



DATE: April 29, 2021 | **TIME:** 10:30 – 11:30 a.m.

LAUNCH EVENT:
CORE Creating
Age-Friendly
Communities in
Alberta

HEALTHY AGING
CORE Collaborative Online
Resources & Education
ALBERTA

WELCOME!

**We invite you to write in the chat box and let us
know your...**

NAME

LOCATION

ORGANIZATION

We will start shortly

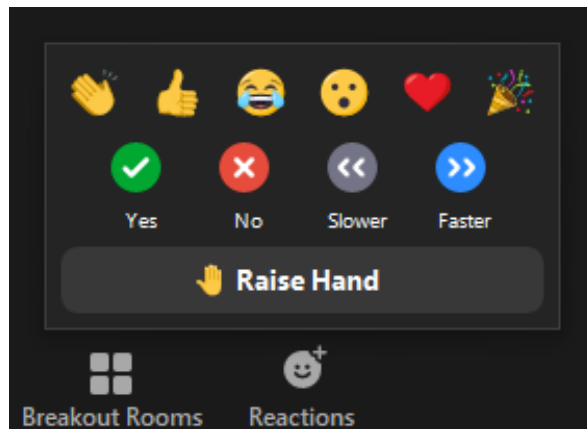
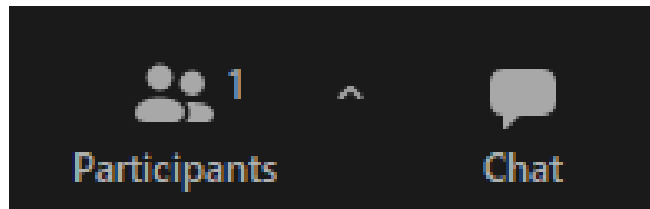
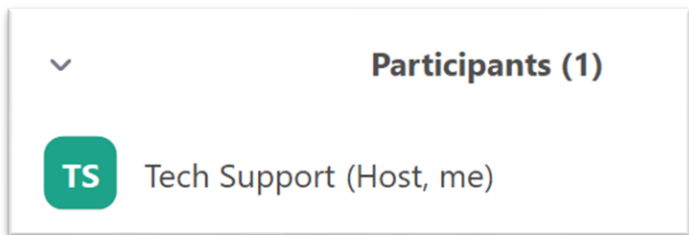
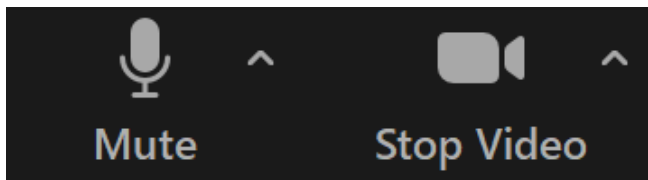
Welcome & Land Acknowledgement

To begin, we are fortunate for the opportunity to come together in this virtual community space, and we are doing so from all across the province. In the spirit of our journey to promote reconciliation, I would like to honour the truth of the shared history and acknowledge the traditional territories of the people of the Treaty 7 region in Southern Alberta.

Moh'kins'tsis, also known as Calgary, is also home to Métis Nation of Alberta, Region 3.

As we are sharing this virtual space and you are coming from different territories as well as countries, *I invite you to offer your own land acknowledgements in the chat box.*

Housekeeping



This session will be recorded, and the slides will also be available.

They will be uploaded on the CORE Alberta platform (<https://corealberta.ca/>).



LAUNCH EVENT: CORE FALLS PREVENTION AWARENESS & EDUCATION

DATE: April 29, 2021 | **TIME:** 10:30 – 11:30 a.m.

HOST : CORE Alberta Age-Friendly Group

GUEST SPEAKERS:

- **Caroline Gee**, Age-Friendly Community Connector, Edmonton Seniors Coordinating Council
- **Sandy Wacker**, Community Supports and Age-Friendly Facilitator, Innisfail
- **Rob Miyashiro**, Executive Director, Lethbridge Senior Citizens Organization

