



DATE: February 15, 2022 | **TIME:** 11 AM-12 PM

CORE Frailty Series, Session 4:

Frailty in an Age-Friendly World

*Hosted by the CORE Age-Friendly
Discussion Group*

HEALTHY AGING

CORE

Collaborative Online
Resources & Education

ALBERTA

WELCOME!

**We invite you to write in the chat box
and let us know your...**

NAME

LOCATION

ORGANIZATION

We will start shortly



CORE Frailty Series, Session 4: Frailty in an Age-Friendly World

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Ellen Helgason, Recreation Therapist II, AHS

Sharron Matthewman, Seniors Community Development Facilitator


Cathy Aust, Cold Lake Age-Friendly

Sharron Nixon, Co-chair, Calgary Older Adult Advisory Table

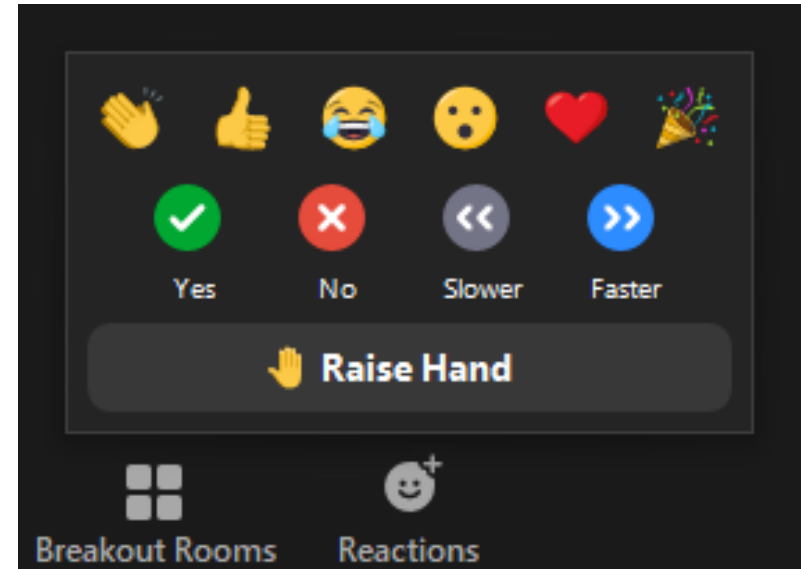
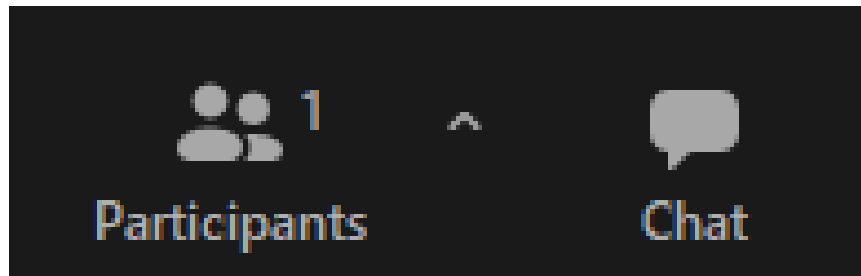
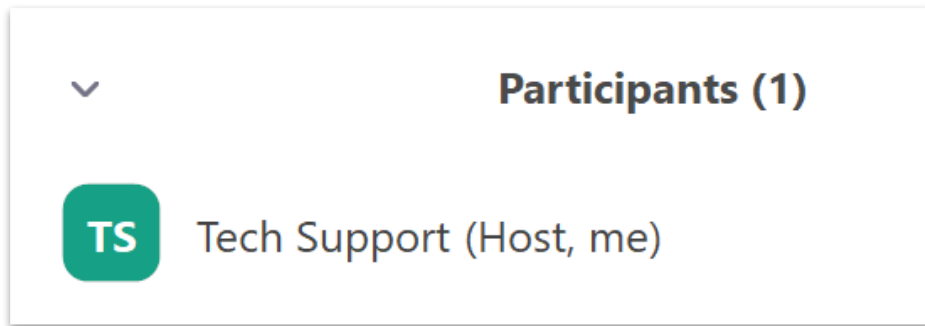
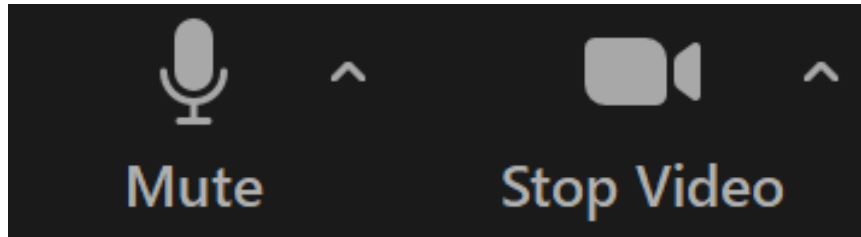
Moderator: Rob Miyashiro, Executive Director at Lethbridge Senior Citizens Organization

