

Community Assets for Older Adults in Strathmore & Wheatland County



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 Strathmore & Wheatland County.

- 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

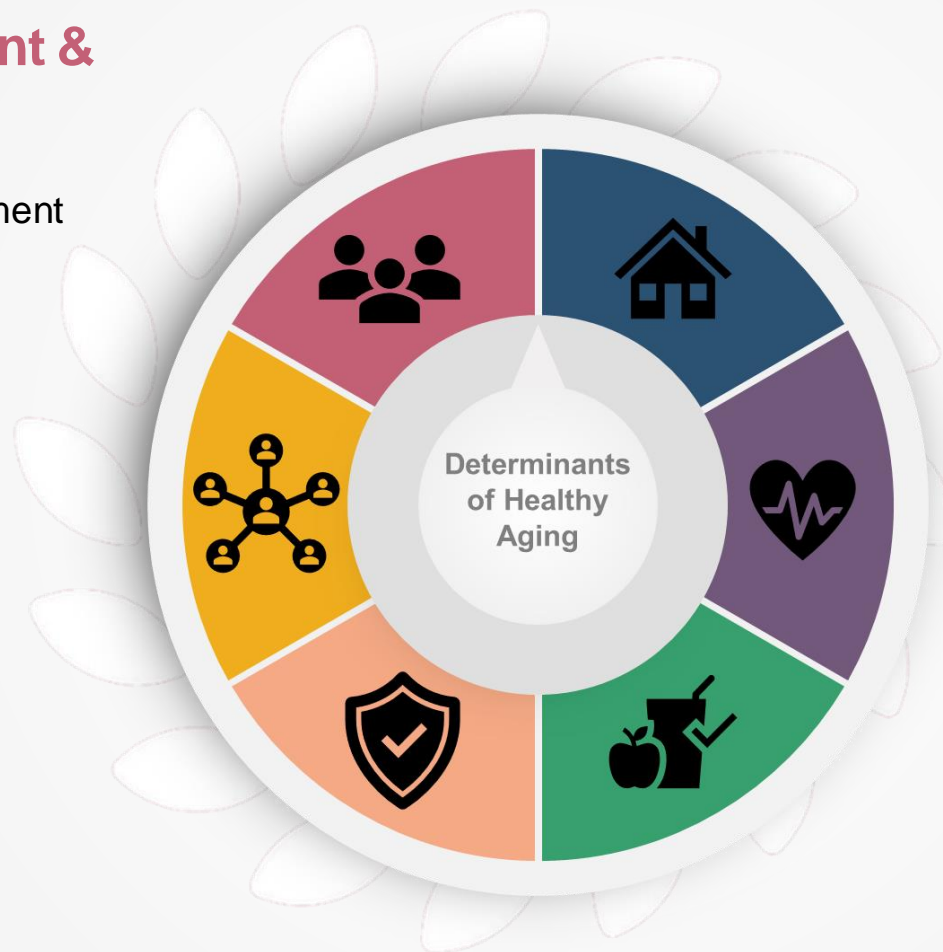
- Social engagement
- Participation & engagement
- Engaging with peers
- Outdoor activity
- Diversity & inclusion
- Volunteerism

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 Strathmore & Wheatland County



Social Environment & Engagement

- Bridging the Gap
- Happy Gang 55+ Society
- Kinsmen Park
- Strathmore Public Library
- Walking Paths

Social Support

- Compass for the Caregiver
- **Seniors Resource Handbook (see Attachment 1)**
- Staying Safe Resource
- True North Residential Support
- Wheatland Family and Community Support Services

Safety & Security

- Tax Clinic
- True North Crisis Center



Physical Environment

- Home Care
- Home Supports
- Housekeeping services
- K.A.R.E
- Snow Angels
- Strathmore Handi-Bus

Physical & Mental Health

- Calgary Rural Primary Care Network
- Strathmore Aquatic Centre
- Strathmore Mental Health & Addictions
- Strathmore Motor Sports Centre

Personal Wellbeing

- Churches & Faith-Based Organizations
- Good Food Box
- Wheatland County Food Bank

