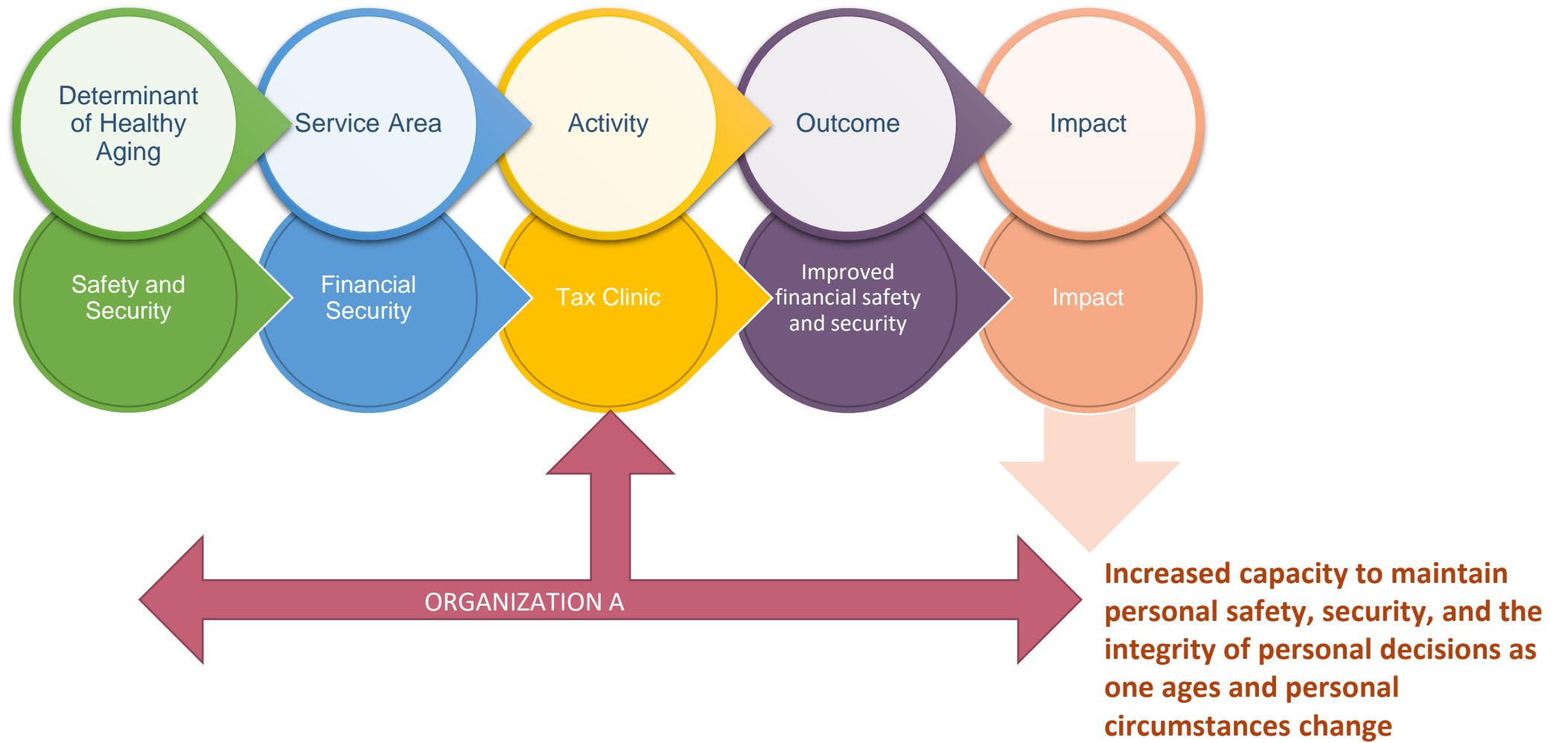
Tax Clinic

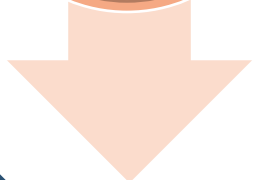
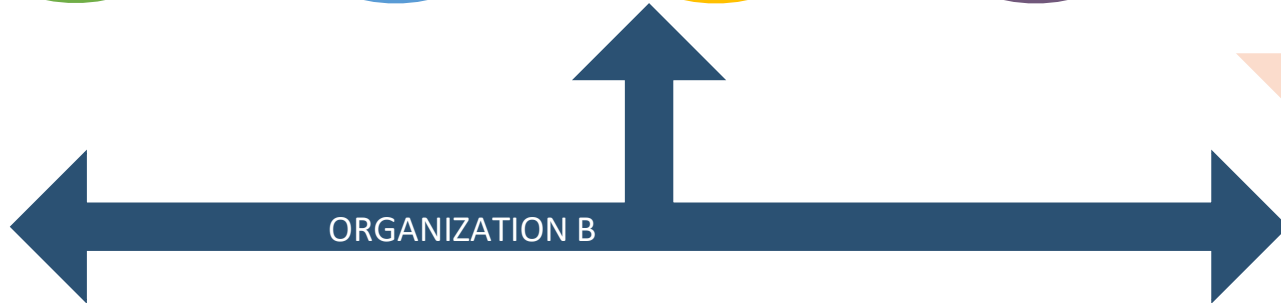
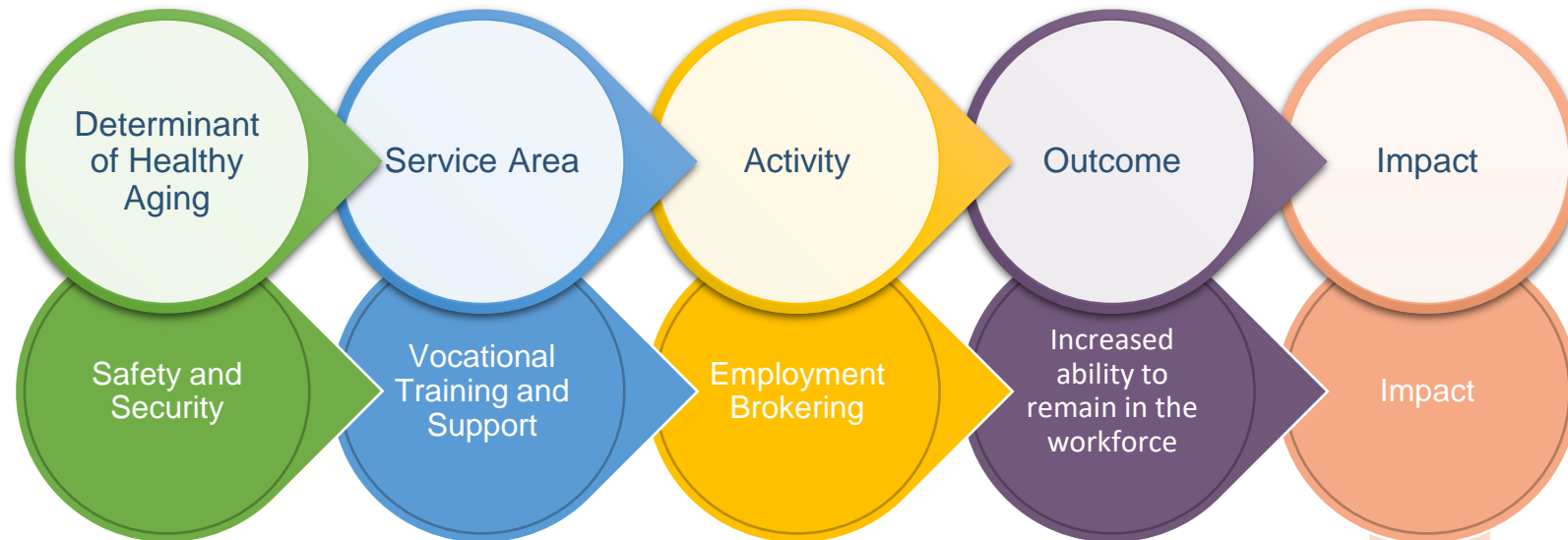
Outcome