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



This session will be recorded, and the slides will also be available.

They will be uploaded on the CORE Alberta platform

<https://corealberta.ca/>

Healthy Aging Alberta

A network of community
allies for older adults



Vision for the future

Healthy Aging Alberta is a rich network of community-based organizations across Alberta, united by a shared vision: **to make Alberta one of the best places in the world to grow older.**

Together we can develop a coordinated community-based seniors serving sector that is respected and integrated within the broader seniors' system of care and can empower, support, and inspire every senior to age how they choose, ultimately improving health and social outcomes for older adults.



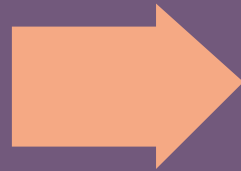
**Healthy
Aging
Alberta**

Removing barriers.

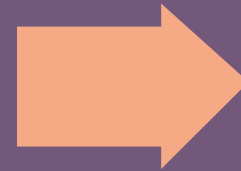
By building a network that connects the sector's organizations, we have the ability to have a greater impact on the lives of all Albertans.



Sector coordination and broader network weaving



Cross-sectoral collaboration on priority areas



Services for older adults are better resourced and enhanced

Building a learning network



A provincially-coordinated learning network designed to strengthen the sector and increase organizational and sector capacity through information sharing, training, mentoring, communities of practice, policy development, resource development, and collaboration.

corealberta.ca

Funding Partners:



Backbone Organization:



United Way
Calgary and Area



AGENDA

1. Welcome, Housekeeping, Agenda
 2. Introduction to Session and Panelists
 3. Panel Discussion
 4. Question and Answer
 5. Closing
-
6. **Optional:** From 12-12:30, you are welcomed to stay to continue the conversation



Frailty in an Age-Friendly World

February 15, 2022

Alberta Age-Friendly Community of Practice
Healthy Aging CORE Alberta Frailty Series

