

Community Assets for Older Adults in Vulcan 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 Vulcan 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

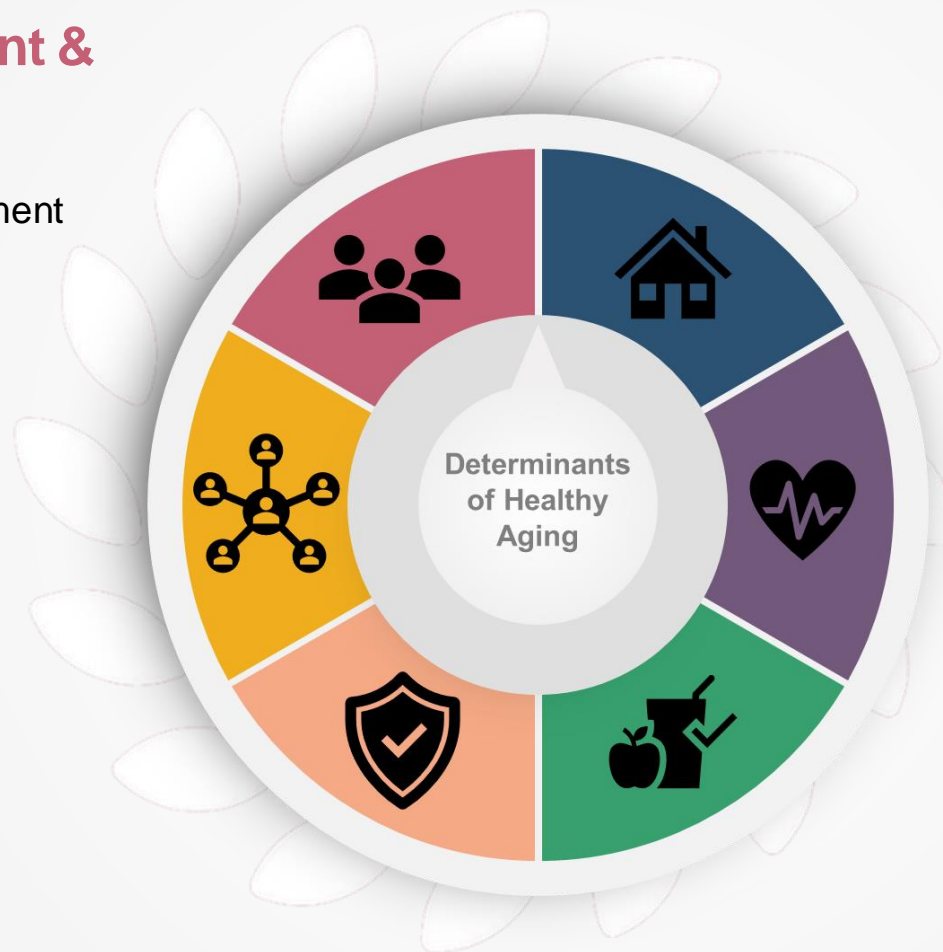
- Social engagement
- Participation & engagement
- Engaging with peers
- Outdoor activity
- Diversity & inclusion
- Volunteerism