Impact

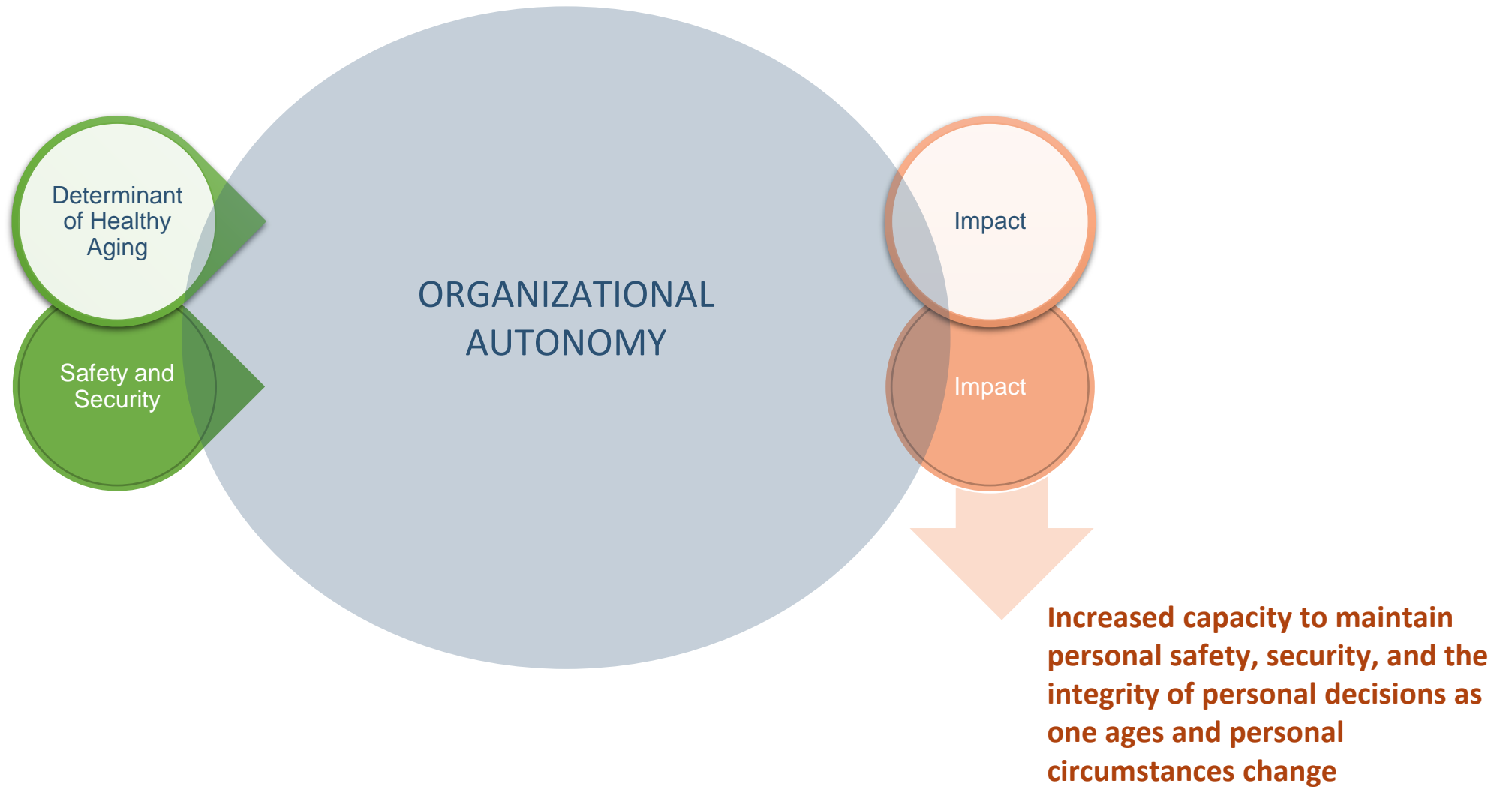
ORGANIZATION A

Increased capacity to maintain or improve financial safety and security





Increased capacity to maintain personal safety, security, and the integrity of personal decisions as one ages and personal circumstances change

