

Community Assets for Older Adults in Whitecourt



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 Whitecourt.

- 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

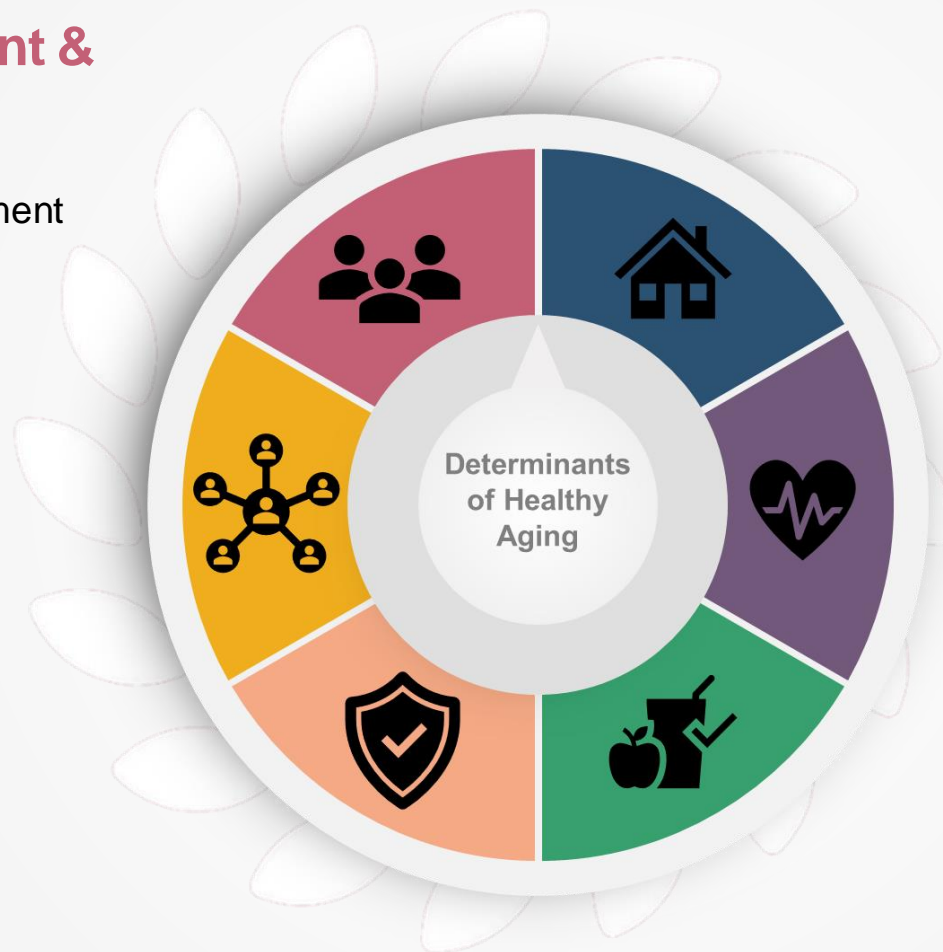
- Social engagement
- Participation & engagement
- Engaging with peers
- Outdoor activity
- Diversity & inclusion
- Volunteerism

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 Whitecourt



Social Environment & Engagement

- FCSS Community Garden
- Seniors Circle
- Whitecourt & District Public Library

Social Support

- Family & Community Support Services (FCSS)
- Friendly Visitor
- Making Connections Newsletter
- Whitecourt Senior Services

Safety & Security

- Volunteer Income Tax Program



Physical Environment

- FCSS Dial-a-Bus
- FCSS Volunteer Driver Program

Physical & Mental Health

- Alberta Health Services Home Care
- Allan & Jean Millar Centre
- Seniors Chair Yoga

