

Community Assets for Older Adults in Innisfail



This resource was developed by PolicyWise as part of a Fall 2023 asset mapping session held with Healthy Aging Alberta and organizations serving older adults in Innisfail.

- Asset mapping is a strengths-focused process of identifying existing assets within a community. It is a method to document, categorize and organize assets for easy reference.
- The Healthy Aging Framework was used to guide the asset mapping session and develop the asset map. Each community asset is mapped to one of six determinants of healthy aging and an associated service area.
- The asset map is a useful tool for Link Workers connecting older adults to assets in their community.

This asset map is a starting point and will benefit from further development as the Link Worker engages within the community.

Individual Gifts of Older Adults



Social prescribing is a strengths-based, reciprocal process with the older adult at the center, possessing unique gifts



Determinants of Healthy Aging and Service Areas



Social Environment & Engagement

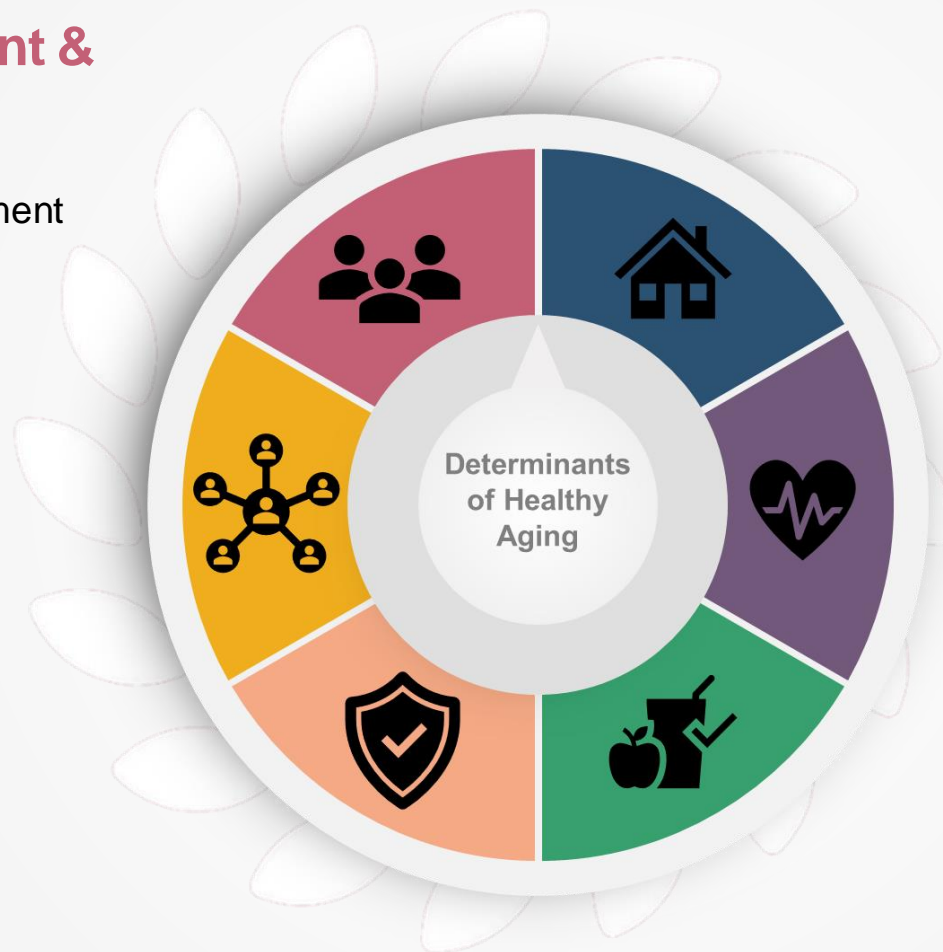
- Social engagement
- Participation & engagement
- Engaging with peers
- Outdoor activity
- Diversity & inclusion
- Volunteerism

Social Support

- Information & referral
- Social support services
- Caregiver supports

Safety & Security

- Personal safety
- Financial security
- Vocational training & support



Physical Environment

- Transportation
- Housing
- Home Supports

Physical & Mental Health

- Physical health & wellness
- Physical fitness
- Healthy lifestyle choices
- Mental health & wellness
- Brain health