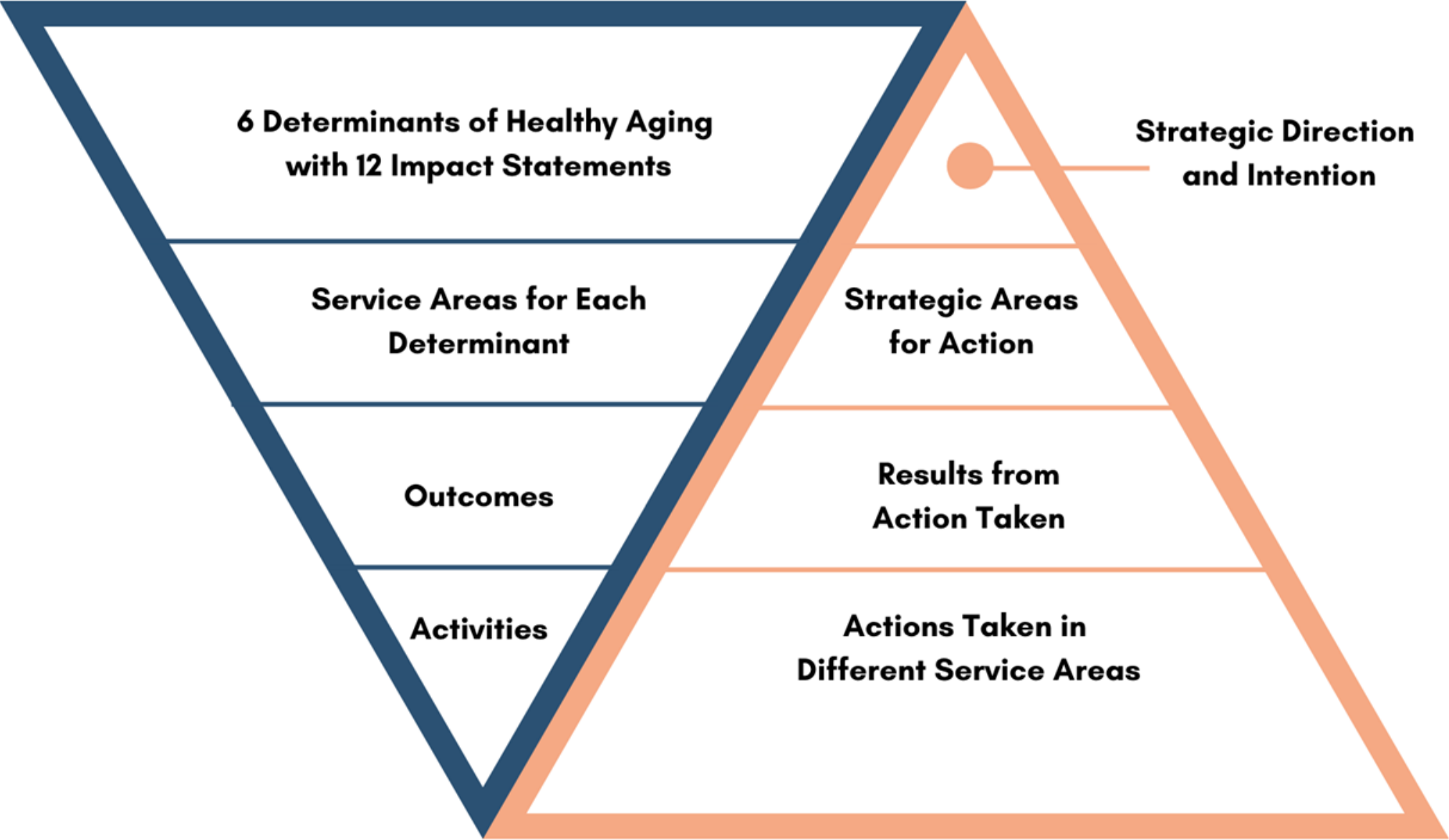


Healthy Aging Framework

WHY



WHAT



Strategic Planning Process

STEP #1 Understanding Dynamic and Unique Community Needs and Assets	STEP #2 Vision for Healthy Aging and Organizational Focus	STEP #3 Identification of Strategic Directions and Goal Setting	STEP #4 Intended Outcomes	STEP #5 Activities: Program Supports and Services	STEP #6 Evaluation: Achieved Outcomes and Impact
<p>What are the needs of older adults in your community?</p> <p>What are organizational and community assets you can build upon?</p> <p>What is the impact your organization wants to have to respond to the needs of older adults and make a difference in their lives?</p> <p>Where have we made progress and where is there work to do?</p> <p>What other organizations are providing supports and services to older adults? What connection and relationships are in place with these organizations?</p> <p>What is the impact your organization wants to have to respond to the needs of older adults and make a difference in their lives?</p>	<p>Who are we?</p> <p>What do we do?</p> <p>Why do we do it?</p> <p>How do we know if we have impact?</p> <p>What is the desired future we want to see and will strive toward?</p> <p>How do we communicate the importance of our work to others?</p>	<p>Given the current situation what broad based areas of action will you pursue to close the gap between the current situation of and your vision?</p> <p>What is the change you want to see in the next three years to respond to the needs of older adults in your community?</p> <p>How do you ensure that as an organization you consider the full range of possibilities?</p> <p>What are the core areas for action that you will undertake to close the gap between where you are now and your vision?</p> <p>What goals will you pursue to result in the change you wish to see and the impact you wish to have?</p>	<p>How will you know if the goals you have identified are achieving the change and impact you wish to see?</p> <p>What results or outcomes do you expect to see from the successful achievement of your goals?</p> <p>Can you identify some shared outcomes with other senior serving organizations?</p>	<p>What programs services and support can you undertake that will support the achievement of your goals intended outcomes to the great degree possible?</p> <p>Are there some programs and services you can undertake collaboratively to support the achievement of your intended outcomes?</p>	<p>Have you achieved the outcomes you identified for your goals?</p> <p>What do the outcomes you have achieved tell you about your organization's impact?</p> <p>What evaluative processes will you put into place that will support the ongoing development and refinement of your programs, services and supports?</p> <p>What do your funders want to know?</p> <p>What do your stakeholders want to know?</p>





Snow and Mow

Non-medical home supports often referred for Older Adults to support them aging in community. Let's examine using this program as a demonstration on how to apply the Healthy Aging Framework as a tool to reach desired outcomes.

12 IMPACT STATEMENTS

INCREASED CAPACITY TO LIVE INDEPENDENTLY BY ENHANCING PHYSICAL WELLNESS

INCREASED CAPACITY TO LIVE INDEPENDENTLY BY ENHANCING MENTAL WELLNESS

INCREASED SENSE OF MEANING, PURPOSE, AND CONNECTION TO THE LARGER WORLD

INCREASED ENGAGEMENT IN CREATIVE PURSUITS AND INTELLECTUALLY STIMULATING ACTIVITIES TO KEEP THE MIND ALERT AND INTERESTED

REDUCED RISK OF ISOLATION AND LONELINESS

INCREASED SENSE OF PURPOSE, BELONGING, AND ABILITY TO COPE WITH CHANGE AND LIFE TRANSITIONS

INCREASED INCLUSION AND ACCESS FOR INDIGENOUS, MARGINALIZED, RACIALIZED, AND/OR LOW-RESOURCED SENIORS

INCREASED ACCESS TO INFORMATION PROGRAMS, SERVICES, AND SUPPORTS TO MANAGE ACTIVITIES OF DAILY LIVING

INCREASED ABILITY TO BALANCE PERSONAL WELLBEING WITH THE WELLBEING OF DEPENDENTS

INCREASED ABILITY TO COPE WITH CHALLENGES AND LIFE TRANSITIONS

INCREASED ABILITY TO RESIDE IN THE PLACE THAT IS APPROPRIATE FOR ONE'S CIRCUMSTANCES

INCREASED CAPACITY TO MAINTAIN PERSONAL SAFETY, SECURITY, AND THE INTEGRITY OF PERSONAL DECISIONS AS ONE AGES AND PERSONAL CIRCUMSTANCES CHANGE

Program Impact and Determinant for Healthy Aging

INCREASED ABILITY TO
RESIDE IN THE PLACE
THAT IS APPROPRIATE
FOR ONE'S
CIRCUMSTANCES

**From Service Areas Related to the
Physical Environment**

- Transportation
- Housing
- Home Supports

**To the Service Area that captures
snow removal and yard maintenance**

- Home Supports

From the Range of Intended Outcomes for Home Supports

Increased ability to
maintain safety at
home

Home Supports

Increased ability to
manage the activities
of daily living

Home Supports

Increased ability to
navigate or engage
with government
and/or community-
based home supports
programs, systems
and services

Home Supports

Increased ability to
reside safely in
chosen community

Home Supports

Increased access to a
range of home
services and supports

Home Supports

Increased access to
government and/or
community-based
home supports
programs and services

Home Supports

Increased access to
government and/or
community-based
home supports
programs and services
for Indigenous,
marginalized,
racialized, and/or low-
resourced seniors

Home Supports

Increased awareness
of government and/or
community-based
home supports
programs and services

Home Supports

To the Intended Outcomes for Snow Removal and Yard Maintenance

**Increased access to a
range of home
services and supports**

Home Supports

**Increased ability to
maintain safety at
home**

Home Supports

**Increased ability to
manage the activities
of daily living**

Home Supports

Summary for Snow and Mow

Impact: Increased ability to reside in the place that is appropriate to one's circumstances

Determinant of Healthy Aging: Physical Environment

Service Area: Home Supports

Intended Outcomes:

- Increased access to range of home supports and services
- Increased ability to maintain safely at home
- Increased ability to manage the activities of daily living

Working with the Healthy Aging Framework



Alberta Wild Rose Senior Centre's Scenario

Emma is the Executive Director of the Alberta Wild Rose Seniors Centre. The Centre is located in a community about 100 kilometers from a larger urban centre. The population of the community is approximately 20,000 and about 25% of the population is 55 years of age and older.

The Centre has served older adults for over twenty years, and provides a range of activities for older adults. These activities include clubs and groups, opportunities for connection such as field trips and special events, and a referral and information program that connects older adults to needed services and supports.



Alberta Wild Rose Senior Centre's Scenario

Emma is the Executive Director of the Alberta Wild Rose Seniors Centre. The Centre is located in a community about 100 kilometers from a larger urban centre. The population of the community is approximately 10,000. The Centre is active and well used by older adults. Emma knows the Centre has value and provides benefits to the older adults in her community.

However, Emma wants to tell the story of the Centre more effectively – its impact, how it contributes to healthy aging, the service focus of the Centre, and the outcomes it achieves. Emma believes that if she creates a strong strategic framework for the Centre, she will be better able to secure funding, help her Board be strong advocates, and improve her ability to identify common ground with other community-based seniors organizations.



