

# Community Assets for Older Adults in Red Deer and Area



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 Red Deer and area.

- 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

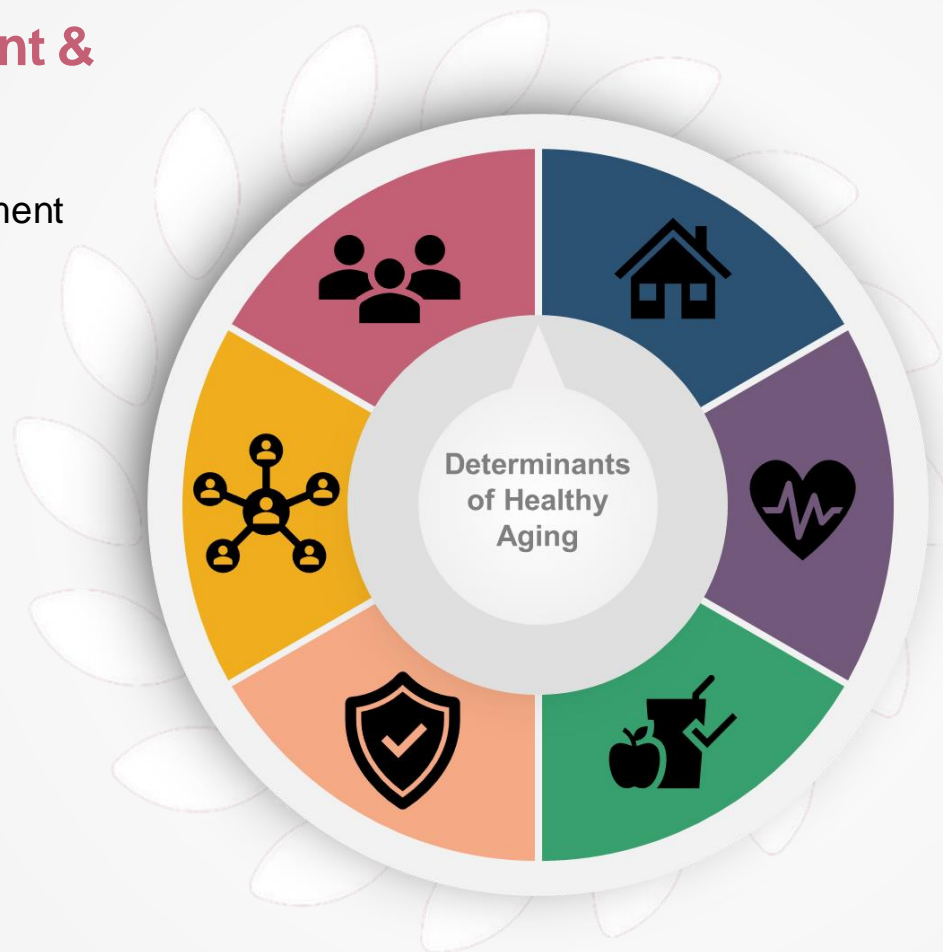
- Social engagement
- Participation & engagement
- Engaging with peers
- Outdoor activity
- Diversity & inclusion
- Volunteerism

## 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 Red Deer and Area



## Social Environment & Engagement

- Community Halls
- Golden Circle Senior Resource Centre
- Red Deer Native Friendship Centre
- Urban Aboriginal Voices Society (UAVS)

## Social Support

- 211 Directory
- 811 Directory
- Family Services of Central Alberta
- FCSS Offices
- Red Deer County Activity Guide

## Safety & Security

- Lifeline
- PACT (Police and Crisis Team)
- RCMP



## Physical Environment

- Action Bus
- Brokered Worker Program (Golden Circle)
- Golden Circle Supportive Medical Transportation Program

## Physical & Mental Health

- AHS Mental Health Supports
- Canadian Mental Health Association (CMHA) Mental Health & Wellness Programs
- MINT Memory Clinic
- Primary Care Network

## Personal Wellbeing

- Alzheimer's Society
- CMHA Recovery College
- Churches
- Frozen Meal Delivery (Golden Circle)
- Meals on Wheels