Personal Wellbeing

- Resiliency
- Emotional wellbeing
- Personal services
- Food & nutrition

Frequently Identified Assets for Older Adults in Innisfail



Social Environment & Engagement

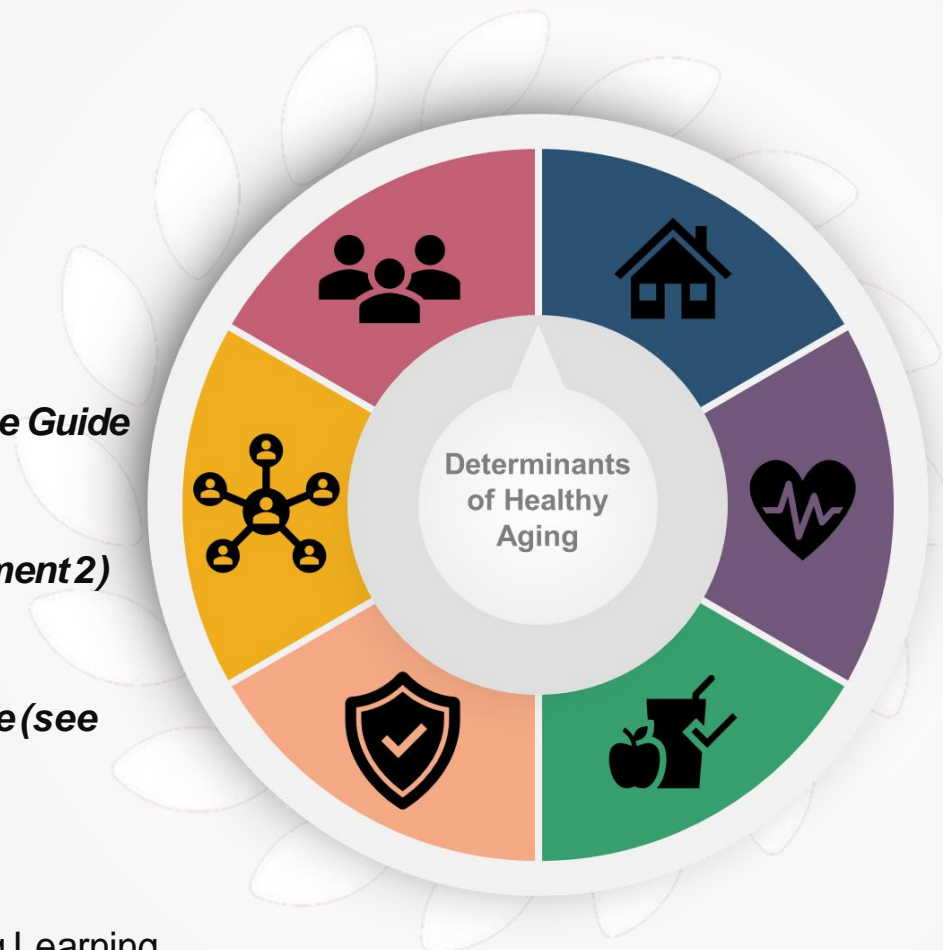
- Royal Canadian Legion
- Lakes & Trails
- Community Events & Festivals
- Innisfail Public Library
- Community Partners in Action

Social Support

- *Innisfail Community Resource Guide (see Attachment 1)*
- *Innisfail Dementia Friendly Resource Guide (see Attachment 2)*
- *Senior's Drop-in Centre (see Attachment 3)*
- *Resource List from Homecare (see Attachment 4)*

Safety & Security

- RCMP (e.g., Victim Services)
- Henday Association for Lifelong Learning
- Central Alberta Elder Abuse Help Lines
- Lifeline



Physical Environment

- *House and Yard Care Resource list (see Attachment 5)*
- Transportation Services (e.g., P.A.C.E Bus, Prairie Bus Lines)

Physical & Mental Health

- *AHS Alberta Healthy Living Programs (see Attachment 6)*
- Innisfail Health Centre
- Innisfail Aquatic Centre
- Trails & Paths
- Home Care (Alberta Health Services and Private)
- Wolf Creek Primary Care Network
- Primary Care Network – Movers & Groovers Program
- Pharmacies

Personal Wellbeing

- Innisfail & Area Food Bank

Note: These assets were more frequently identified by session participants. They are indicated with a  on the following pages.