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

Physical Environment

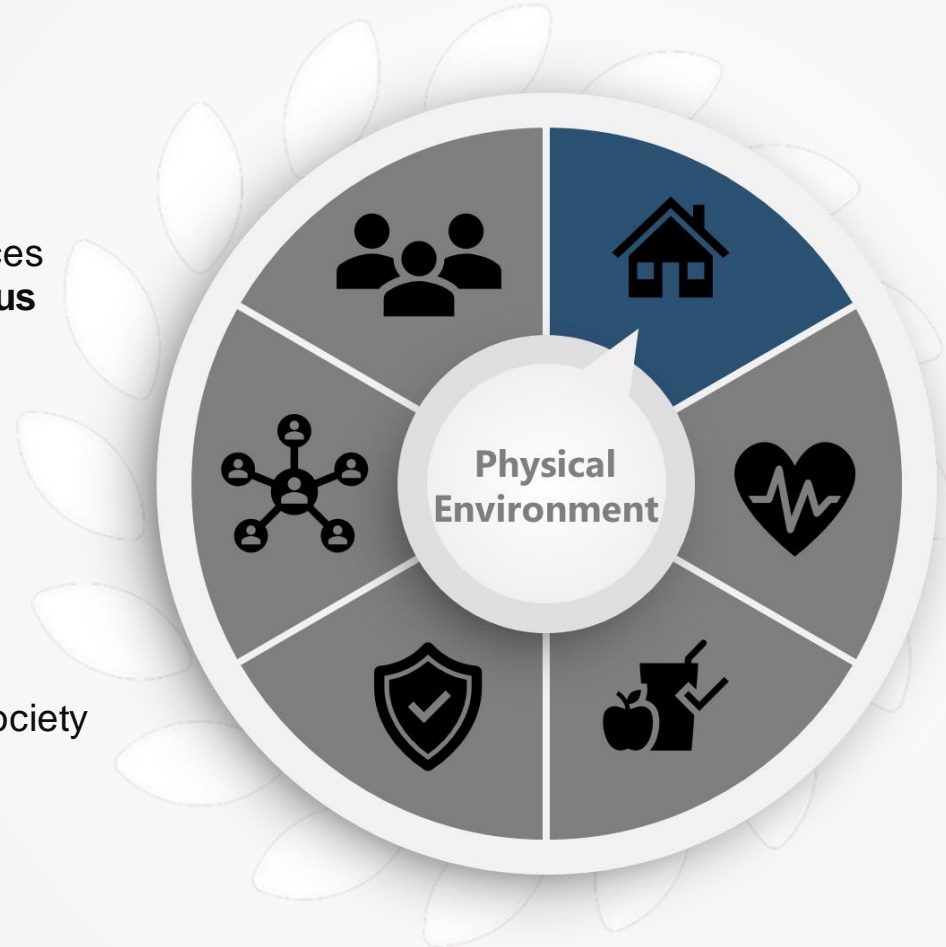


Transportation

- 🌿 **K.A.R.E**
 - Kennedy Elder Transportation Services
- 🌿 **Strathmore HandiBus**
 - Taxi services

Housing

- Community Housing
- Sagewood Agecare
- Senior Independent Apartments
- Step One Housing Society
- Wheatland Lodge



