

Community Assets for Older Adults in Sylvan Lake



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 Sylvan Lake.

- 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

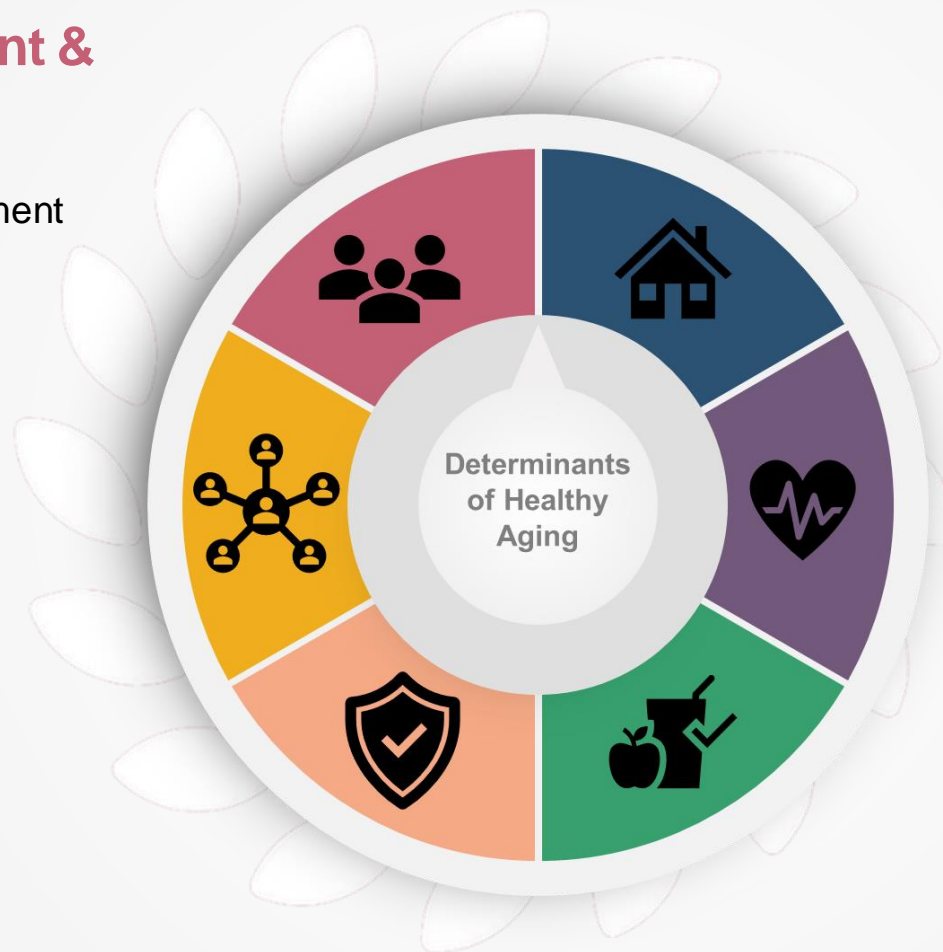
- Social engagement
- Participation & engagement
- Engaging with peers
- Outdoor activity
- Diversity & inclusion
- Volunteerism

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 Sylvan Lake



Social Environment & Engagement

- Community-Wide Events
- FCSS Community Gardens
- FCSS Grandpals Program
- Parks and Trails
- Senior's Centre
- Sylvan Lake Municipal Library

Social Support

- Community Partner's Association
- FCSS Senior's Outreach – Tax and Referral Form Support
- FCSS Senior's Outreach and Services

Safety & Security

- Lifeline FCSS Program



Physical Environment

- Alberta Health Services Home Care
- Community Connection Medical Transport Program
- FCSS Home Matters (e.g., Snow Angels, Yard Program)
- FCSS Subsidized Taxi Program
- Sylvan Lake Lodge
- Zoomer's Bus

Physical & Mental Health

- Family Physicians and Nurse Practitioners
- NexSource Centre
- Wolf Creek Primary Care Network