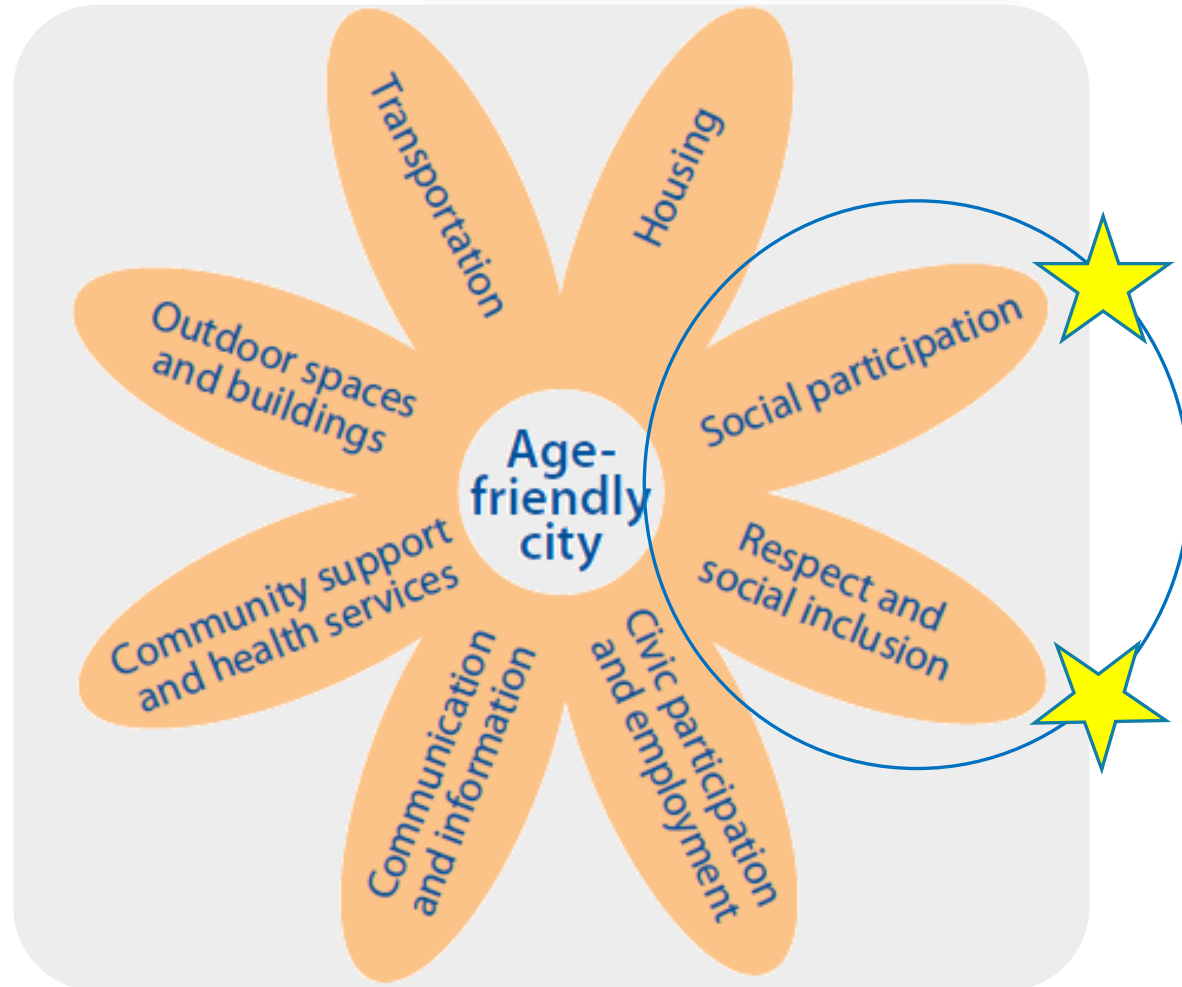
Frailty in an Age-Friendly World

Social and societal issues impact frailty a great deal. A person's social networks, living situations (especially rural or urban), social isolation or engagement and a person's social position (socioeconomic status, education, perceived income adequacy) contribute to a person's degree of frailty.

The age-friendly community movement is growing and many Canadian cities and towns have adopted strategies to support all older adults, not just those who are frail. Certain programs are particularly helpful to frail individuals, including those that help with home maintenance, transportation, ***loneliness and social isolation.***

The Canadian Frailty Network

WHO Age-Friendly Domains



Panelists

Panelists:

- Ellen Helgason, Recreation Therapist II, AHS
 - Let's Connect (Innisfail)
- Sharron Matthewman, Seniors Community Development Facilitator
 - Chestermere Older Adults Teleconference
- Cathy Aust, Cold Lake Age-Friendly
 - Cold Lake Men's Shed
- Sharron Nixon, Co-chair, Calgary Older Adult Advisory Table
 - Age-Friendly Calgary Social Isolation Campaign

Question one for exploration

- How does social isolation relate to frailty in your context?

Question two for exploration

- What was the impetus for and intended outcomes of your program/initiative?

Question three exploration

- What have been the impacts of COVID on your program/initiative and how will you respond to the impacts in an ongoing way?

Question four exploration

- What are the positives or benefits you have seen around addressing the frailty or isolation of seniors in your community?

Time for Question and Answer







Online Resource

Check the chat for a link to a digital resource on Age-friendly programs and initiatives that address/prevent frailty.

The resource will also be available on corealberta.ca.

Alberta Age-Friendly CORE Groups



Discussion Group

- Open to anyone
- Information sharing
- May or may not be involved in an age-friendly initiative.

Community of Practice

- Communities considering or pursuing an age-friendly plan
- Offer mentoring support
- Meets regularly
- Members actively support the Community of Practice.



Thank you

Thank you for participating!

- ✓ Please complete the survey and let us know how you would like to engage going forward
- ✓ Check out our upcoming sessions in the CORE Frailty Series!



healthyaging@calgaryunitedway.org