Personal Wellbeing

- Meals on Wheels
- Whitecourt Cancer and Wellness Society

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

Physical Environment

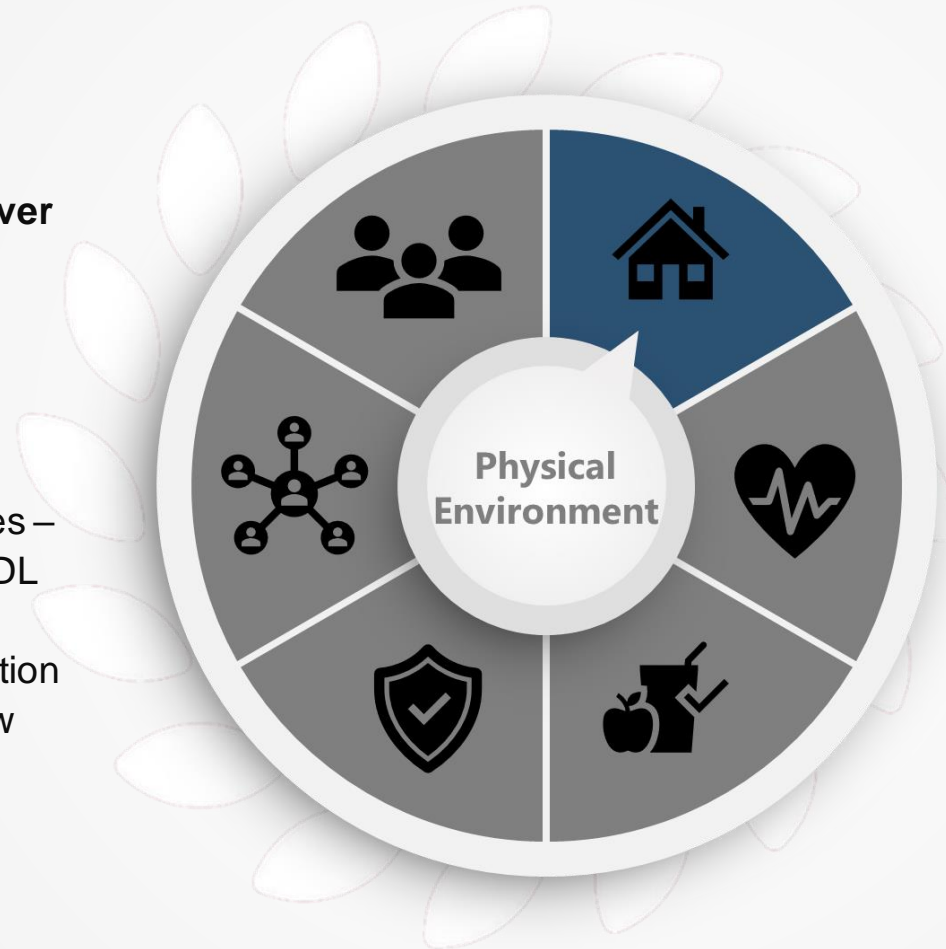


Transportation

- ✦ FCSS Dial-a-Bus
- ✦ FCSS Volunteer Driver Program
- Transit bus

Housing

- Christian Communities – Whitecourt Manor/ CDL Homes
- Lac St. Anne Foundation (including Spruceview Seniors Lodge and Woodland Villa)



Home Supports

- Private housekeeping
- Snow Star Program

Physical & Mental Health



Brain health

- Memory Care Kits
- MINT Memory Clinic

Mental health & wellness

- Alberta Health Services
Addiction & Mental Health
Support

Physical fitness

- **Allan & Jean Millar Centre**
- Floor curling at Whitecourt
Curling Club
- Pool
- **Seniors Chair Yoga**



Physical health & wellness

- Alberta Health Services (AHS)
Community Health Centre
- AHS Palliative Team
- AHS Healthy Living Programs
- **AHS Home Care**
- Dentist
- Diabetic Foot Care Clinic
- Family Practice Nurses at PCN
- Kinesiologist
- McLeod River PCN
- Optometrist
- Psychologist
- Whitecourt Health Centre

Healthy lifestyle choices

- TOPS Club

Personal Wellbeing



Food & nutrition

- Farmer's Market
- **Meals on Wheels**
- Perishable Food Box Program
- Tennille's Hope
- Whitecourt Food Bank

Personal services

- Repeat Boutique
- Various Local Businesses



Resiliency

- Alzheimer's Support Group
- Cancer Support Group
- Grief Support Group
- **Wellspring Cancer Society**
- Whitecourt Cancer and Wellness Society

Emotional wellbeing

- Catholic Women's League
- Churches and Faith-Based Organizations

Safety & Security

Vocational training & support

- Ballad Whitecourt Training Centre
- Lifemark Vocational Services Resume Support

Financial security

- FCSS Personal Budgeting Assistance
- **Volunteer Income Tax Program**



Personal safety

- RCMP Scam & Fraud Education
- Wellspring Family Resource and Crisis Centre Elder Abuse Education
- Wellspring Family Resource and Crisis Centre