Alberta Wild Rose Senior Centre's Scenario

Emma believes the Healthy Aging Framework can support and streamline her strategic planning efforts, and uses it with her staff to:

1. Identify the Centre's Healthy Aging Focus and Impact of its Programs
2. Identify the Service Area Focus of the Centre
3. Identify the Intended Outcomes for the Centre's Programs
4. Review the Centre's Activities Moving Forward 20,000 and about 25% of the population is 55 years of age and older.

The Centre has served older adults for over twenty years, and provides a range of activities for older adults. These activities include clubs and groups, opportunities for connection such as field trips and special events, and a referral and information program that connects older adults to needed services and supports.



Step 1:

Identify the Centre's
Healthy Aging Focus
and Impact of its
Programs



Question

What is the overall intention of our Centre?

What is the impact we hope to see for older adults as a result of our programs and services?

Alberta Wild Rose Seniors Centre Selects Identifies two Impact Statements:

**INCREASED SENSE OF
MEANING, PURPOSE,
AND CONNECTION TO
THE LARGER WORLD**

**REDUCED RISK OF
ISOLATION AND
LONELINESS**

Alignment to the Determinants of Healthy Aging

Determinants of Health Aging	Impact of Programs and Services
<ul style="list-style-type: none">• Social environment and engagement• Personal well-being	<ul style="list-style-type: none">• Increased sense of meaning, purpose, and connection to the larger world.• Reduced risk of isolation and loneliness.

Step 2:

Identify the Service Area Focus for the Centre

INCREASED SENSE OF
MEANING, PURPOSE,
AND CONNECTION TO
THE LARGER WORLD

- Social engagement
- Outdoor activity
- Participation and engagement
- Emotional well-being

REDUCED RISK OF
ISOLATION AND
LONELINESS

- Participation and engagement

Question

What service areas will we pursue to bring about the impact we wish to have?

Service Areas Selected by the Alberta Wild Rose Seniors Centres as Priorities:

- Social Engagement
- Participation and Engagement

Step 3:

Identify the
Intended Outcomes
for the Centre's
Programs

Intended Outcomes for Social Engagement Service Area:

- Enhanced ability to draw on social networks that contribute to wellbeing and quality of life.
- Increased ability to navigate or engage with government and/or community-based social engagement programs, systems and services.
- Increased awareness of programs and services that foster social engagement.
- Increased access to programs and services that foster social engagement for Indigenous, marginalized, racialized, and/or low-resourced seniors.
- Increased awareness of community-based social engagement programs and services
- Increased engagement as a full and welcome participant in the community.
- Increased social connectedness.
- Reduced isolation.
- Increased opportunities to have fun and enjoy life.

Intended Outcomes for the Participation and Engagement Service Area:

- Increased ability to maintain or improve skills and abilities that help self or others.
- Increased ability to navigate or engage with government and/or community-based programs, systems, and services.
- Increased ability to share skills and knowledge.
- Increased ability to stay active and learn new things.
- Increased awareness of programs and services that foster participation and engagement.
- Increased access to programs and services that foster participation and engagement for indigenous, marginalized, racialized, and/or low-resourced seniors.
- Increased awareness of government and/or community-based programs, services and supports that foster participation and engagement.
- Increased engagement as a full and welcome participant in the community.
- Meaningful connections that contribute to improved physical, mental and emotional wellbeing.
- Meaningful work that contributes to an improved sense of purpose value and belonging

Question

What outcomes do we expect to see as a result of effective action in our priority service areas?

Social Engagement

- Increased access to programs and services that foster social engagement.
- Increased social connectedness.
- Reduced isolation.
- Increased opportunities to have fun and enjoy life.

Participation and Engagement

- Increased ability to navigate or engage with government and/or community-based programs, systems, and services.
- Increased access to programs and services that foster participation and engagement for Indigenous, marginalized, racialized, and/or low-resourced seniors.

Determinants of Health Aging	Impact of Programs and Services	Priority Service Areas	Intended Outcomes
<ul style="list-style-type: none">● Social environment and engagement● Personal well-being	<ul style="list-style-type: none">● Increased sense of meaning, purpose, and connection to the larger world.● Reduced risk of isolation and loneliness	<ul style="list-style-type: none">● Social engagement● Participation and Engagement	<ul style="list-style-type: none">● Increased access to programs and services that foster social engagement.● Increased social connectedness.● Reduced isolation● Increased opportunities to have fun and enjoy life.● Increased ability to navigate or engage with government and/or community-based programs, systems, and services.● Increased access to programs and services that foster participation and engagement for indigenous, marginalized, racialized, and/or low-resourced seniors.

Step 4:

Review the Centre's
Activities Moving
Forward



Question

What activities will support us to achieve our intended outcomes and have impact?

Activities of the Alberta Wild Rose Seniors Centre .

Clubs and groups.

- Field trips.
- Special events.
- Operation of a café.
- Spaces for informal gathering.
- Referral and Information to connect older adults to needed service and supports.

Results

As a result of using the Healthy Aging Framework to support their planning effort the Alberta Wild Rose Seniors Centre can:

- Tie their work directly to the Determinants for Healthy Aging.
- Articulate the impact of the Centre's work and the priority service areas the Centre is pursuing.
- Identify the outcomes that will be used by the Centre to measure success and link these outcomes to program/service activity.
- Tell their story effectively to others and identify common ground with others

Determinants of Health Aging	Impact of Programs and Services	Service Areas	Intended Outcomes	Activities
<ul style="list-style-type: none"> ● Social environment and engagement ● Personal well-being 	<ul style="list-style-type: none"> ● Increased sense of meaning, purpose, and connection to the larger world. ● Reduced risk of isolation and loneliness 	<ul style="list-style-type: none"> ● Social engagement ● Emotional well-being 	<ul style="list-style-type: none"> ● Increased access to programs and services that foster social engagement ● Increased social connectedness. ● Reduced isolation. ● Increased opportunities to have fun and enjoy life. ● Increased awareness of government and/or community-based programs, services, and supports that foster emotional wellbeing. ● Increased ability to navigate or engage with government and/or community-based programs, systems and services that foster emotional wellbeing 	<ul style="list-style-type: none"> ● Clubs and groups, ● Opportunities for connections such as field trips and special events ● Café ● Spaces for informal social connection ● Referral and information program that connect older adults to needed service and supports.