Personal Wellbeing

- Meals on Wheels
- Sylvan Lake Community Food Bank

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

Physical Environment

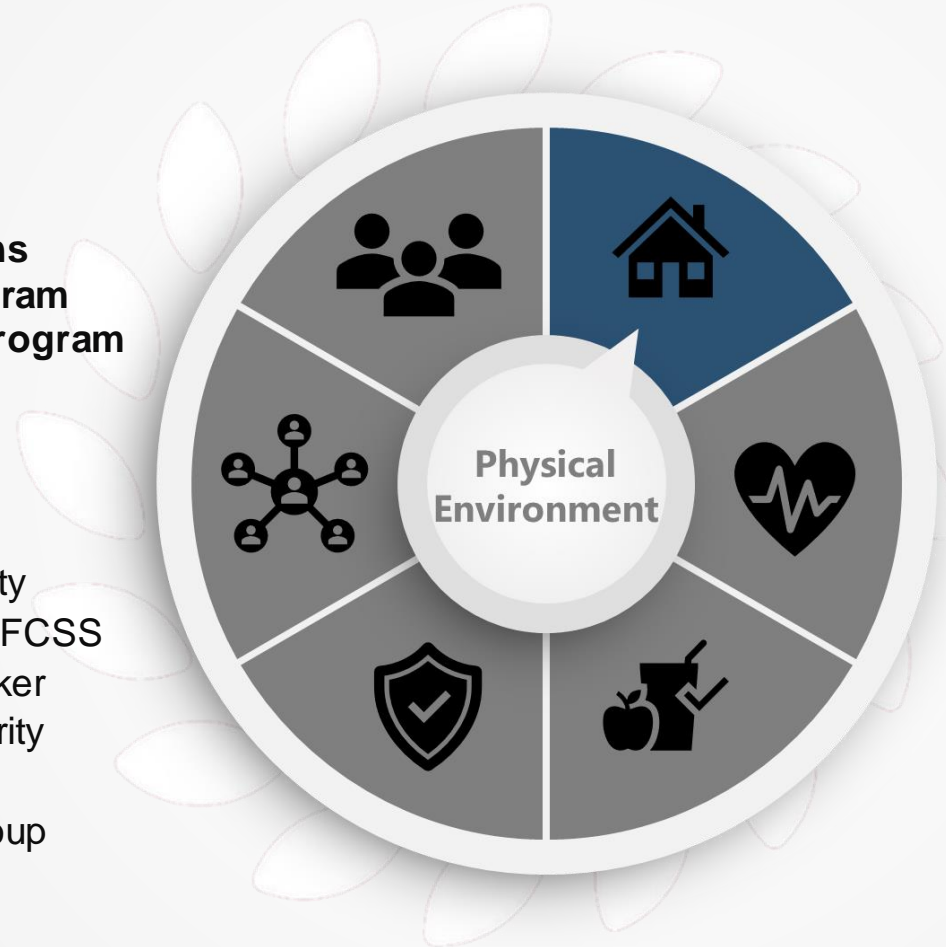


Transportation

- Community Connections Medical Transport program
- FCSS subsidized taxi program
 - Taxi Services
- Zoomer's Bus

Housing

- Bethany Living Community
- Housing support through FCSS Community Support Worker
- Red Deer Housing Authority Low-Income Housing
- Sylvan Lake Housing Group
- Sylvan Lake Lodge
- Sylvan Lake Manor



Home Supports

- Alberta Health Services Home Care
- FCSS Home Matters (e.g., Snow Angels, Yard Program)