Social Support



Social support services

- Death Café
- **FCSS Friendly Visitor**
- Soaring Eagle Support Society (SESS)
- Whitecourt Healthcare Centre Social Worker

Caregiver supports

- Alzheimer's Society Caregiver Support
- Caregivers Alberta Compass Program



Information & referral

- **Whitecourt Senior Services**
- **Making Connection Newsletter**
- **Family & Community Support Services**

Social Environment & Engagement



Volunteerism

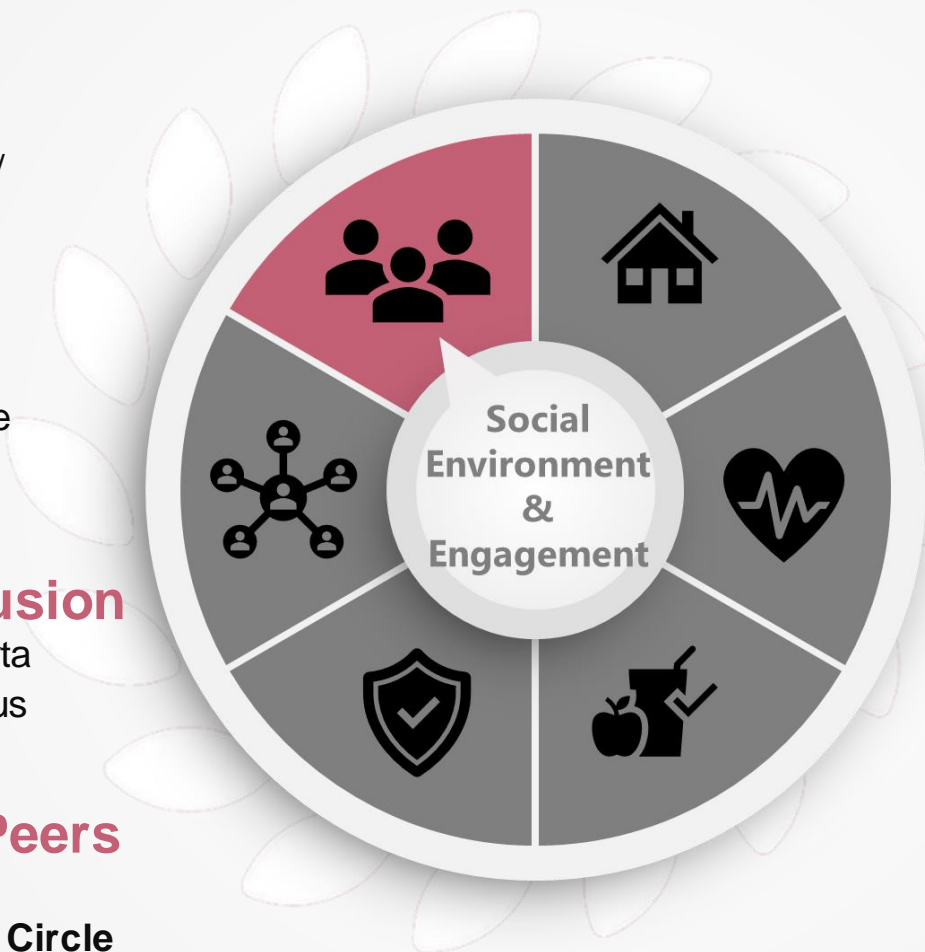
- Friends of Whitecourt/ Repeat Boutique
- Tennille's Hope/ Soup Kitchen
- Wellspring Women's Shelter/ Twice As Nice
- Whitecourt Volunteer Database

Diversity & inclusion

- Métis Nation of Alberta
- Whitecourt Indigenous Friends Society

Engaging with Peers

- Whitecourt Legion
- **Whitecourt Seniors Circle**



Social engagement

- Seniors Week
- Rotary Park/ Festival Park
- Whitecourt Seniors Circle Events (e.g., Holiday Dances, Crib Tournaments)

Participation & engagement

- Book Club
- **FCSS Community Garden**
- Forest Interpretive Centre (Museum)
- **Whitecourt & District Public Library**
- Whitecourt Pins and Pine Needles Quilt Guild

Outdoor activity

- Baseball Park
- Football and Soccer Fields
- Golf Course
- Hiking trails
- Rivers
- Rotary Park Trails, Pond, and Off-Leash Dog Park