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 Vulcan County



Social Environment & Engagement

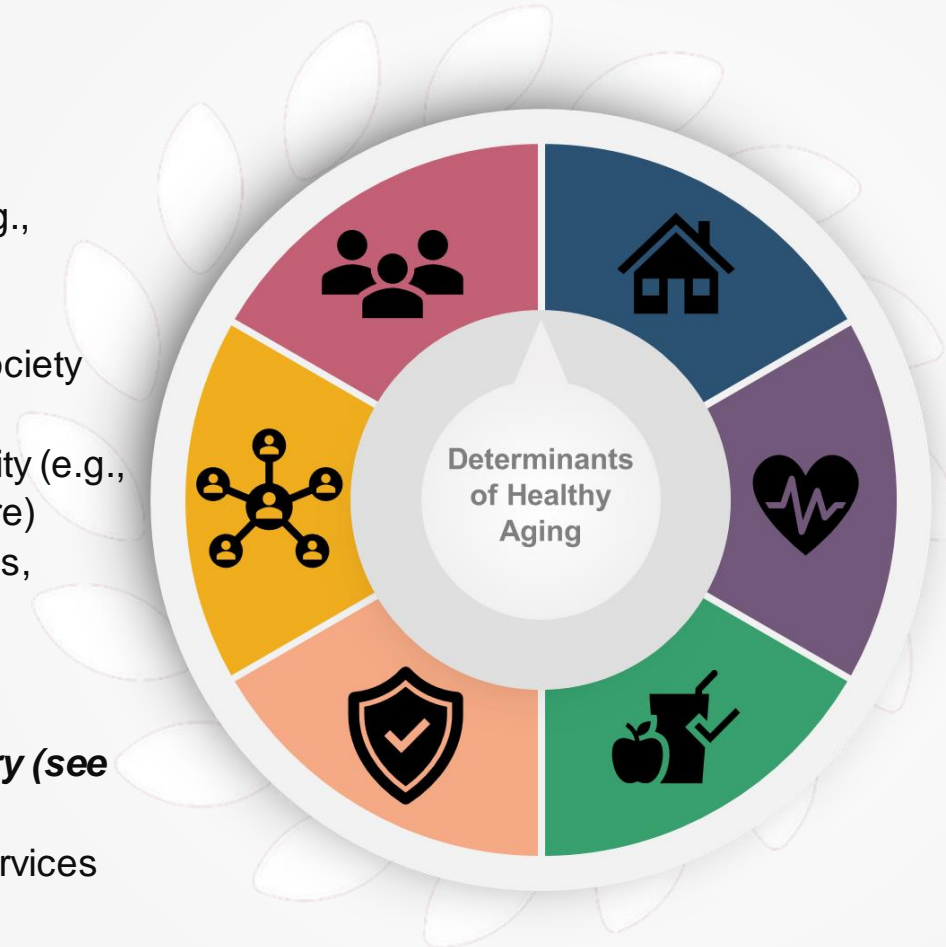
- Libraries in each community (e.g., Vulcan Municipal Library)
- Parks & walking paths
- Rainbow Literacy & Learning Society
- Rural community halls
- Senior centres in each community (e.g., Vulcan Community Senior Centre)
- Social groups (Kinsmen, Kinettes, Lions, Lionettes)

Social Support

- **Community Resource Directory** (see **Attachment 1**)
- Family & Community Support Services

Safety & Security

- Vulcan Regional Victim Services



Physical Environment

- FCSS Home Support & Outreach
- Marquis Foundation Seniors Housing (e.g., Peter Dawson Lodge)

Physical & Mental Health

- Cultural Recreation Center
- Fitness facilities (e.g., yoga studio, Bodyworks, Kona, Arrowwood gym, Milo gym)
- Vulcan Community Health Centre
- LifeMed Pharmacy
- Vulcan Medical Clinic