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

# Physical Environment

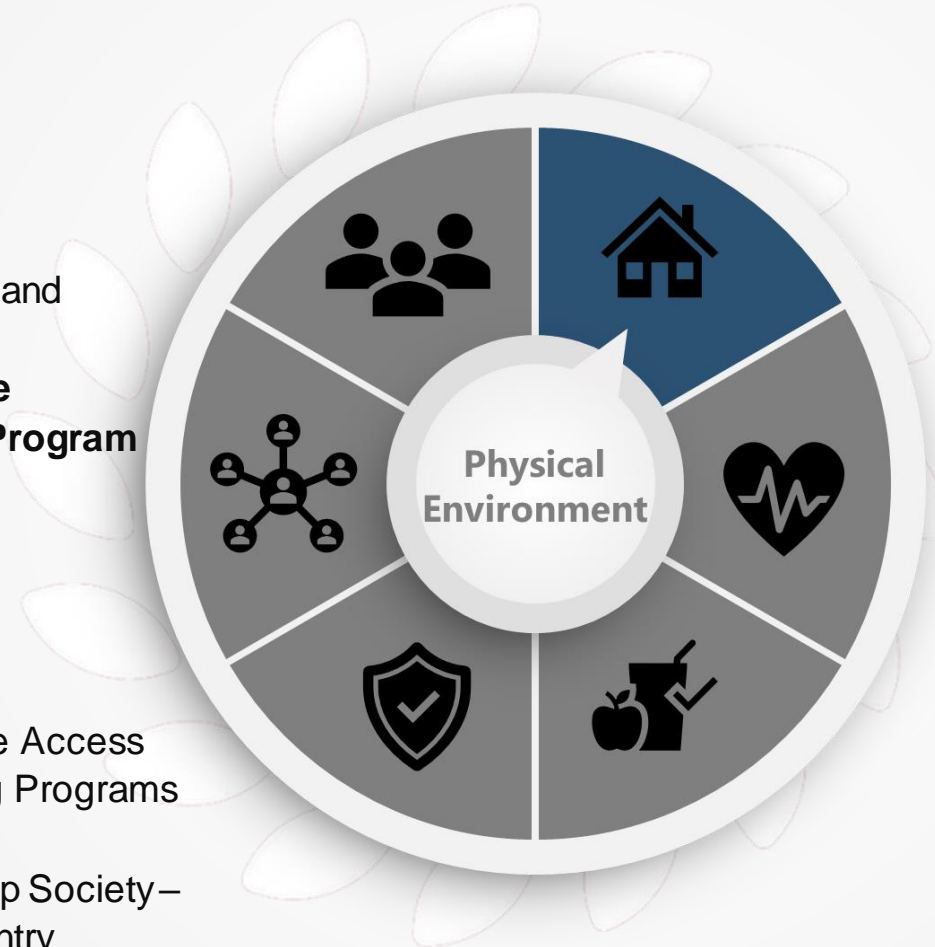


## Transportation

- **Action Bus**
  - BOLT (Blackfalds On-Demand Local Transit)
- **Golden Circle Supportive Medical Transportation Program**
  - Red Deer City Transit

## Housing

- Bethany Housing
- Bridges Community Living
- Homecare Continuing Care Access
- Homeward Bound Housing Programs
- Parkland Foundation
- Red Deer Native Friendship Society – Indigenous Coordinated Entry
- Red Deer Housing Authority
- Safe Harbour Coordinated Entry



## Home Supports

- **Brokered Worker Program (Golden Circle)**
  - Family Services of Central Alberta Home Supports
  - FCSS (Sylvan)
  - Golden Circle Home Supports
  - Helping Hands
  - Private Care Companies