HEALTHY AGING

CORE

Collaborative Online
Resources & Education

ALBERTA

HEALTHY AGING

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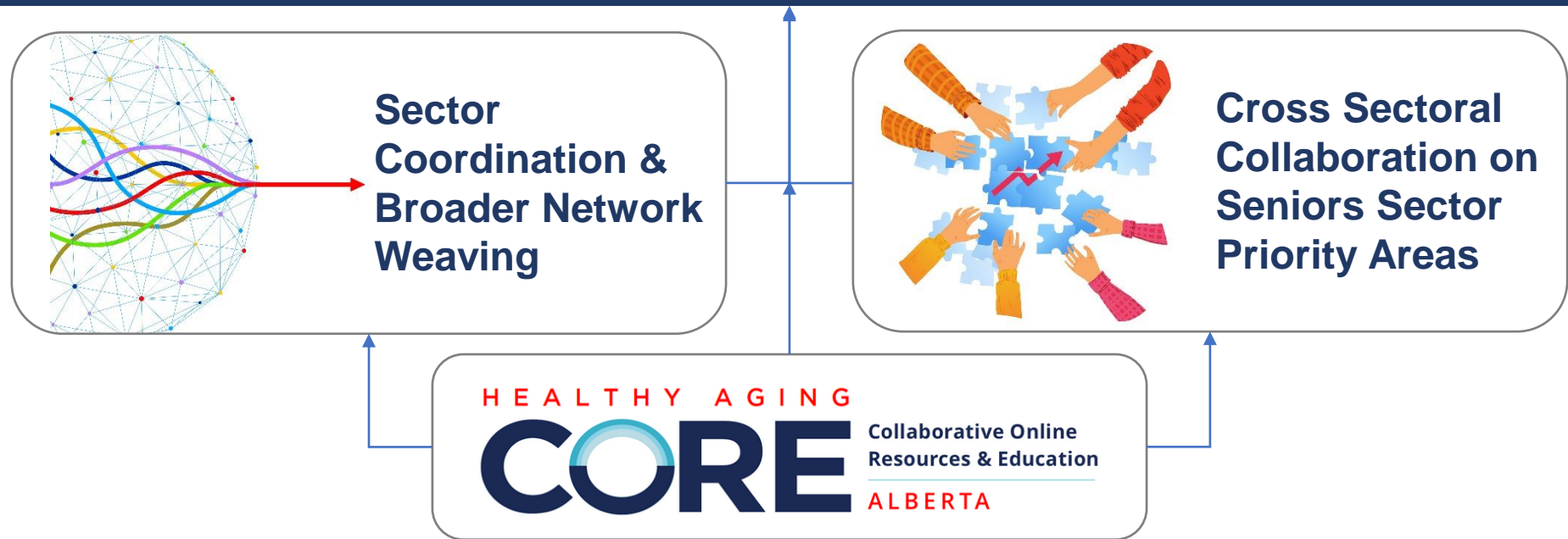
ALBERTA

AGENDA

- Community-Based Seniors Serving Sector Initiative & CORE Alberta
- Age-Friendly Introduction
- Guest Speaker Presentations
- CORE Group Invite
- Q & A and Discussion
- Wrap-Up & Goodbye



COMMUNITY-BASED SENIORS SERVING (CBSS) SECTOR DEVELOPMENT INITIATIVE



SECTOR CHALLENGE

CBSS and government partners jointly identified lack of coordinated sector as a challenge:

- Larger systems unable to collaborate and coalesce at a systems level
- Lack of unified sector voice meant limited influence around policy

Creating a coordinated
**COMMUNITY-BASED
SENIORS SERVING SECTOR
IN ALBERTA**



A joint initiative by:





ALBERTA
AGE-FRIENDLY

Introduction



Alberta Age-Friendly CORE

Introduction to Age-Friendly

Community Sharing

- Age-Friendly Innisfail
- Age-Friendly Edmonton

Alberta Age-Friendly CORE Groups

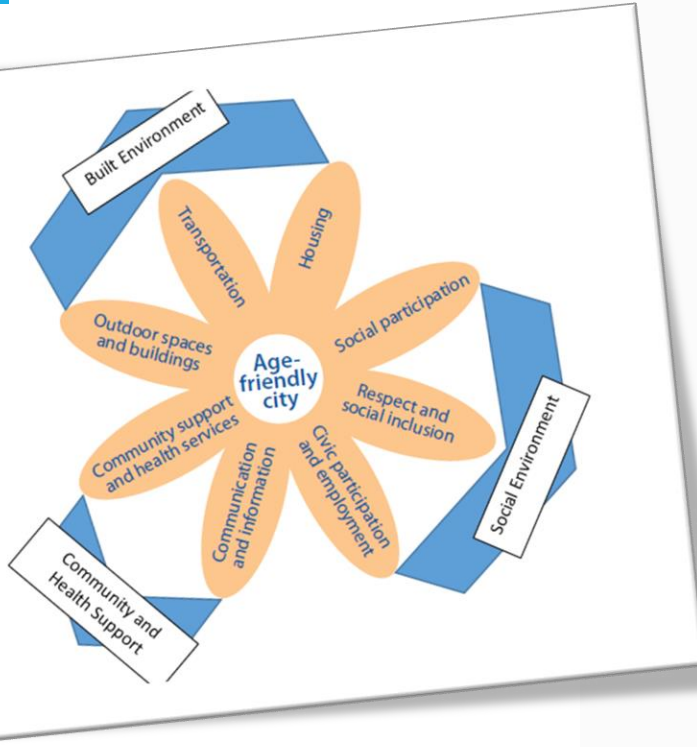
- Open Discussion Group
- Closed Community of Practice

Discussion (Q&A)

*“Design for the young and you exclude the old.
Design for the old and you include everyone.”*

~ The late Bernard Isaacs, Founding Director
Birmingham Centre for Applied Gerontology

What is Age-Friendly?