Physical Environment



Transportation

- **Transportation Services**
(P.A.C.E Bus, Prairie Bus Lines, Associated Cabs)

Housing

- Chantelle Management Ltd.- Including Sunset Manor and Innisfail Country Manor
- Parkland Foundation – including Autumn Grove Seniors Lodge and Dodd's Lake Manor
- Red Deer Housing Authority - Low Income Housing and Rent Subsidy
- Senior Only Buildings – Snowberry Downs, Beverly Cove, Pipers Landing



Home Supports

- Alberta Seniors Benefits - Home Supports Reimbursement Program
- **House and Yard Care Resource list**
- Private Home Supports providers
- Snow Angels Canada
- Snow removal companies and youth providing service

Physical & Mental Health



Mental health & wellness

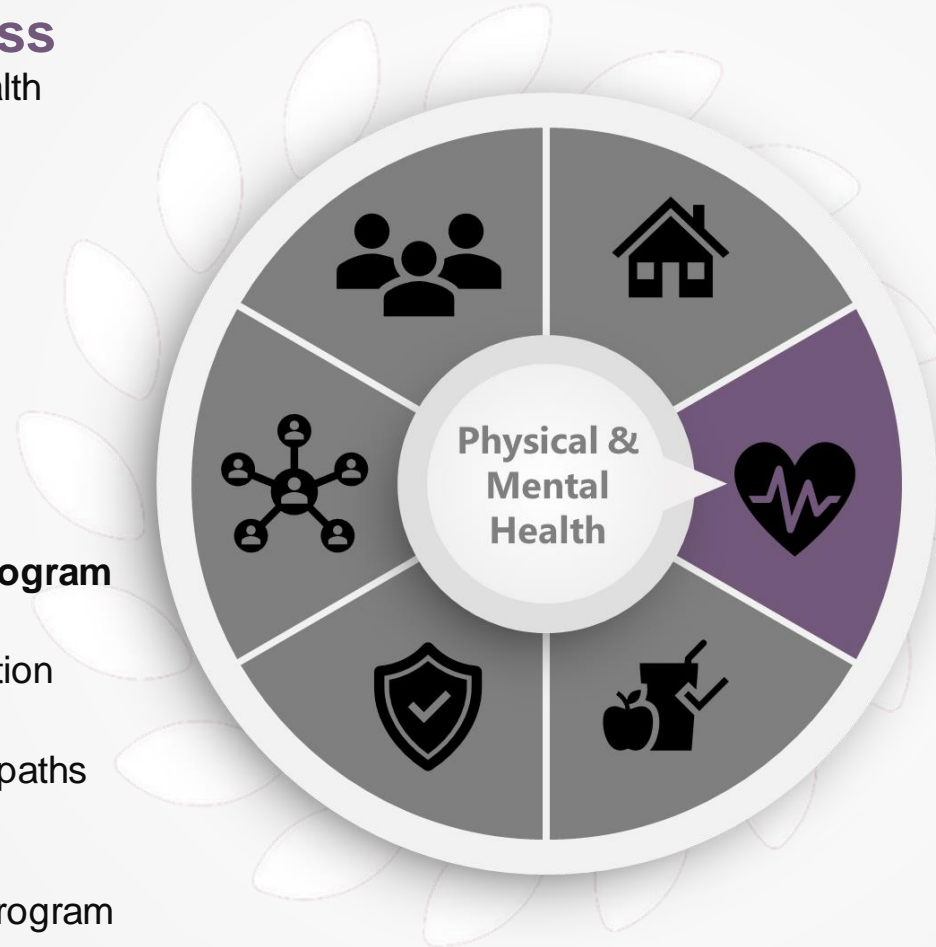
- Adult Addiction and Mental Health Services - Assertive Outreach
- Alternative therapy providers
- Psychologists

Physical fitness

- Gyms
- Horseshoe Pits
- Innisfail Arena
- **Innisfail Aquatic Center**
- **PCN – Movers & Groovers Program**
- Tennis courts
- Town of Innisfail drop-in recreation
- **Trails & Paths**
- Wheelchair accessible walking paths

Brain health

- AHS – Alberta Healthy Living Program
- Brain Gym courses
- Falls Prevention Program (for those living with dementia and memory loss)



Physical health & wellness

- **Home Care (Alberta Health Services and Private)**
- **Innisfail Health Centre**
- Foot care for diabetes
- Massage therapists and chiropractors (e.g., Healthy Family Chiro & Massage, King Chiropractic, Innisfail chiropractic and massage)
- **Pharmacies**
- **Wolf Creek Primary Care Network**

Healthy lifestyle choices

- **AHS Alberta Healthy Living Programs**
- Best of Health (health food store)
- TOPS Program
- Wolf Creek PCN Programs (e.g., my way to health)