# Physical & Mental Health

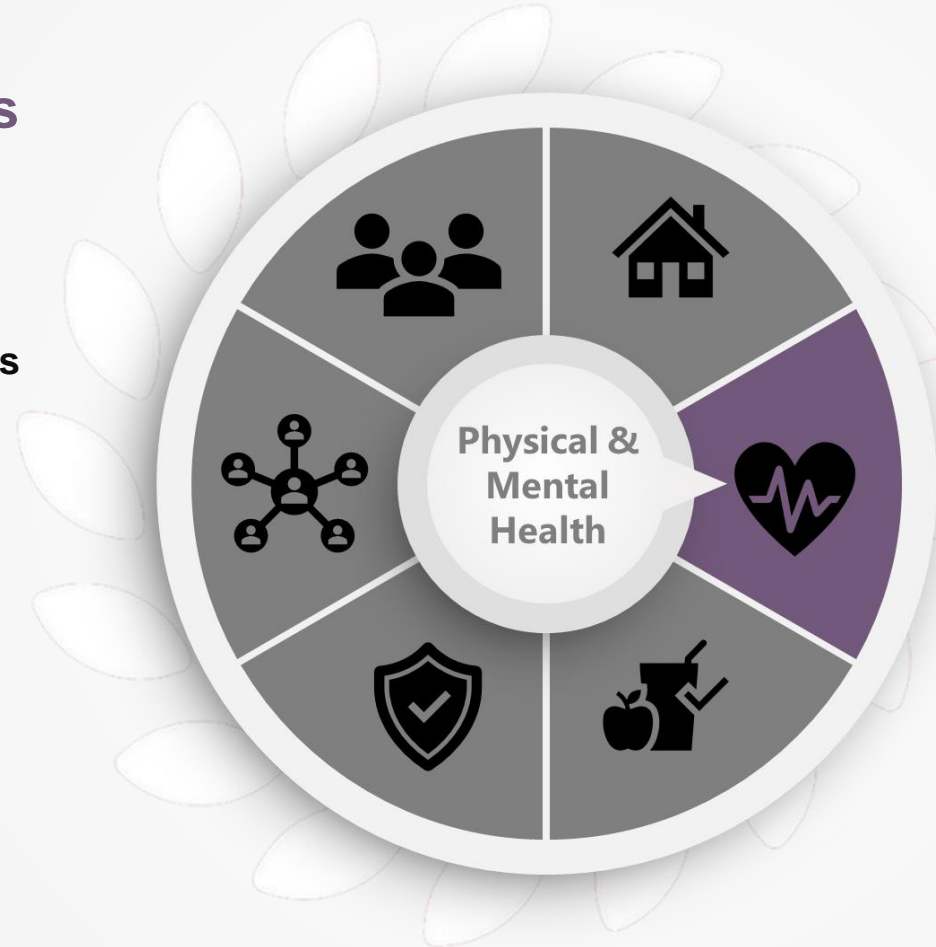


## Mental health & wellness

- **Alberta Health Services Mental Health Supports**
- Central Alberta Sexual Assault Support Centre
- **CMHA Mental Health & Wellness programs**
- PCN - Counselling
- Vantage Community Services

## Physical fitness

- Chair Yoga
- Cheemo Club Walking Group
- Community Recreation Centres
- Drop-in Sports (e.g., Pickleball)
- Hardy Walkers Group
- Golden Circle Sit & Be Fit
- Group Fitness Classes
- Red Deer County Seniors Exercise Groups
- Red Deer Outdoor Gyms
- Red Deer Recreational Facility and Programs



## Physical health & wellness

- Comfort Keepers
- Community paramedics
- Dietician
- Falls Prevention
- Home Care
- Lending Cupboard
- Pharmacists
- **Primary Care Network**
- Seniors Outreach Nurse
- Specialized Geriatric Services
- Street Clinic
- Strong & Steady Program

## Healthy lifestyle choices

- Alberta Healthy Living Programs

## Brain health

- 811 Directory – Dementia Advice
- Alberta Brain Injury Network
- Central Alberta Brain Injury Society (CABIS)
- **MINT Memory Clinic**

# Personal Wellbeing



## Food & nutrition

- Beyond Food Community Hub (Blackfalds)
- Escorted Grocery Shopping (Golden Circle)
- Food Banks
- Food Hampers through Churches (Sacred Heart, Livingstones, Salvation Army)
- 🍃 **Frozen Meal Delivery (Golden Circle)**
- Grocery Stores in Each Community
- 🍃 **Meals on Wheels**
- Sylvan Library Food Cupboard



## Resiliency

- 🍃 **Alzheimer's Society**
- 🍃 **Churches**
- Parkinson's Society

## Personal services

- Dedicated Shopping Times for Seniors
- Salvation Army

## Emotional wellbeing

- 🍃 **CMHA Recovery College**

# Safety & Security



## Vocational training & support

- Bredin Services
- Employment Placement Services Society

## Financial security

- Action Group Ride Subsidy
- Agricultural Service Board (ASB)
- Coordinated Entry Housing Program
- Fee Assistance Program for Recreation (Red Deer)
- Income Support/ AISH
- John Howard Society
- Ride Subsidies (Various Non-Profits)
- Service Canada Outreach
- Subsidized Bus Pass (Red Deer)
- Tax Volunteers/ Tax Clinics
- Veteran Affairs



