

# Frailty in an Age-Friendly World

Alberta Age-Friendly Community of Practice, February 2022

**Examples of initiatives, program and resources aimed at preventing and addressing social isolation and frailty in older adults.**



Social and societal issues impact frailty a great deal. A person’s social networks, living situations (especially rural or urban), social isolation or engagement and a person’s social position (socioeconomic status, education, perceived income adequacy) contribute to a person’s degree of frailty. The age-friendly community movement is growing, and many Canadian cities and towns have adopted strategies to support all older adults, not just those who are frail. Certain programs are particularly helpful to frail individuals, including those that help with home maintenance, transportation, loneliness and social isolation.<sup>1</sup>

As part of the Healthy Aging CORE Alberta Frailty Series, *the Alberta Age-Friendly Community of Practice hosted the Frailty in an Age-Friendly World on February 15, 2022*. The session provided attendees with ideas and information on addressing social isolation in their community, including this resource on Age-friendly programs and initiatives that help prevent or address frailty by addressing social isolation under two age-friendly domains: social participation & respect and social inclusion.

For more information about the Community of Practice or to access a recording of the Frailty in an Age-Friendly World webinar, visit [corealberta.ca](http://corealberta.ca).

## Contents

Programs and Initiatives.....	2
Staying Connected Never Gets Old .....	2
#GrowOlderWithMe.....	2
Men’s Sheds Canada .....	2
Cold Lake Men’s Shed .....	2
Alberta Seniors Centres Without Walls .....	2
Let’s Connect (Innisfail) .....	2
Chestermere Older Adults Teleconference .....	2
Keep In Touch (Lethbridge).....	2
The Shared Mic: Conversations for the Ages Podcast.....	2
Ageless & Unstoppable.....	2
Snow Angels .....	2
Resources .....	2
Seniors Centres Without Walls Toolkit.....	2
Keep In Touch Toolkit .....	2
Respect and Inclusion Workshop.....	2
Intergenerational Programming Toolkit.....	2
Ambassador Guide.....	2
Meeting Events Guide .....	2
Toolkit for Inclusion .....	2
Guide for communicating with an aging population.....	2

<sup>1</sup> [Canadian Frailty Network](http://CanadianFrailtyNetwork), retrieved January 19, 2021.



**PROGRAMS  
AND  
INITIATIVES**

**STAYING**  
**CONNECTED**  
**NEVER GETS OLD**

#Stayconnectedyyc Social Isolation Awareness Campaign promotes awareness and support of older adults who may be socially isolated. The campaign helps to educate Calgarians about the impacts of social isolation on older adults, and facilitates connections by providing resources and ideas to those who want to get involved. It also promotes how we can all play a role in making meaningful social connections, whether it's you, a neighbour, a friend, or a family member who is at risk of social isolation. The [Staying connected never gets olds: Campaign Toolkit](#) contains everything campaign partners need to participate.

[www.calgary.ca](http://www.calgary.ca)

**#GROWOLDER**  
**WITHME**

**#GrowOlderWithMe embraces the gift of age to expand the narrative around aging and to build a more inclusive Edmonton.**

Age Friendly Community Connector at the  
Edmonton Seniors Coordinating Council.  
423-5635 ext. 4 OR [info@seniorscouncil.net](mailto:info@seniorscouncil.net)

# MEN'S SHEDS CANADA

Men's Sheds are modern, shared versions of the home workshops that have long been part of the Canadian way of life. The Canadian Men's Sheds Association is a peer-run group that aims to build relationships between Canadian sheds, help new ones get started, and raise awareness about the friendly, inclusive, and creative spaces that sheds can offer.

[info@menssheds.ca](mailto:info@menssheds.ca)

# COLD LAKE MEN'S SHED

Cold Lake Men's Shed is a place for men to learn skills, meet people, drink coffee, share stories, & hit things with hammers – new members welcome! Our aim is to create a healthy environment for men in the community to build new relationships in a safe space while working on projects. In October 2021, Global TV Edmonton featured [How a Men's Shed in northern Alberta is helping guys tackle isolation and loneliness.](#)

[www.agefriendlycoldlake.ca](http://www.agefriendlycoldlake.ca)

780-201-2521 / 780-594-5666

[wwarner@mcsnet.ca](mailto:wwarner@mcsnet.ca)