Personal Wellbeing

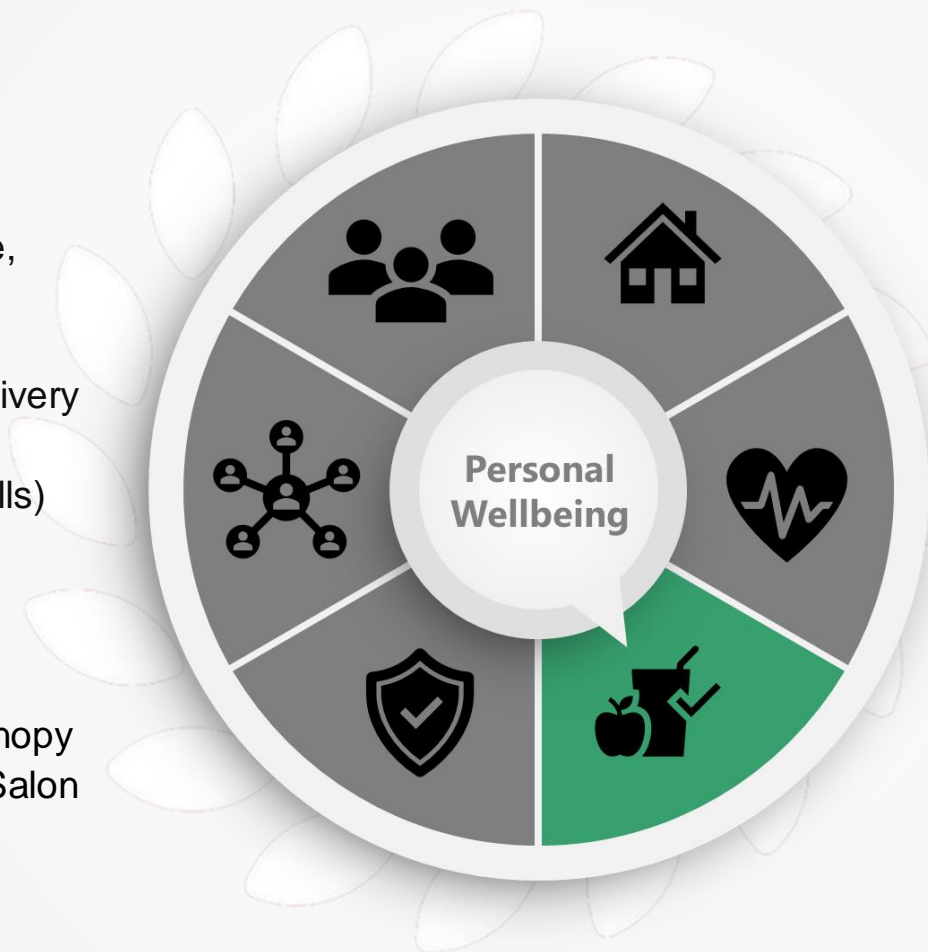


Food & nutrition

- Coffee shops (Coffee Cottage, A&W)
- Farmer's Market
- Golden Circle frozen meal delivery service
- Grocery stores (Co-op, No Frills)
- **Innisfail & Area Food Bank**
- Meals on Wheels

Personal services

- Hair and spa salons (e.g., Canopy Salon and Spa, The Lounge Salon and Spa, Nunova Wellness, Adonia Beauty and Wellness)
- In office and mobile podiatry services



Resiliency

- Caregivers Alberta
- Parkinson's Support Group
- Wellspring Cancer Support

Emotional wellbeing

- AA and NA meetings
- Churches & Faith-Based Organizations
- Group chat sessions by AHS Mental Health
- Wolf Creek PCN Programs (e.g., mental health & wellness, relationships)

Safety & Security



Vocational training & support

- 🍃 Heday association for Lifelong Learning

Financial security

- Banks & other financial institutions
- Dean Turnquist Helping Hands Fund
- FCSS – Community Volunteer Income Tax Program
- Town of Innisfail Fee Assistance Program



Personal safety

- Businesses selling camera and security systems
- 🍃 **Central Alberta Elder Abuse Help Lines**
- Citizens on Patrol community safety patrol
- Emergency First Responders
- Gated communities for individuals 50+ years
- 🍃 **Lifeline**
- 🍃 **RCMP**
- Scam identification orientation
- 🍃 **Victim Services**