Physical & Mental Health



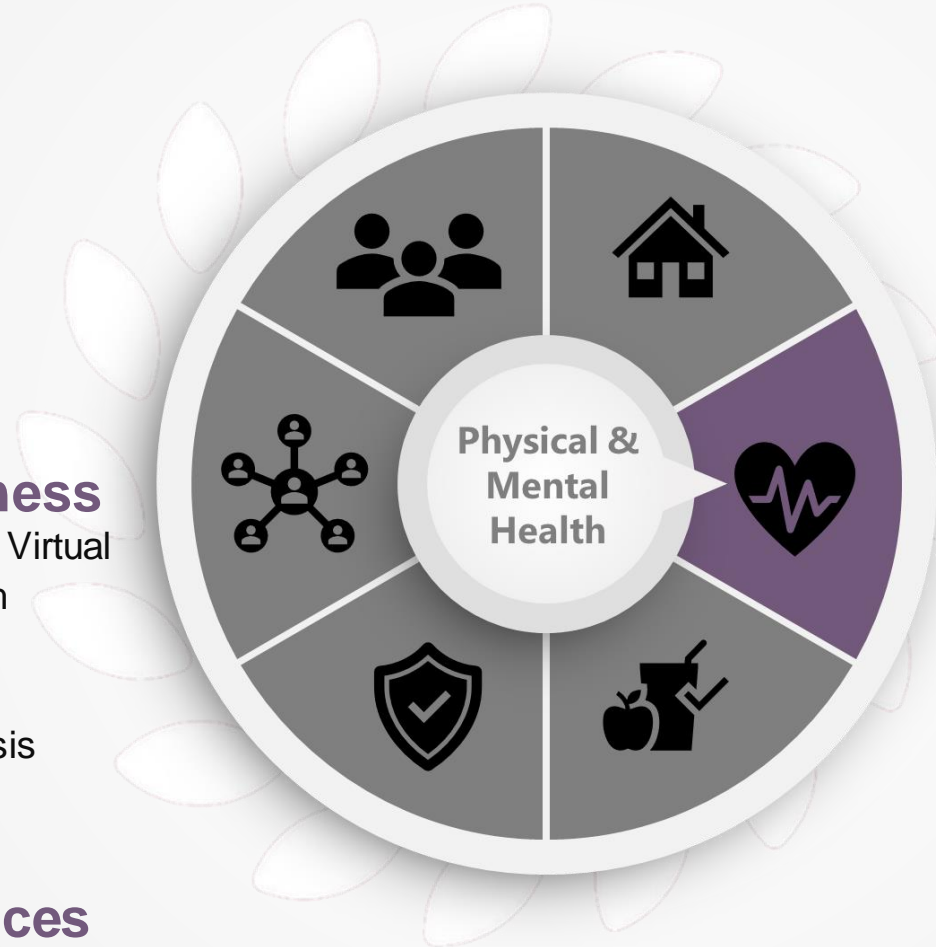
Physical fitness

- Dance Team
- Floor Curling
- Public Skating
- SNAP Fitness
- Sports for Seniors
- Sylvan Lake Physio
- Yoga

Mental health & wellness

- Addiction Services/ Alberta's Virtual Opioid Dependency Program
- Emotional Support Groups
- Mental Health
- The Regional Police and Crisis Team (RPACT)

Healthy lifestyle choices



Physical health & wellness

- Accessible Swing
- Community Health Center
- Exercise Program
- **Family Physicians and Nurse Practitioners**
- Pharmacy Delivery Services
- **NexSource Centre**
- Swimming Program
- Staying Strong & Healthy Online Class
- Senior's Walk
- The Lending Cupboard
- The Red Cross
- **Wolf Creek Primary Care Network**

Brain health

- Brain Health Programming through Sylvan Lake Seniors Centre
- Tech help programs through the Sylvan Lake Municipal Library

Personal Wellbeing



Food & nutrition

- Bread & Vegetables
- Click & Collect ordering online at numerous grocery stores
- Flashfood App (discounted food available in grocery stores)
- Little Free Pantry through the Sylvan Lake Municipal Library



Meals on Wheels



Sylvan Lake Community Food Bank

Personal services

- Free clothing
- In-Home Footcare Service
- Mobile Hairdresser
- Pet Care
- Retail Stores



Resiliency

- FRN Self-Empowerment Group

Emotional wellbeing

- PCN Programs (e.g., Grief, Happiness, Relationships)
- Transgender Mentor

Safety & Security

Vocational training & support

- Rural Renewal Stream

Financial security

- Community Volunteer Income Tax Program
- Money Matters
- Senior's Discount Days (e.g., Shopper's Drug Mart, Sobeys)