Personal Wellbeing

- Community Churches & Faith-Based Organizations
- Vulcan & District Food Bank

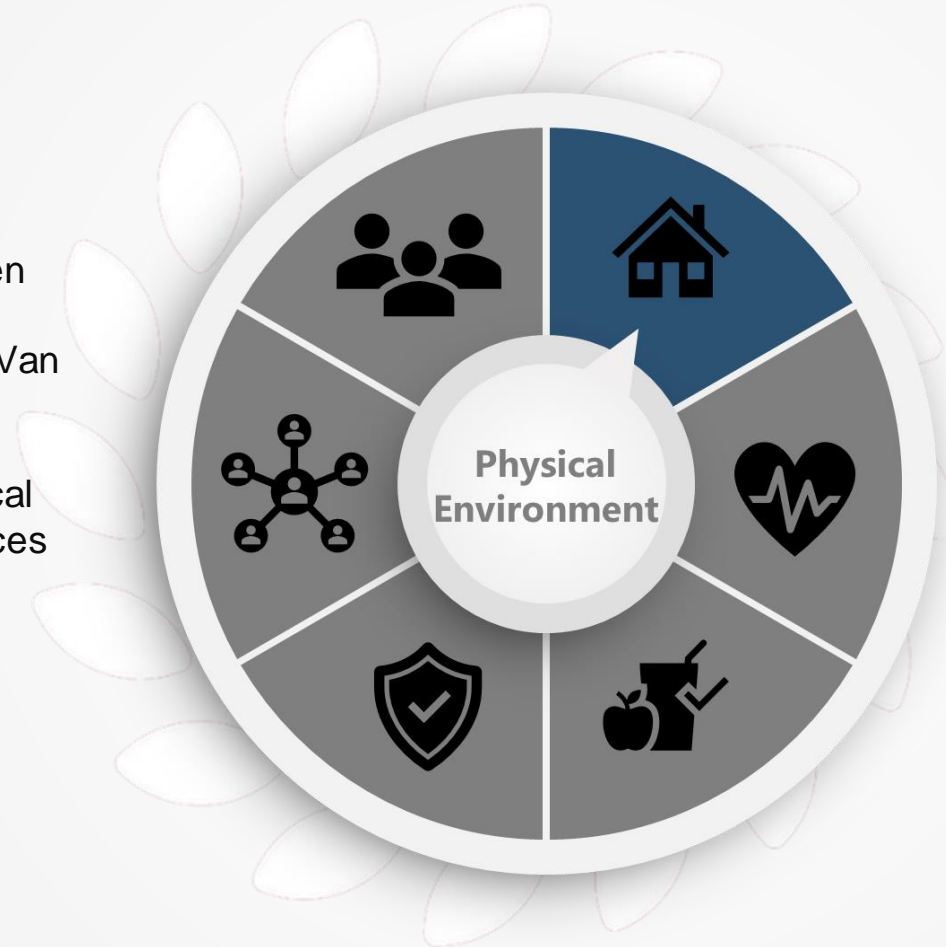
Note: These assets were more frequently identified by session participants. They are indicated with a  on the following pages.

Physical Environment



Transportation

- Courtesy van between lodges (FCSS)
- Healthcare Auxiliary Van
- IL Transportation
- Lion's Club Bus
- Vulcan County Medical Transportation Services



Home Supports

- Alberta Health Services Home Care
- **FCSS Home Support & Outreach**
- Healthcare aides

Housing

- Extendicare – Vulcan
- Long Term Care – Vulcan Health Centre
- **Marquis Foundation Seniors Housing (e.g., Peter Dawson Lodge)**
- Old Colony Seniors Lodge - Carmangay