# ALBERTA SENIORS CENTRES WITHOUT WALLS

Alberta Seniors Centres Without Walls is a free, phone-based program that offers a variety of interactive health and well-being information sessions, recreational activities, and friendly conversations. The program provides opportunities to socialize, learn new skills, and stay connected from the comfort of your own home. New programs and topics are added regularly. [Programs](#) include games, exercise classes, meditation and mindfulness, nutrition, book clubs, coffee chats, and more. Open to older adults aged 55+ living anywhere in Alberta who find it difficult to leave their homes and participate in social activities in their community. To register, please call the Edmonton Southside Primary Care Network at 780-395-2626.

Follow ASCWW on Facebook [SCWWyeg](#) and Twitter [@SCWWyeg](#).



## LET'S CONNECT (INNISFAIL)

Let's Connect (Innisfail) is for adults who are looking for a way to stay in touch and to participate in free online programs. The program gives people the opportunity to connect with new and interesting people through interactive phone or online social /health program opportunities (Examples: exercises such as Healthy Moves & Movers & Groovers, Tech Talk, Memory Café, For the HEALTH of It, and Music to My Ears).

Henday Association for Lifelong Learning  
403-227-2866  
[info@hendaylearning.com](mailto:info@hendaylearning.com)

**CHESTERMERE**  
**OLDER ADULTS**  
**TELECONFERENCE**

Chestermere Older Adults Teleconference is a way to stay in touch while keeping a safe distance. This platform can keep people connected who may be otherwise lonely or isolated and gives participants have the opportunity to meet new people. The teleconference introduces guest speakers on topics of interest that are requested by the participants. Share concerns, tell stories or laugh. The program is free to the participants. There are telephone or video connection options.

Sharron Matthewman  
403-804-0817  
smatthewman@chestermere.ca

## KEEP IN TOUCH (LETHBRIDGE)

Keep In Touch Lethbridge connects seniors with screened and trained volunteers who, through a weekly telephone support system, take the time to talk and assist the senior with finding resources or supports. These weekly calls help monitor the health and wellbeing of the senior, further identifying any areas of concern for the senior and determining what actions would best support the senior. Senior referrals primarily come from health professionals in the community.

Volunteer Lethbridge has expanded Keep In Touch by helping rural communities implement the program in other areas in the province.

Connie-Marie Riedlhuber  
Seniors Program Coordinator  
Volunteer Lethbridge  
[helpinghands@volunteerlethbridge.com](mailto:helpinghands@volunteerlethbridge.com)

**THE SHARED MIC:**  
**CONVERSATIONS**  
**FOR THE AGES**  
**PODCAST**

The Shared Mic: Conversations for the Ages is produced by Age Friendly Edmonton. The first season brings together people from all ages, stages, and backgrounds to discuss topics like finding love, belonging, and moving to Canada.

By creating space for intergenerational discussions, Age-Friendly Edmonton hopes to build a city that values, respects, and actively supports citizens from all walks of life.

Age Friendly Community Connector at the  
Edmonton Seniors Coordinating Council.  
423-5635 ext. 4 OR [info@seniorscouncil.net](mailto:info@seniorscouncil.net)

# AGELESS & UNSTOPPABLE

The Ageless & Unstoppable Program is designed to address the wellness of older adults through movement, art and education. Social participation and inclusion, supporting healthy aging and improving quality of life are key objectives. Ageless & Unstoppable provides programming three days per week. Mondays and Thursdays focus on a series of low impact and functional movement exercises designed to address loss of mobility and stability. Functional fitness helps older adults perform daily tasks with ease and increase overall function and health. Friday classes allow seniors to enjoy more social interaction through gentle yoga, creative movement or arts activities. This social and cultural programming has been proven to have a positive impact on physical health, mental health and social functioning of older adults. The program is a partnership with St. Aidan's Society and the Regional Recreation Corporation.

St. Aidan's Society  
Sandy Grandison, 780-743-4370 Ext. 4  
[sandyg@staidansociety.ca](mailto:sandyg@staidansociety.ca)

# SNOW ANGELS

The Regional Municipality of Wood Buffalo Snow Angels is a program where volunteers shovel the driveways and walkways of seniors' homes. Program objectives include:

- To aid with seniors being able to remain in the community;
- To prevent isolation by allowing seniors to feel safe leaving their home for appointments and errands;
- To encourage healthy lifestyles; and
- To encourage community involvement and accessibility while reducing falls and slips.