Personal safety

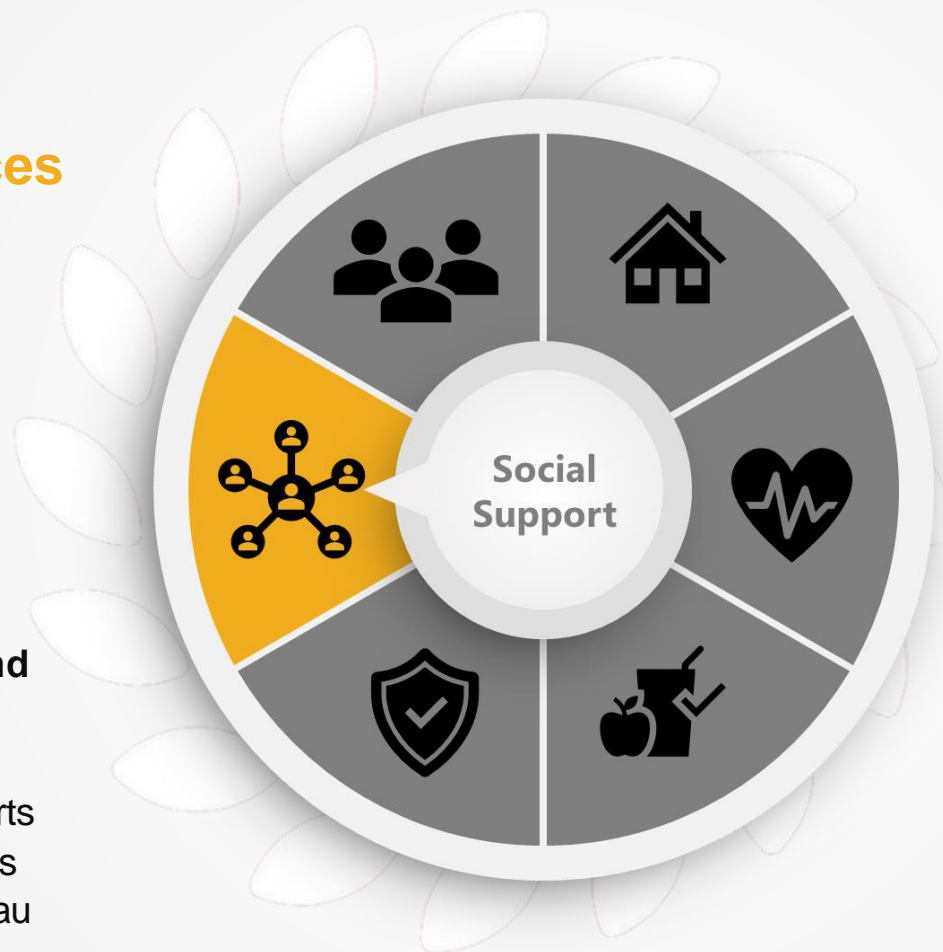
- It's Not Right Elder Abuse Training
- Firehall
- **Lifeline FCSS Program**
- RCMP
- Victim Services

Social Support



Social support services

- **Community Partner's Association**
 - Emerge Furniture Exchange
 - Family Enrichment Parenting Programs
 - Family Resource Center (Benalto)
 - FCSS Community Support Workers
- **FCSS Senior's Outreach and Services**
 - Home Visitation Workers
 - Mercy Connect Crisis Supports
 - Specialized Geriatric Services
 - Sylvan Lake Christmas Bureau



Information & referral

- **FCSS Senior's Outreach – Tax and Referral Form Support**
 - Government Services Workshops
 - Inter-Agency Meetings
 - Town of Sylvan Lake Website

Caregiver supports

- FCSS Caregiver Support Group

Social Environment & Engagement



Volunteerism

- FCSS Volunteer Centre
- Supportive Living Site Volunteers
- Volunteering at Eckville Church