Physical & Mental Health



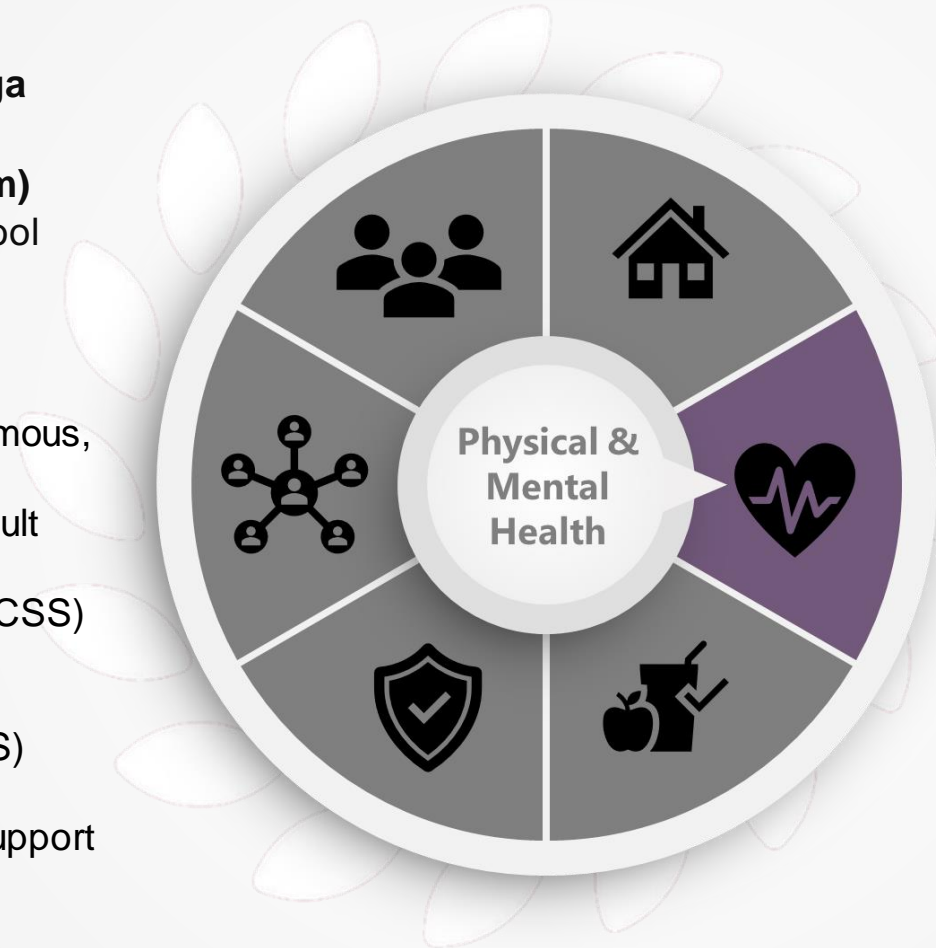
Physical fitness

- Fitness facilities (e.g., yoga studio, Bodyworks, Kona, Arrowwood gym, Milo gym)
- Vulcan Lions Community Pool

Mental health & wellness

- Al-Anon, Alcoholics Anonymous, Narcotics Anonymous
- Alberta Health Services Adult Day Programming
- Community Counselling (FCSS)
- Grief Support through the Vulcan Funeral Home
- Mental Health Worker (AHS)
- SMART Recovery
- Vulcan Mental Wellness Support Community

Healthy lifestyle choices



Physical health & wellness

- Arrowwood Medical Clinic
- Cultural Recreation Center
- Physiotherapy clinic
- Vulcan Community Health Centre
- Vulcan Medical Clinic
- LifeMed Pharmacy
- Vulcan County Health and Wellness Foundation
- Vulcan Pharmacy

Brain health

- Healy Arts Society
- Play 'N Kiln
- Library Programs (e.g., Readers Build Community)
- Rainbow Literacy Language Classes and Digital Literacy Classes
- Vulcan Performing Arts Society

Personal Wellbeing



Food & nutrition

- Market Street Vulcan
- Restaurants (e.g., Arby's, A&W, Subway)
- 🍃 **Vulcan & District Food Bank**

Personal services

- Dump
- Hair Hut
- Mobile hair care @ The Health Centre



Resiliency

- Dementia Support Group
- Grief Support (FCSS)
- Vulcan Mental Health Support Community
- Wellspring Cancer Support Alberta

Emotional wellbeing

- 🍃 **Community Churches & Faith-based Organizations**
- Seniors Connection Program

Safety & Security

Vocational training & support

Financial security

- Government Seniors Programs
- FCSS Income Tax clinic
- (e.g., Benefits for Low Income,
- Property Tax Deferral, AB Blue Cross for Seniors
- Recycling center
- Reducing Impact of Financial Strain App



Personal safety

- Peace officers
- Rainbow Literacy Online Safety Classes
- Vulcan Regional Response to Elder Abuse
- **Vulcan Regional Victim Services**

Social Support

Social support services

- 2 AHS Social Workers
- **Family & Community Support Services**
- Home Support Outreach Worker
- Town of Vulcan
- Vulcan County

Caregiver supports

- Adult Day Support Program (AHS)
- Rainbow Literacy Caregiver Capacity Building Classes