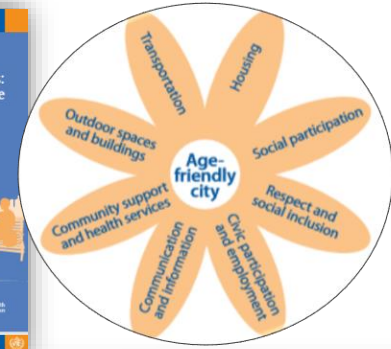
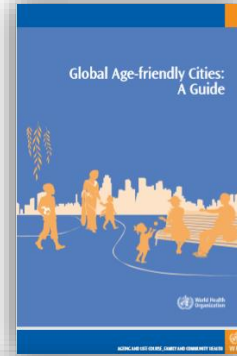


- Age-friendly is a model to enable active, healthy aging by focusing on eight domains of community living.
- Age-friendly communities help seniors remain engaged in their communities through the development of supportive built and social environments that facilitate exercise, social connection and respect for seniors.
- The cornerstone of the age-friendly model is the development of a community plan which brings together traditional and non-traditional partners to identify community assets and strengths that facilitate social inclusion of seniors and factors that hinder it.

A Global Movement

The WHO Global Age-Friendly Cities and Communities

- Spearheaded the Age-Friendly Cities project.
- Fosters the exchange of experience and mutual learning between cities and communities worldwide by:
 - compiling evidence based guidance on age-friendly environments;
 - providing an information platform for sharing of information and experience; and
 - nurturing and developing the WHO Global Network for Age-friendly Cities and Communities.



National and Provincial Resources

The Public Health Agency of Canada

- Canada's liaison with the World Health Organization.
- Co-Chair of the Pan-Canadian Age-Friendly Reference Group.
- Develops resources including a Canadian community implementation guide, toolkit and evaluation guide.

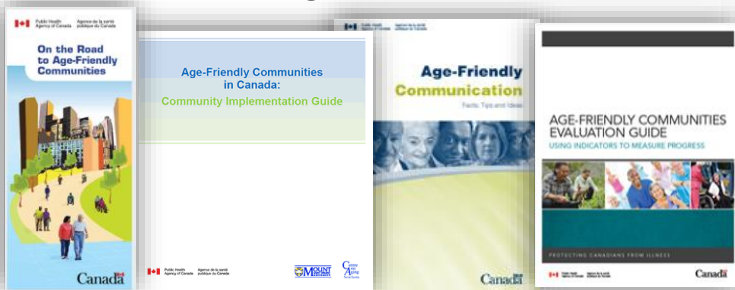
Seniors and Housing

- Encourages and supports Alberta communities in becoming age-friendly.
- Provides expertise, resources and share best practices to support community-led age-friendly initiatives.
- Recognition program to formally recognize communities that have developed an age-friendly plan.



Age-friendly Alberta Recognition Award

Get recognized for taking steps to make your community more age-friendly.



DISCUSSION GROUP (Open)



- Open to anyone interested the Age-Friendly concept or it's eight domains.
- The focus on disseminating information and providing opportunities to ask questions and share information.
- Members may or may not be involved in an age-friendly initiative.

COMMUNITY OF PRACTICE (Closed)



- Designed to help communities that are considering or in the process of developing an age-friendly plan.
- Offer support to communities pursuing age-friendly in a mentoring capacity.
- Meets regularly and members commit to actively support the Community of Practice.
- Interested CORE members can request an invitation to join.

Participating members of the Community of Practice



Okotoks



Chestermer

e



Rocky Mountain House



Age Friendly Olds

@agefriendlyolds · Non-profit organisation





GUEST SPEAKER PRESENTATIONS

Sandy Wacker
Caroline Gee



AGE FRIENDLY INNISFAIL

Innisfail is a small town located in between Calgary and Edmonton.

Innisfail has a population of approx. 8000 according to the 2016 Stats Canada Census

- Of almost 8,000 residents of Innisfail, about 2,306 are seniors.





HOW DID WE BEGIN?



In 2016 FCSS initiated a conversation with the Town of Innisfail Administration.

- Based on the Stats Canada Census and our senior population, what are the needs going forward
- This conversation initiated the 2016 Seniors Needs Assessment
 - Meant to identify existing assets and potential concerns to better understand what might be done to prepare the community to support seniors to 'age in place'.
 - This assessment provided valuable insights about the challenges, barriers and gaps in availability, accessibility, and awareness of services for older adults in the Innisfail area.