Using the Results

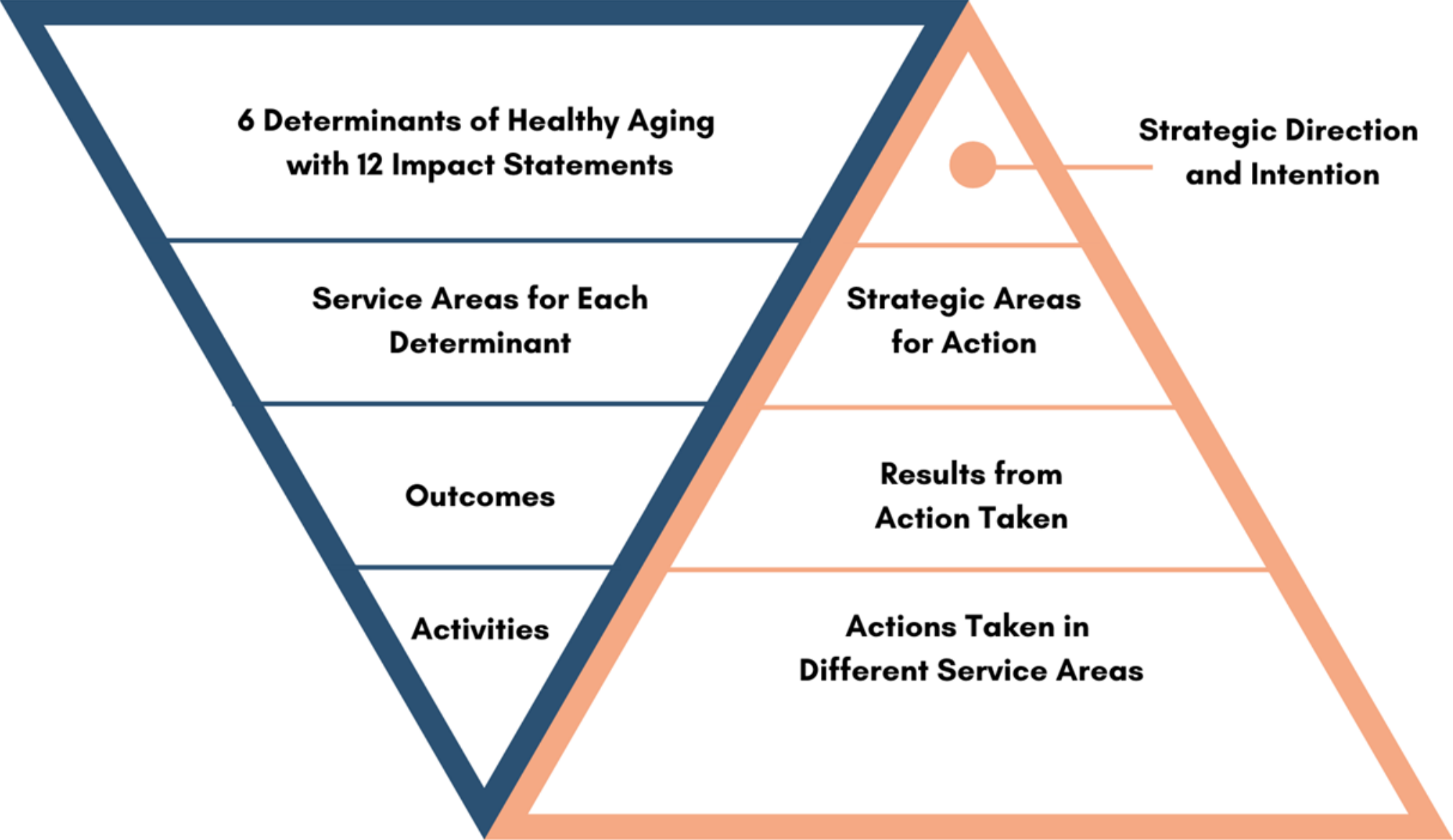
- Develop a funding proposal for an RFP that will a focus on isolated and at-risk seniors.
- Increase her Board's awareness of the impact of Centre activities and their contribution to healthy aging for adult adults. This will support their advocacy efforts.
- Focus the Centre's collaborative and partnership work on relationships and initiatives where impacts and outcomes are shared.
- Work with her staff team on data collection and outcome measurement to ensure the Centre's successes and contributions are captured.

Healthy Aging Framework

WHY



WHAT



Strategic Planning Process

If your organization would like a workshop please connect with your local Regional Community developer to set up a time.

Please note that we will be sending out a post-event email and it will include an access link to the Healthy Aging Framework Primer.

Feel free to take a look at the physical version during our time together.



Questions?



**Healthy
Aging
Alberta**



Sector Map



Mental Model

Mapping

THE COMMUNITY BASED
SENIOR SERVING SECTOR



Connections



Regions

Systems Mapping Overview

DEFINING SYSTEMS MAP

Let's chat about the value of systems mapping and how this map was developed with community

OVERVIEW OF MAP

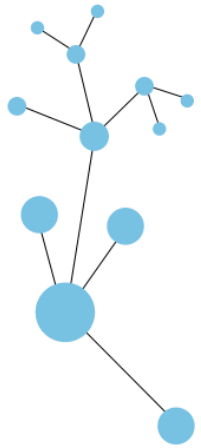
Understand the functionalities of the map and its benefits as a multi-functional tool

HOW TO USE SYSTEMS MAP

We have a new tutorial video for your use!

ON THE HORIZON

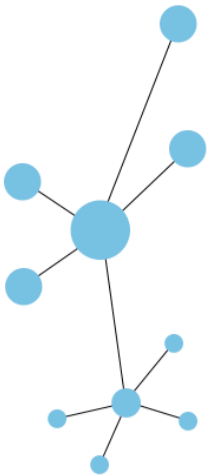
What can you expect to see as the systems map evolves?



Defining Systems Thinking

Systems thinking is a way of approaching or thinking about complex issues (CoLab Alberta, n.d.; Abercrombie et al., 2015).

According to Donella Meadows, a pioneer of systems theory, a system is “...an interconnected set of elements that is coherently organized in a way that achieves something (function or purpose)” (CoLab Alberta, n.d.).