Information & referral

- **Community Resource Guide**
- Community Resource Board

Social Environment & Engagement



Volunteerism

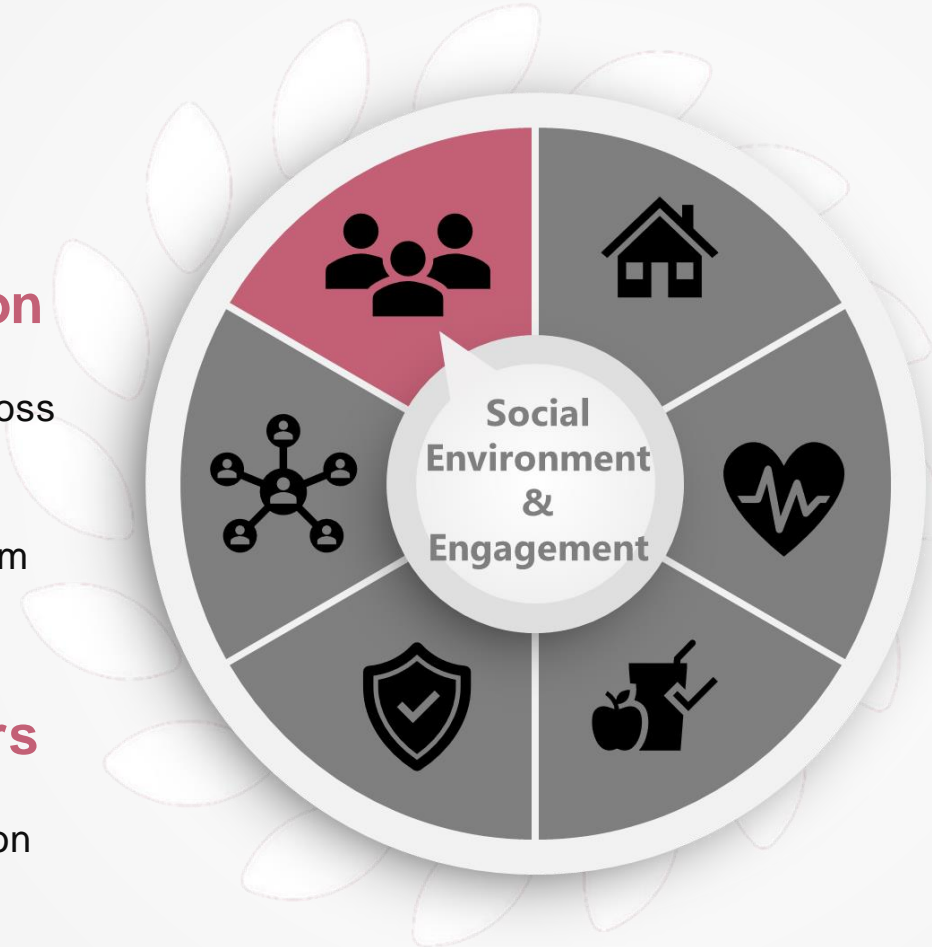
- Rainbow Literacy & Learning Society

Diversity & inclusion

- Inclusion Foothills
- Ireri-Mexican, Latino & Cross Cultural Society
- Rise and Shine Services
- Unity of Belonging Program
- Wheat Country Special Needs Society

Engaging with Peers

- Connection Café
- Fish and Game Association
- Legion
- Quilting clubs
- Social groups (Kinsmen, Kinettes, Lions, Lionettes)
- Tinman Triathlon Committee



Participation & engagement

- AG Rodeo Grounds
- Community garden
- Libraries in each community (e.g., Vulcan Municipal Library)
- Rural community halls
- Schools
- Senior centres in each community (e.g., Vulcan Community Seniors Centre)
- Special Needs Society
- Spock Days
- Vulcan Historical Museum

Outdoor activity

- Camping grounds
- Parks & walking paths
- Golf course

Social engagement

- Healey Art Centre