Home Supports

- 🌿 Home Care
- 🌿 Home Support
- 🌿 Housekeeping services
- 🌿 Snow Angels

Physical & Mental Health



Brain health

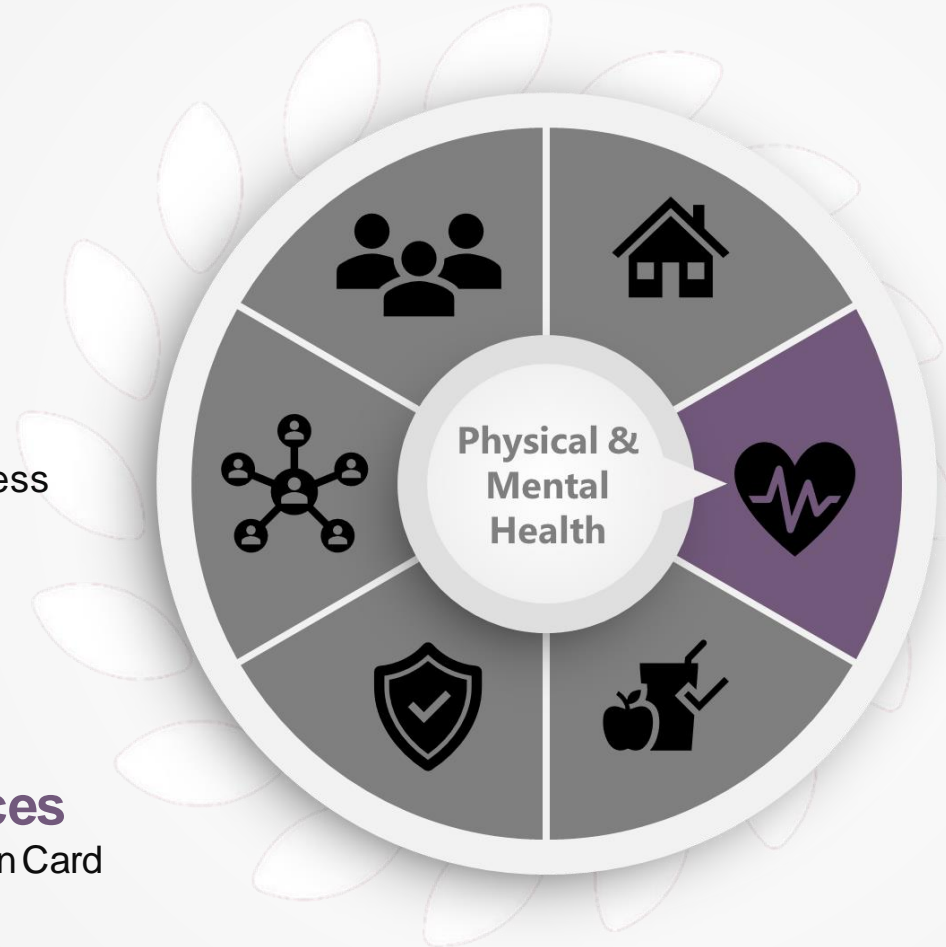
- Dementia Friendly Program

Mental health & wellness

- Adult Day Support
- Strathmore Wheatland Wellness Resource Project
- **Strathmore Mental Health & Addictions**
- Wellness Resources

Healthy lifestyle choices

- Community Access Recreation Card



Physical health & wellness

- Alberta Aids to Daily Living
- **Calgary Rural Primary Care Network**
- Community Coats
- Pharmacy
- Strathmore District Health Centre Fall Prevention Program
- Strathmore District Health Services

Physical fitness

- Family Centre Arena
- **Strathmore Aquatic Center**
- **Strathmore Motor Sports Center**

Personal Wellbeing



Food & nutrition

- 🍃 **Good Food Box**
 - Heart to Home Meals
 - Meals on Wheels
- 🍃 **Wheatland County Food Bank**

Personal services

- Mobile Massage Services



Resiliency

- Cancer Support Group
- Wheatland Funeral Home

Emotional wellbeing

- 🍃 **Churches & Faith-Based Organizations**

Safety & Security



Vocational training & support

- Prospect

Financial security

- Alberta Housing Support
- GoA Blue Cross
- Getz Collins and Associates (Estate/Wills)
- Property Tax Rebate Program
- **Tax Clinic**
- RBC (Estate Planning)
- Rent Assistance Benefit



Personal safety

- Emergency responders (RCMP, Fire)
- Emergency Social Services (ESS)
- Medical Alert System
- Regional Senior Abuse Awareness Committee
- **True North Crisis Center**

Social Support

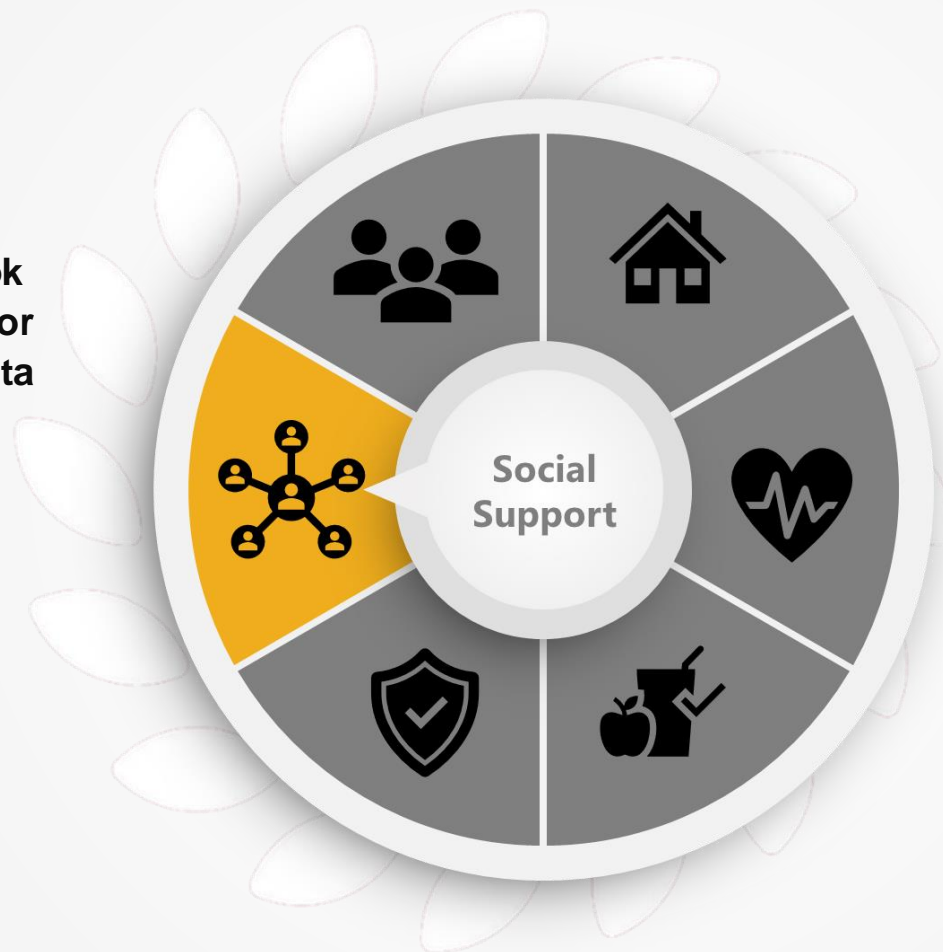


Information & referral

- Seniors Resource Handbook
- Staying Safe - A Resource for Older Adults Living in Alberta