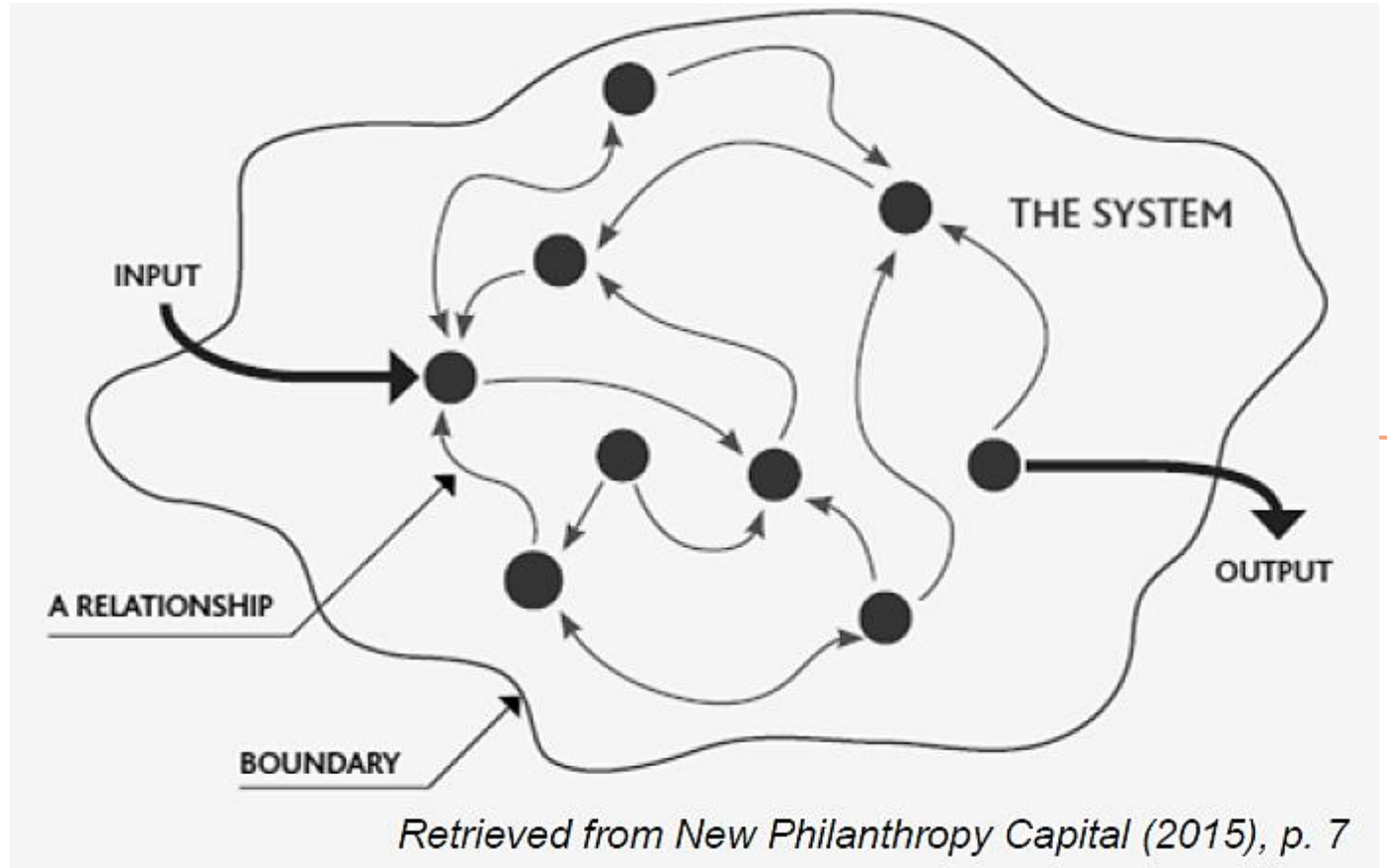
Defining Systems Map

Systems mapping is a tool that creates a visual representation of a system, to help name and identify the different elements of a system by explicitly showing how the system works and interacts.

By gaining an understanding of the relationships *between* each of these actors, the sector as a whole can work towards broader systems change.



Components of a Systems Map



Building with Community

CBSS Sector Engagement Project

2019

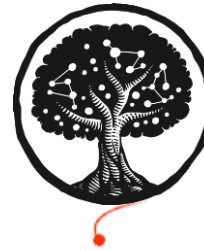


2020

Initiative Roadmap



COVID-19



2021



- 163 new organizations
- 40 Primary Care Networks
- Total 359 responses

2022



Themes

Increased connection and coordination

“It would be beneficial to understand who is doing what and how programs and service interact and could align on initiatives”

Identification of service gaps and areas of duplication

“I believe systems mapping can assist with identifying how all the supports that serve a population can work in collaboration. This can maximize the use of resources, address barriers to service, and identify and reduce gaps in service”

Themes

Improved systems navigation

“Navigation of community supports is a common theme that healthcare providers find challenging as there are so many community organizations providing services. We employ navigators for this, but it would be nice to have one resource to consult”

Benefit to stakeholders

“Coordination of services across the health and social services sector is critical to appropriate care and can significantly improve health outcomes at a lower cost to the system”