Social Support



Social support services

- Alzheimer's Support Group
- FCSS
- Catholic Social Services
- Continuing Care Counsellors
- McMan
- **Seniors Drop-In Centre**
- Senior's outreach

Caregiver supports

- Grandparent Support Group



Information & referral

- FCSS
- Health Link (811)
- Interagency group
- **Innisfail Community Resource Guide**
- **Innisfail Dementia Friendly Resource Guide**
- Let's Connect Newsletter
- **Resource List from Homecare**

Social Environment & Engagement



Social engagement

- 🍃 **Community Partners in Action**
 - Innisfail & District Historical Village
 - Pastoral Care Community

Volunteerism

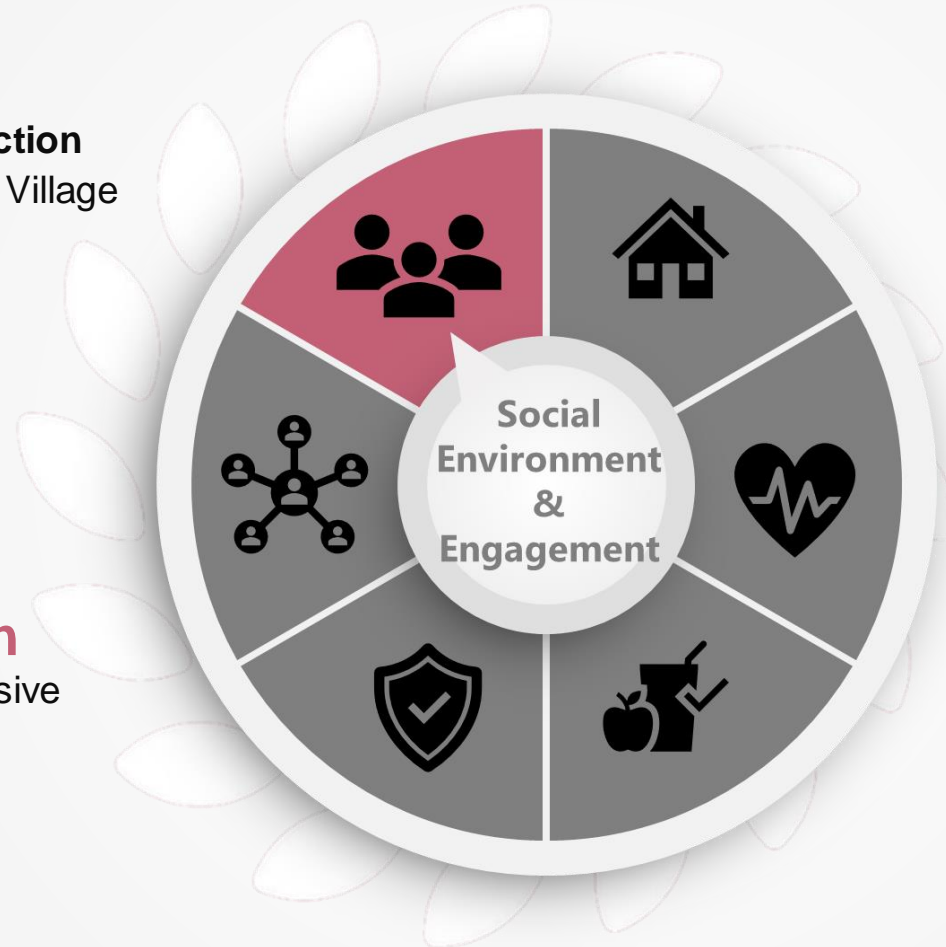
- Adopt-a-Senior initiative (Christmas)
- Volunteer clubs

Diversity & inclusion

- Innisfail Welcoming & Inclusive Committee

Outdoor activity

- Innisfail Golf Club
- 🍃 **Lakes & Trails**



Participation & engagement

- Dog park
- 🍃 **Community events & festivals**
 - Community Garden
- 🍃 **Innisfail Public Library**
 - Town of Innisfail – Community Calendar

Engaging with Peers

- Agricultural life & community
- Churches
- Memory Café
- Men's Shed
- Retired specialists
- 🍃 **Royal Canadian Legion (e.g., darts, shuffleboard, pool, BINGO, music, social dance)**
 - Service clubs (Kinsmen, Kinettes, 4H, Lions Club, Rotary Club)
 - Social clubs (art, crochet, reading, etc.)
 - Senior's Garden Party