## Personal safety

- Alberta Elder Abuse Awareness Council (AEAAC)
- **Alzheimer's Society**
- Diversion Team
- Elder Abuse Line
- **Lifeline**
- Lights Out Program (CMHA)
- Outreach Centre Domestic Violence
- **P.A.C.T. (Police and Crisis Team)**
- **RCMP**
- The Outreach Centre



# Social Support

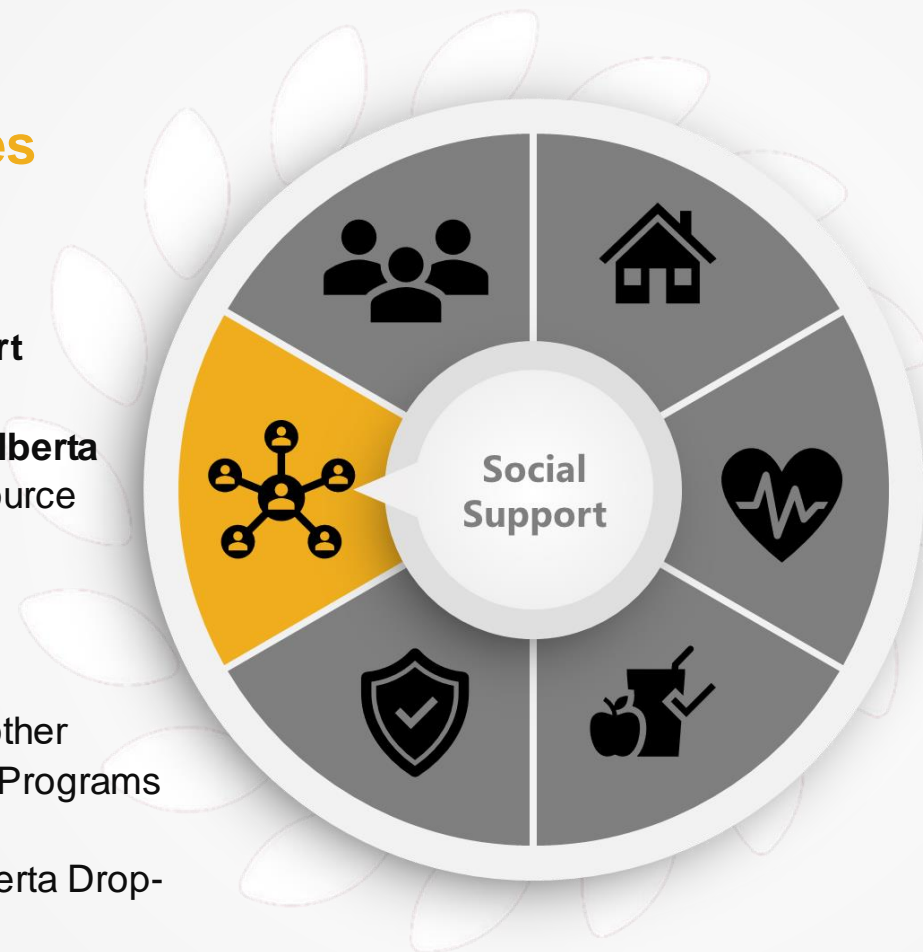


## Social support services

- Addictions Support Groups
- Aphasia Support Group
- Continuing Care Counsellor
- ✦ **Family & Community Support Services (FCSS)**
- ✦ **Family Services of Central Alberta**
- Red Deer County Family Resource Centre

## Caregiver supports

- Alzheimer's, Parkinson's and other Societies – Caregiver Support Programs
- Caregivers Alberta
- Family Services of Central Alberta Drop-In Day Support Program
- Hospice – Grief Supports
- Golden Circle



## Information & referral

- ✦ **211 Directory**
- ✦ **811 Directory**
- Community Information Boards
- Health Navigators
- Helpseeker
- ✦ **Red Deer County Activity Guide**
- Red Deer County Community Services
- Seniors Service Providers Interagency (SSPI) Group