Building with Community

CBSS Sector Engagement Project

2019



2020

Initiative Roadmap



COVID-19



2021

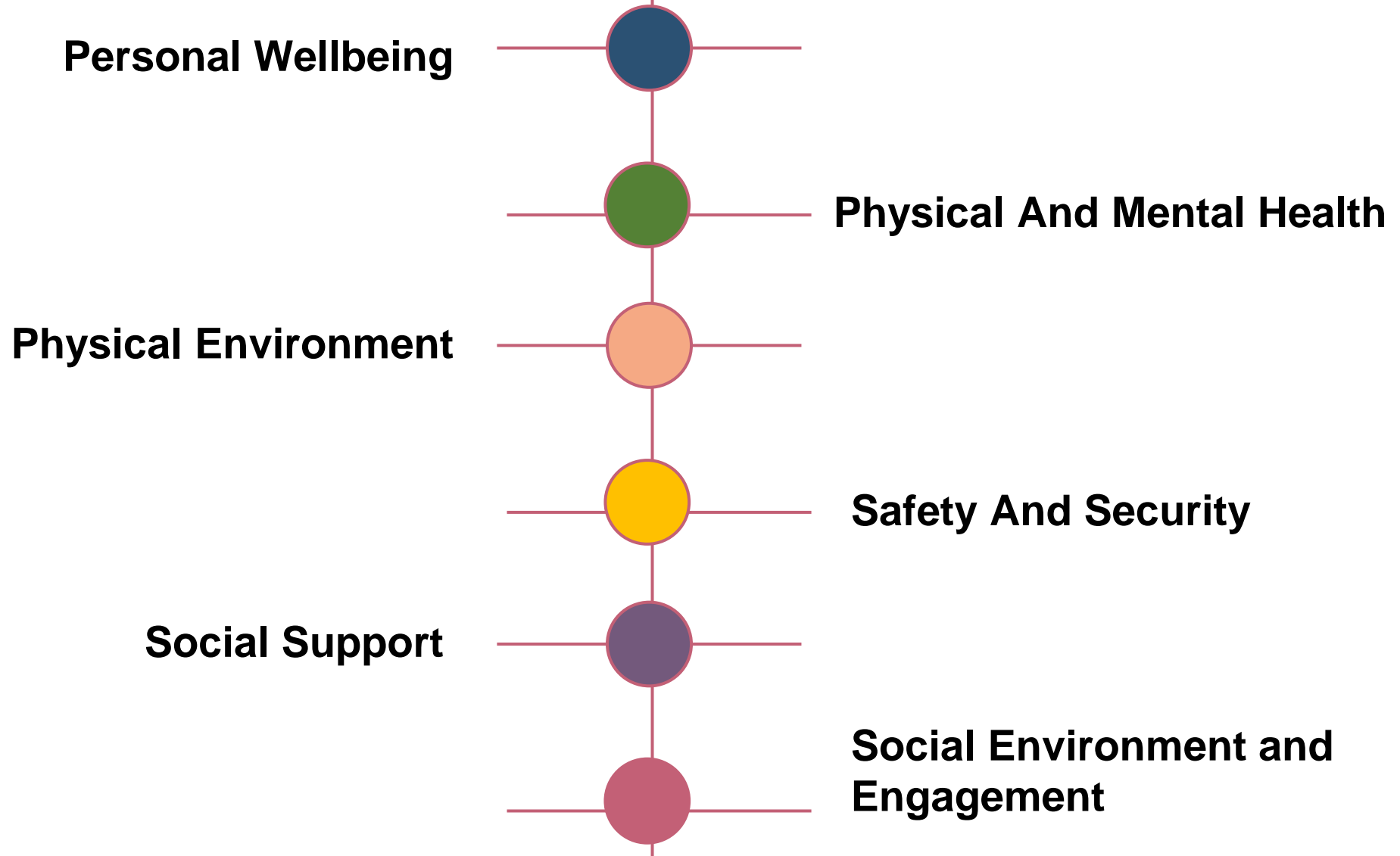


- 163 new organizations
- 40 Primary Care Networks
- Total 359 responses

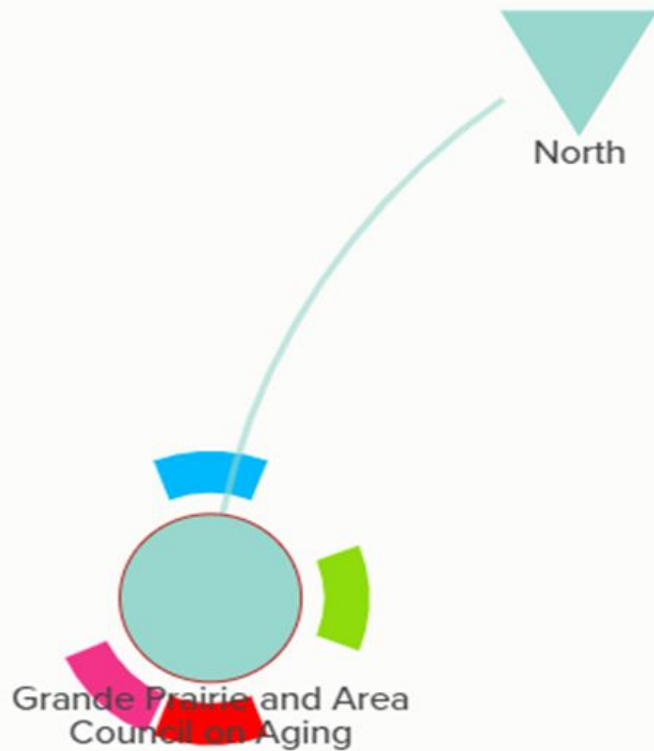
2022



Aligning Determinants of Healthy Aging



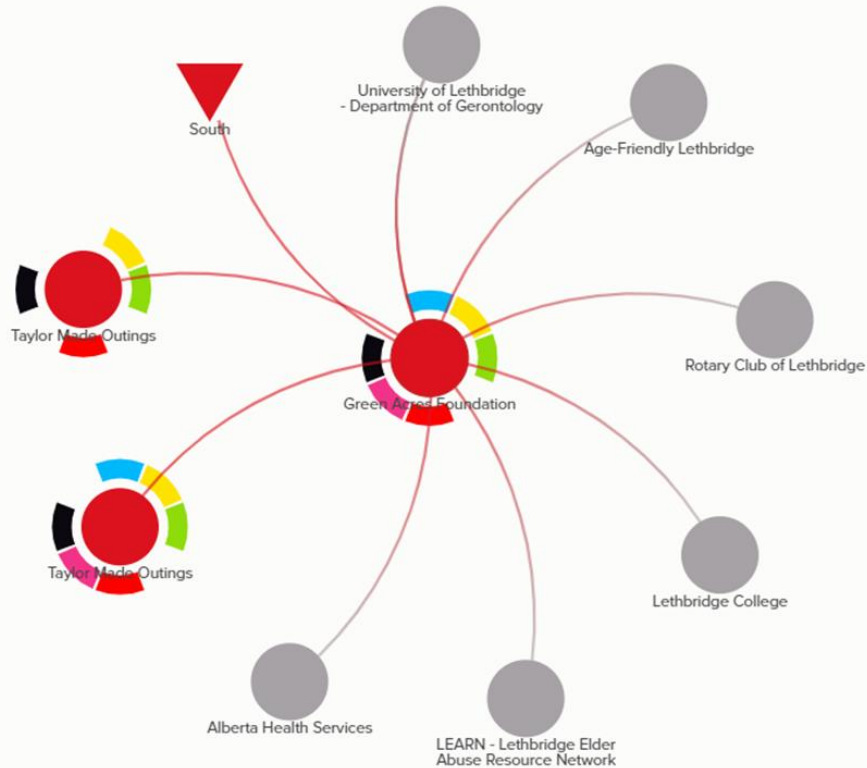
Relationships



How To Use the System Mapping

- Start seeing where you sit locally
- Recognize the map can be a connection tool
- Where can you begin to build relationships?

Collaboration

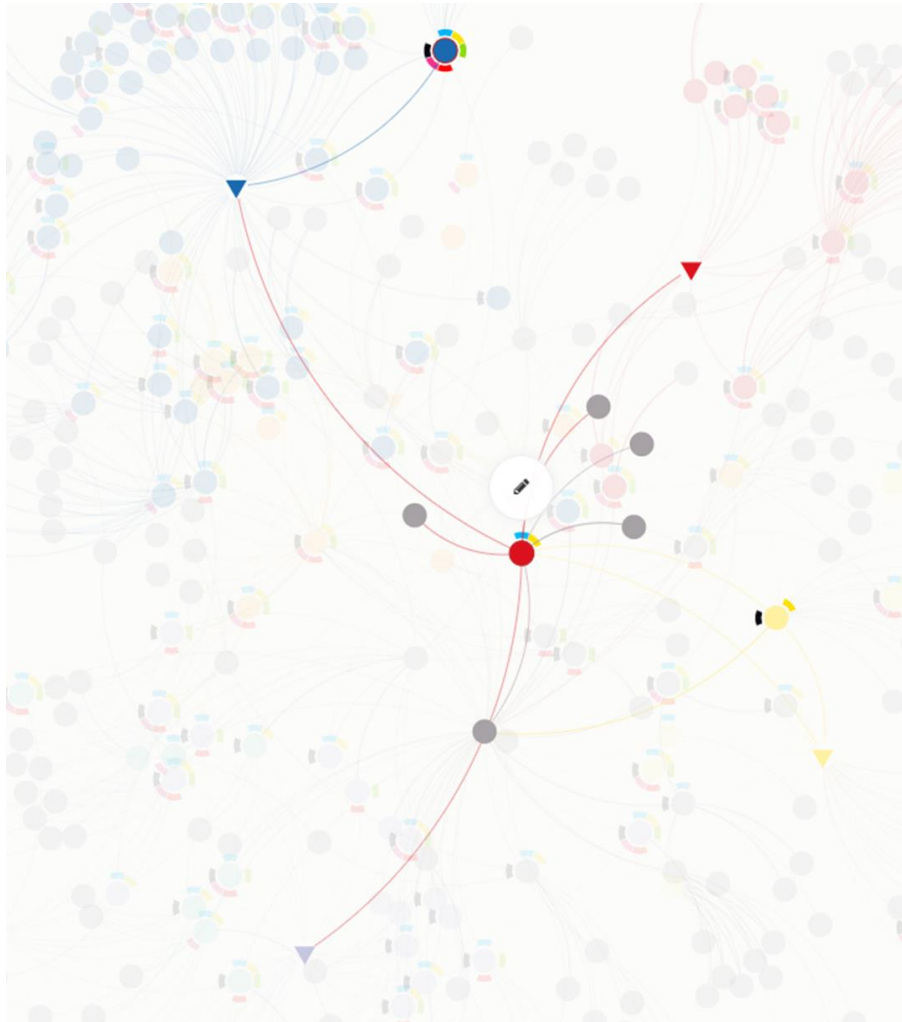


As you visually map your network you can start to see opportunities.

Do you align with each other's HAF Determinants and can collaborate?