Caregiver supports

- Compass for the Caregiver



Social support services

- Alpine View Pet Spa
- Happy Cat
- Humane Society
- Strathmore Family and Community Support Services
- Strathmore Overnight Shelter
- True North Residential Support
- Wheatland Family and Community Support Services
- Wheatland Hospice Society

Social Environment & Engagement



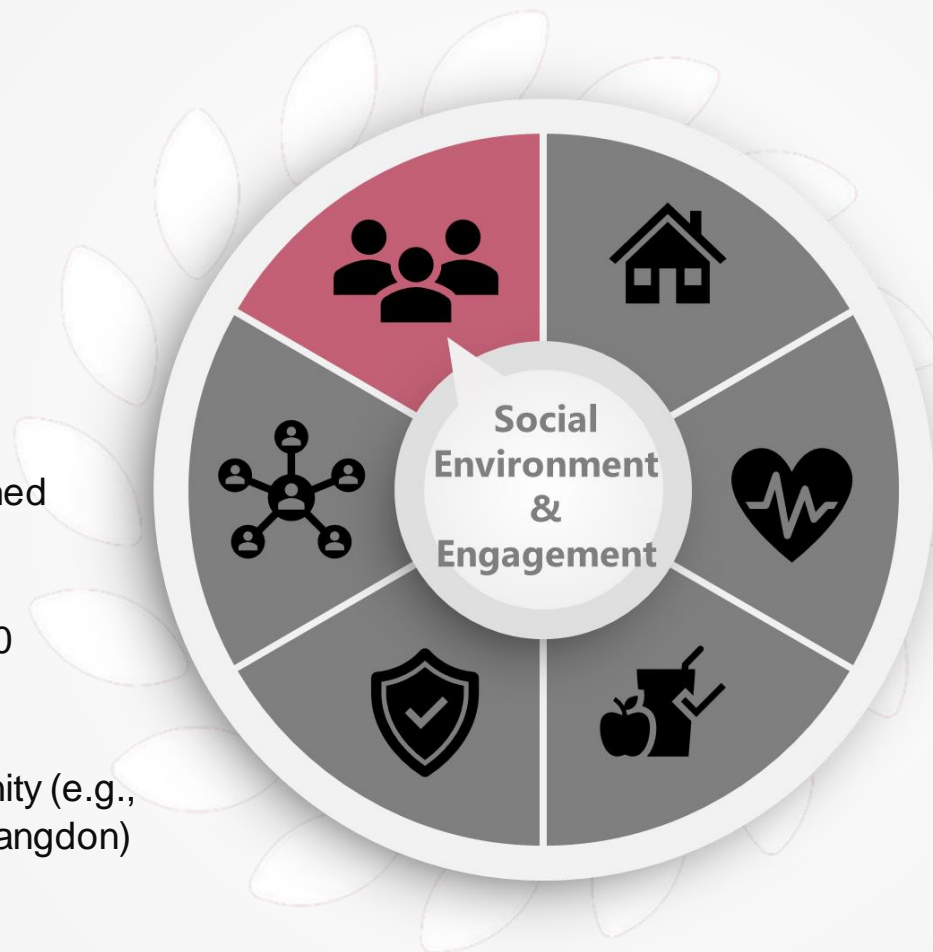
Volunteerism

- **Bridging the Gap**
- Communities in Bloom
- Reading Program @ George Freeman School

Engaging with Peers

- Bannock & Tea
- Coffee & Chat @ McDonalds
- Knitting groups (In Stitches, Stitched Together)
- **Happy Gang 55+ Society**
- Royal Canadian Legion Branch 10
- Royal Purple Groups
- Senior Lunch
- Seniors Centres in each Community (e.g., Standard, Gleichen, Rockyford, Langdon)
- Senior's Walk
- Strathmore Lions
- Wheatland Quilters

Diversity & inclusion



Social engagement

- Community Events (e.g., Lead by Example Powwow)
- Rosebud Theatre
- SAIL - Technology Classes

Participation & engagement

- Collective Cooking Clubs
- Libraries in Each Community (e.g., Standard, Gleichen, Rockyford, Langdon)
- Senior Power Conference
- **Strathmore Public Library**
- The Vault Cultural Collective
- Wheatland Arts Society

Outdoor activity

- **Kinsmen Park**
- Johnson's Island
- Strathmore Pickleball Club
- **Walking paths**