# Social Environment & Engagement



## Engaging with Peers

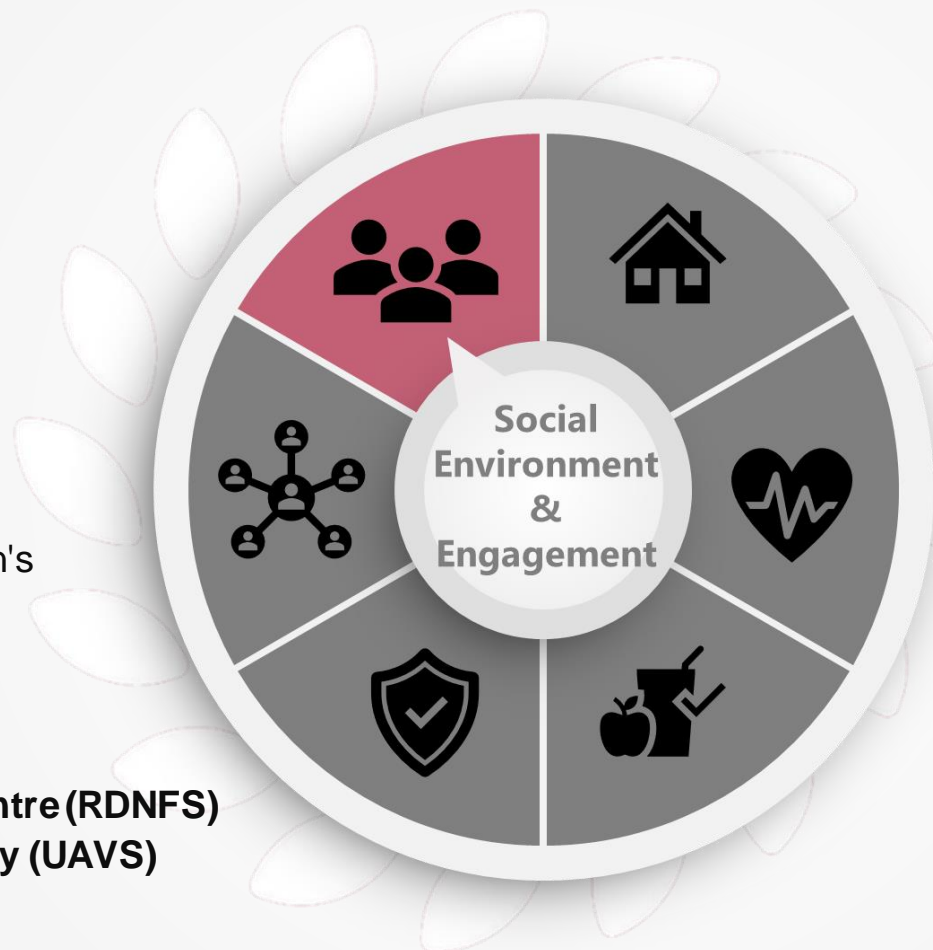
- A&W's
- Cheemo Seniors Club
- Men's Sheds
- Senior Citizens Downtown House
- Seniors' Centre Without Walls
- Seniors Drop-in Centres

## Diversity & inclusion

- Catholic Social Services
- Care for Newcomers
- Central Alberta Immigrant Women's Association (CAIWA)
- Cosmos
- Hub 2.0 Programming
- Metis Nation of Alberta Local 492
- **Red Deer Native Friendship Centre (RDNFS)**
- **Urban Aboriginal Voices Society (UAVS)**

## Outdoor activity

- Community Gardens
- Red Deer Trail System
- Outdoor Rinks
- Walking Trails



## Social engagement

- Benalto Booster Club
- Coffee Connections
- **Community Halls**
- Community Social Media Pages
- Nordic Walking Groups

## Participation & engagement

- Art in the Afternoon
- Recreation Boards
- **Golden Circle Senior Resource Centre**
- Museum
- Neighbourhood Activity Centres/ Community Centres
- Red Deer Public Library
- YMCA

## Volunteerism

- Golden Circle Volunteer Opportunities
- Local volunteer opportunities found through FCSS Community Workers
- Volunteer Connector Website