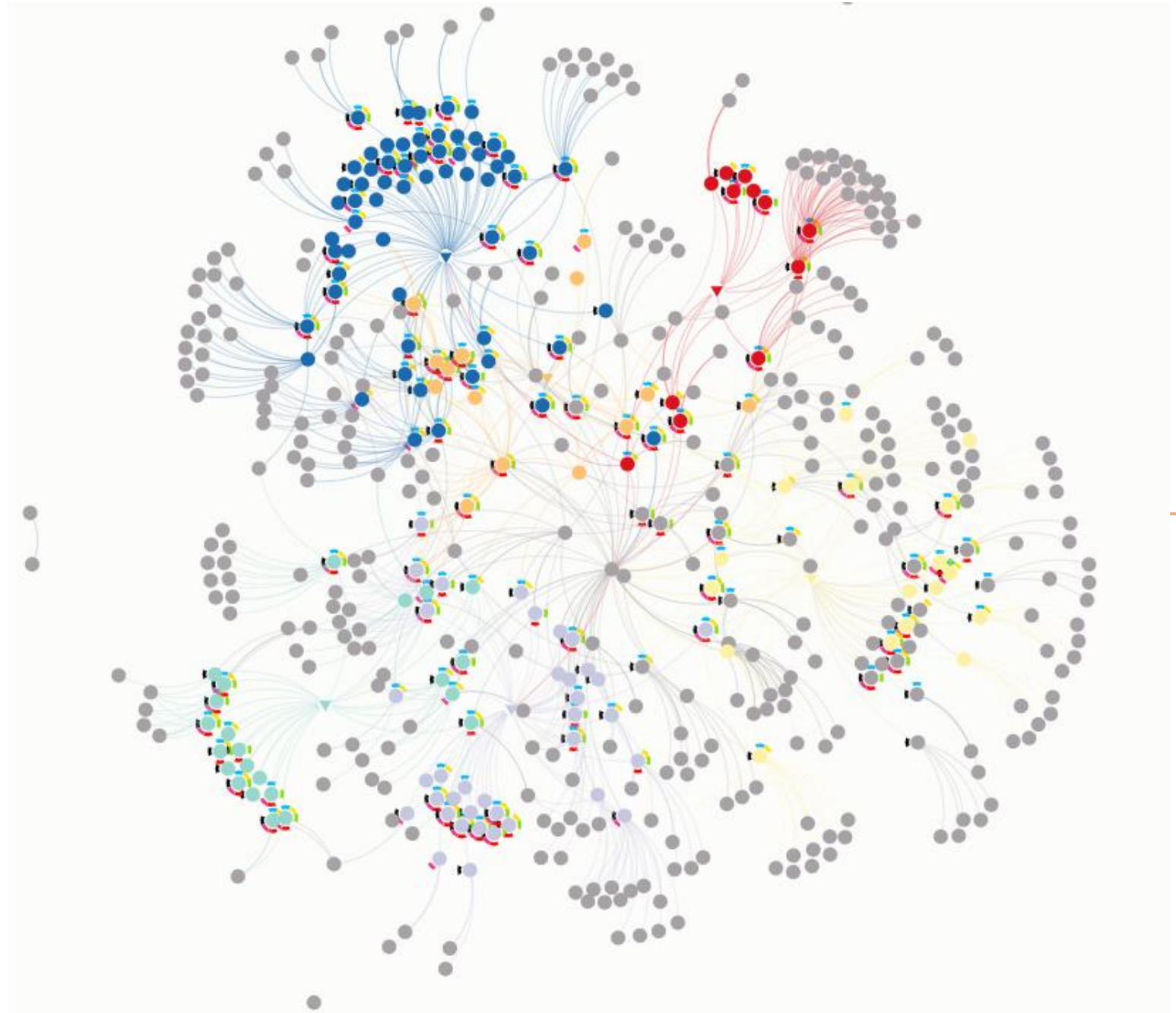
Can you complement each other by filling service gaps?

Strategic Planning



- Look at ways to expand your network to initiate or collaborate on projects
- You know you are partnered with X, but who is X connected with?
- Do you see gaps or redundancies of service in your network?

Expanding Networks



**Think about 3
organizations that you
are connected with.**

**Have you thought of
who *they* are
connected with?**





**Expand
Networks**



**Mental
Model**

How could you see yourself using
the
Systems Map?



Connections

Collaboration



Tutorial Video



Priorities Conversation

Thank you for your contributions throughout the day!

We would like to have a conversation with you regarding the following:

1. What are the priorities that you hope Healthy Aging Alberta will focus on over the next 12-24 months?
2. Are there any opportunities or challenges that exist in your region that you think Healthy Aging Alberta might be able to address or advance?
3. Any other feedback or thoughts?

Conversation Cafes

Social Prescribing



Home Supports



This is a visual example of how the Conversation Cafes will work.
The table topics on screen are just examples.



Mental Health



Collaborative Innovations



Other

Stay Connected

- Utilize the Healthy Aging Framework
- Engage in Systems Mapping
- Attend future events
- Become a CORE member
- Join a CORE group

Keep in touch!

info@healthyagingalberta.ca



**Healthy
Aging
Alberta**

Thank you for attending!

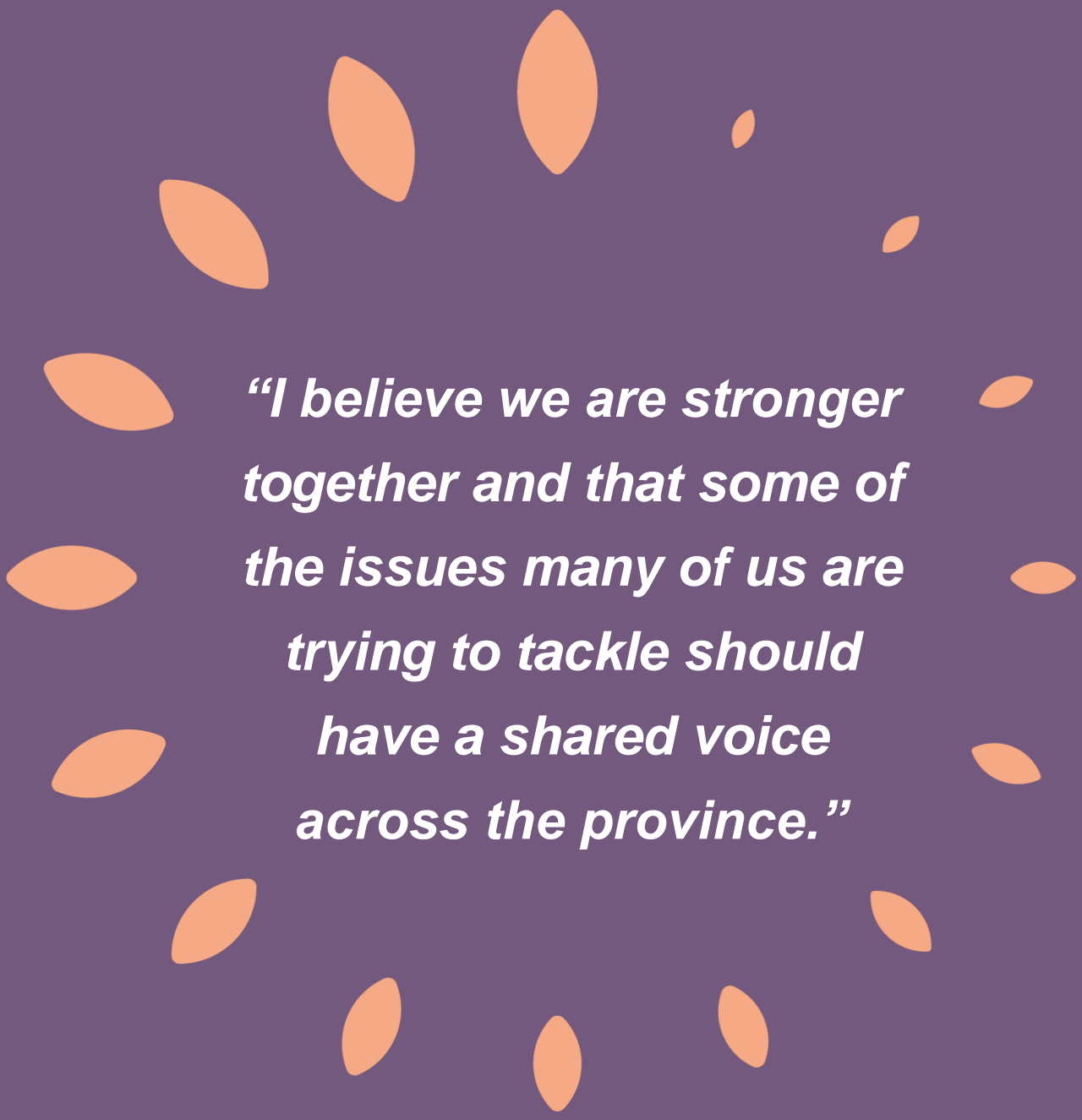
You will receive a post-event email containing the following:

- Survey
- Regional Gatherings PPT Slides
- Healthy Aging Framework Primer

You are welcome to:

- Set up a meeting with your Regional Community Developer for the Healthy Aging Framework cards
- Keep an eye out for a video to celebrate what's been shared today

Transforming the future of healthy aging together



“I believe we are stronger together and that some of the issues many of us are trying to tackle should have a shared voice across the province.”