[Snow.Angel@rmwb.ca](mailto:Snow.Angel@rmwb.ca)



# **RESOURCES**

# SENIORS CENTRES WITHOUT WALLS TOOLKIT

The Seniors' Centre Without Walls toolkit provides a step-by-step guide to planning, establishing, running and evaluating telephone-based seniors programming for homebound or isolated seniors. The information is meant to guide organizations interested in running a Seniors' Centre Without Walls or similar style of programming in both community and health settings. The toolkit provides an overview of outreach services and provides necessary background information related to working with isolated and at-risk seniors.



# KEEP IN TOUCH TOOLKIT

The Keep In Touch Toolkit contains all the essentials for a community to administer the program. It includes templates for volunteer & participant applications, a volunteer caller manual, social media content, other administrative resources, and a program coordinator manual. The toolkit consists of a program tracking spreadsheet for communities that do not have volunteer/client management software.

Kash Helstrom Rural Development Coordinator  
Volunteer Lethbridge  
[administrator@volunteerlethbridge.com](mailto:administrator@volunteerlethbridge.com)

# RESPECT AND INCLUSION WORKSHOP

Age Friendly Edmonton's Respect and Inclusion workshop uses video and online questions to walk you through the training program. This workshop is a foundational step in meeting two key goals:

- Seniors are treated with respect.
- Seniors have opportunities to participate in, and be engaged by, their communities.

The workshop is designed to raise awareness of how our attitudes, beliefs and behaviours towards aging and older adults can contribute to ageism in our society. Although ageism is a serious topic, there is no blaming or finger-pointing.

Age Friendly Community Connector at the  
Edmonton Seniors Coordinating Council.  
423-5635 ext. 4 OR [info@seniorscouncil.net](mailto:info@seniorscouncil.net)

# INTERGENERATION AL PROGRAMMING TOOLKIT

This toolkit, and accompanying resource guide, was designed to assist organizations in the planning and implementation of intergenerational programs.

Intergenerational programming provides opportunities for generations to socialize, learn and grow together. By developing intergenerational programming in our communities, and connecting citizens across generations, we hope to achieve our vision of a truly age

Age Friendly Community Connector at the  
Edmonton Seniors Coordinating Council.  
423-5635 ext. 4 OR [info@seniorscouncil.net](mailto:info@seniorscouncil.net)

# AMBASSADOR GUIDE

The goal of the Ambassador program for Edmonton's senior serving organizations is to contribute to an overall vision of inclusion so that the organizations reflect the diversity of the community they serve and meet the diverse needs of their membership. An Ambassador is:

- An official representative of the senior serving organization
- A promoter and supporter of activities at the senior serving organization

Ambassadors help to ensure that all current and new members feel welcomed and included at the organization.

Age Friendly Community Connector at the  
Edmonton Seniors Coordinating Council.  
423-5635 ext. 4 OR [info@seniorscouncil.net](mailto:info@seniorscouncil.net)

# MEETING EVENTS GUIDE

The guide is a practical and easy to use resource that staff and volunteers at senior serving organizations can use to ensure that meetings and events are planned and implemented to maximize the inclusion and participation of all seniors and community members.

Age Friendly Community Connector at the  
Edmonton Seniors Coordinating Council.  
423-5635 ext. 4 OR [info@seniorscouncil.net](mailto:info@seniorscouncil.net)

# TOOLKIT FOR INCLUSION

The Toolkit for Inclusion is a practical and easy to use resource that senior serving organizations can use to ensure that their facilities, programs and services feel welcoming and are inclusive to all seniors.

Age Friendly Community Connector at the  
Edmonton Seniors Coordinating Council.  
423-5635 ext. 4 OR [info@seniorscouncil.net](mailto:info@seniorscouncil.net)

# GUIDE FOR COMMUNICATING WITH AN AGING POPULATION

This document is meant to help organizations, businesses and community organizers to better communicate with older adults and persons with disabilities more effectively. This will help provide a more equal community experience for everyone. The information provided in this document is a collection of best practices material from a variety of agencies, levels of government, communication specialists and professional publications.

[www.calgary.ca](http://www.calgary.ca)