Engaging with Peers

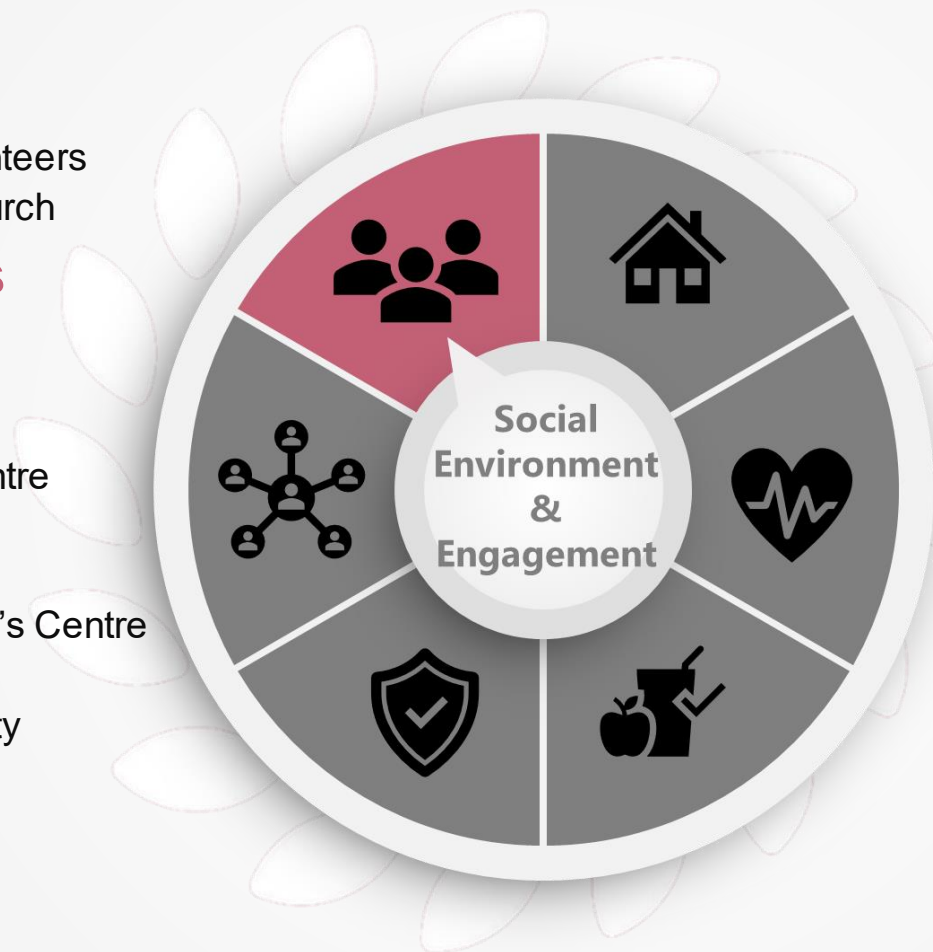
- Community Craft Markets
- Crafting Groups
- Lion's Club
- Lunches at the Senior's Centre
- Men's Coffee Groups
- Royal Canadian Legion
- Senior's Bingo at the Senior's Centre
- Sylvan Red Hat Society
- Sylvan Sassy Sisters Society
- Theatre Group

Social engagement

- **Community-Wide Events**
- FRN Home Visitation

Diversity & inclusion

- PRISM(2SLGBTQIA+) Program



Participation & engagement

- Alliance Church
- Community Center
- Friendship Center
- Friendly Visitor program
- **FCSS Community Gardens**
- **FCSS Grandpals Program**
- Flags of Remembrance
- Gulls Stadium
- Intergenerational Programs/Connections
- Schools
- **Senior's Center**
- **Sylvan Lake Municipal Library**
- Walk the Talk

Outdoor activity

- Dog Parks
- Lake Activities
- Health and Wellness Healing Hub (including gazebo, contemplation space, free library, accessible swing)
- **Parks and Trails**