SENIORS NEEDS ASSESSMENT

- Innisfail – 21% of population is between 55-69 compared to provincial average of 16%
- Innisfail – 18% of population is 70+ compared to the provincial average of 10%

Overall

- 39% of Innisfail's population is over 55 compared to the provincial average of 26%
- So what does this mean?



CONTINUING TO MOVE FORWARD



- In 2018 the municipality decided to move forward with creating an Ad-Hoc Committee to review the 2016 Seniors Needs Assessment, further expand on this assessment, and to make recommendations on how to move forward.
- The Ad-Hoc committee consisted of Council, community members, seniors, and community partners. The committee met for a 1 year (9 meetings)
- The committee created recommendations which were brought forward to Mayor and Council in Oct 2019 (e.g. staffing, financial etc)



OTHER INITIATIVES THAT TOOK PLACE DURING THE SAME TIME FRAME

Separate to the Ad-Hoc committee, FCSS worked with other Senior Serving Partners in the community to begin working on some initiatives with the idea of “instead of focusing on what we can’t do – lets focus on what we can do”.

Some of the initiatives to come from this work \

- Art from the Heart
- Town Voice 55+ Newsletter
- Movers and Groovers
- Dementia Friendly initiatives
- Innisfail Connects





COMMITMENT TO AN AGE FRIENDLY INNISFAIL

- March 2020 - Karen presented a Business Case to Mayor and Council detailing what resources and actions would be required to move forward with the recommendations from the Age Friendly Report that was presented to them in October 2019.
- The municipality made a commitment to becoming an Age Friendly Community
 - Hired an Age Friendly Facilitator in November
 - In March 2021 Council passed By-Law to create an Age Friendly Community Committee
 - Created Terms of Reference



CURRENT AND NEXT STEPS



Currently in process of forming an Age Friendly Community Committee

Next Steps:

- Once the committee is established (end of May 2021)
 - Committee will come together in 2021 to create a Community Action Plan with a 3-5 year focus
 - Need buy-in from the community, allows for the community at large to be more accountable to the process and action items
- Have created a draft organizational chart which also outlines a draft plan of action items
- In the process of creating a sample Community Action Plan



agefriendly
EDMONTON

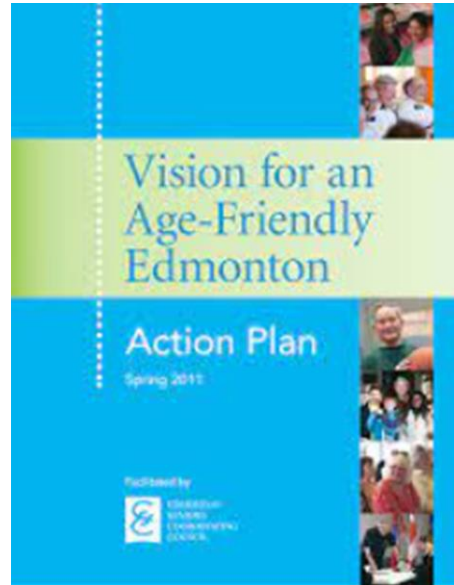
Caroline Gee

Age Friendly Community Connector

April 29, 2021

Vision for an Age-Friendly Edmonton Action Plan (2011)

- ▶ 8 Key areas identified by the WHO
- ▶ Added an additional area to make it 9 key areas
- ▶ Outlines a total of 18 goals and 52 key actions



Age Friendly Edmonton - The First Five Years Report to the Community (2018)

- ▶ The First Five years
- ▶ From 2013 to 2017 is documented in this report
- ▶ www.seniorscouncil.net



Age Friendly Edmonton “A Year in Review”

- ▶ A summary of AFE’s second phase of work is highlighted in this “Year in Review” presentation.
- ▶ Focusing of 4 areas:
 - ❖ Supporting Aging in Place
 - ❖ Reducing Ageism
 - ❖ Encouraging Intergenerational Connections
 - ❖ Responding to Diversity and Inclusion





Alberta Age-Friendly Community of Practice



The Age-Friendly Community of Practice (CoP) is designed to help communities that are considering or in the process of developing an age-friendly plan. CoP members offer support to communities...

18 members

[Request Invitation](#)



Alberta Age-Friendly Discussion Group

The Age-Friendly Community of Practice (COP) Group is designed to help communities that are pursuing age-friendliness to connect and share ideas, best practices and expertise. Communities that are...

21 members

[Go](#)



Q & A

And Discussion
15 Minutes

Guest Speakers

- **Caroline Gee**, Age-Friendly Community Connector, Edmonton Seniors Coordinating Council
- **Sandy Wacker**, Community Supports and Age-Friendly Facilitator Innisfail

QUESTIONS?

Thank you for participating & sharing.

SEE YOU ON CORE!

Remember to update your info on 211

healthyaging@calgaryunitedway.org

