

# OVERVIEW OF AGE FRIENDLY COMMUNITY ACTIVITIES IN ONTARIO

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JOHN LEWIS  
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# Age-Friendly Communities

- **Promote the wellbeing and contributions** of older residents and keep cities thriving
- **Encourage active ageing** by optimizing opportunities for health, participation and security in order to enhance quality of life as people age
- Adapt structures and services to be **accessible to and inclusive of older adults** with varying needs and capacities
- Are **not just “elder-friendly”** but support the needs and values of all individuals in the community

# Why consider becoming an AFC

- Demographics
  - 16% of population are 65 or older
  - By 2014 it will be 25% or over 10 million people with nearly 1.5 million over 85 years of age
- Benefits to individual
  - Affordable, accessible housing
  - Good transit and transportation
  - Accessibility and Walkability of open space
  - Employment and volunteer opportunities at every age
  - Improved awareness and access to information
  - Less isolation, more inclusion and intergenerational connection
  - Well-coordinated health and social services
- Benefits to community

# Benefits to community: Economic

## 1. Stimulate economy

- Older adults have more assets and fewer debts
- More disposable income
- Stimulate new markets
- Tourism

## 2. Work force enhancements

- Older adults expand the labor pool from which employers can hire and will help address labor shortages of qualified workers.
- Older workers have significant accumulated knowledge and skills and can enhance organizational productivity and business outcomes.
- Skilled older adults are potential resource in education and training of youth
- Having an age-diverse workforce can result in positive outcomes for employers and employees re continuity, mentoring and life style

## 3. Expanded Tax base

# Benefits to community: Social Capital

- Older adults serve the community through volunteering and civic engagement. Canadians aged 65 to 74 contributed an average of 231 hours in volunteer time in 2013, and those aged 75 and over contributed an average of 196 hours, compared to 154 hours for all Canadians.
- Canadians aged 65 to 74 made donations averaging \$715 in 2013, and those aged 75 and over made donations averaging \$726, compared to \$513 for all Canadians.
- Seniors contribute financially to support younger members of their families
- Many older residents support their extended family as caregivers to younger generations.
- Age-friendly communities promote intergenerational connectivity. When people at different life stages live side by side, collaboration between generations leads to a stronger, more vibrant community.

# Benefits to community: Housing

- Opportunity and an imperative to make changes in the housing sector to enable older adults (and others) to age in place, maintaining their social, business, and service connections.
- Creation of affordable and accessible housing can have positive economic and fiscal impacts for the public and private sectors.
- The growing older adult population will increase demand and creative options for alternative housing arrangements.
- Age-friendly communities offer a continuum and greater flexibility of housing options and supportive services for the independent through to the dependent, allowing for aging in one's present home or community, reducing the need for moves, and preventing or postponing costly public and private expenditures for long-term institutional care.

# Benefits to community: Infrastructure

## Age-friendly communities:

- create physical environments that work for everyone.
- have a range of transportation options, facilitating mobility.
- promote healthy and connected neighborhoods that save residents time and money and improve quality of life.
- Investing in age-friendly housing and environments can lead to public as well as private cost savings.

# Benefits to community: Health

- Designing age-friendly environments specifically to encourage physical activity can improve health and lower health care expenditures.
- Physical activity decreases cognitive decline, improves mental health and chronic disease outcomes and decreases obesity and mortality.
- Age-friendly communities facilitate healthy behaviors of older adults through their design and infrastructure. Neighborhoods that are “walkable” are associated with higher physical activity across the age spectrum.
- Age-friendly communities address issues that also influence health, such as isolation, access to health care and social services, safety, and social support.
- Specific conditions such as falls, dementia and depression benefit from AFC principles

# Ontario Initiatives: AFC Planning Guide

**2013:**

- Creation and publication of “Finding the Right Fit” Age-Friendly Community Planning Guide

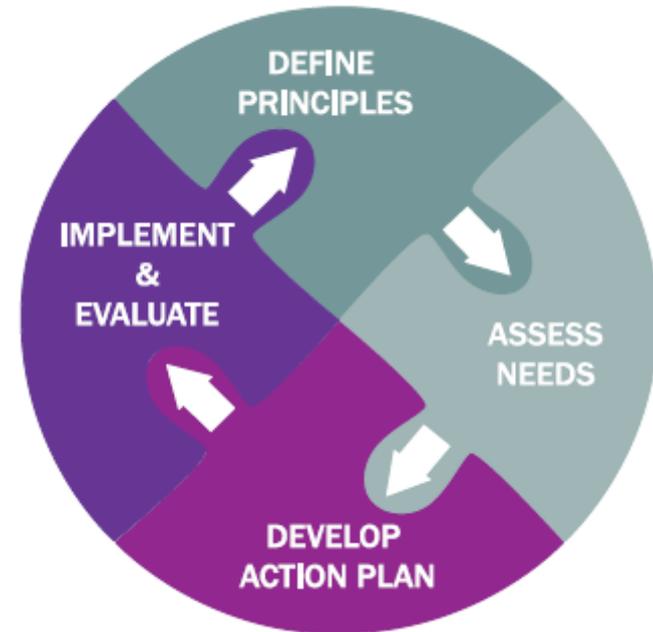


Finding the Right Fit  
Age-Friendly Community Planning

[ontario.ca/seniors](http://ontario.ca/seniors)

# AFC Planning & Implementation Framework

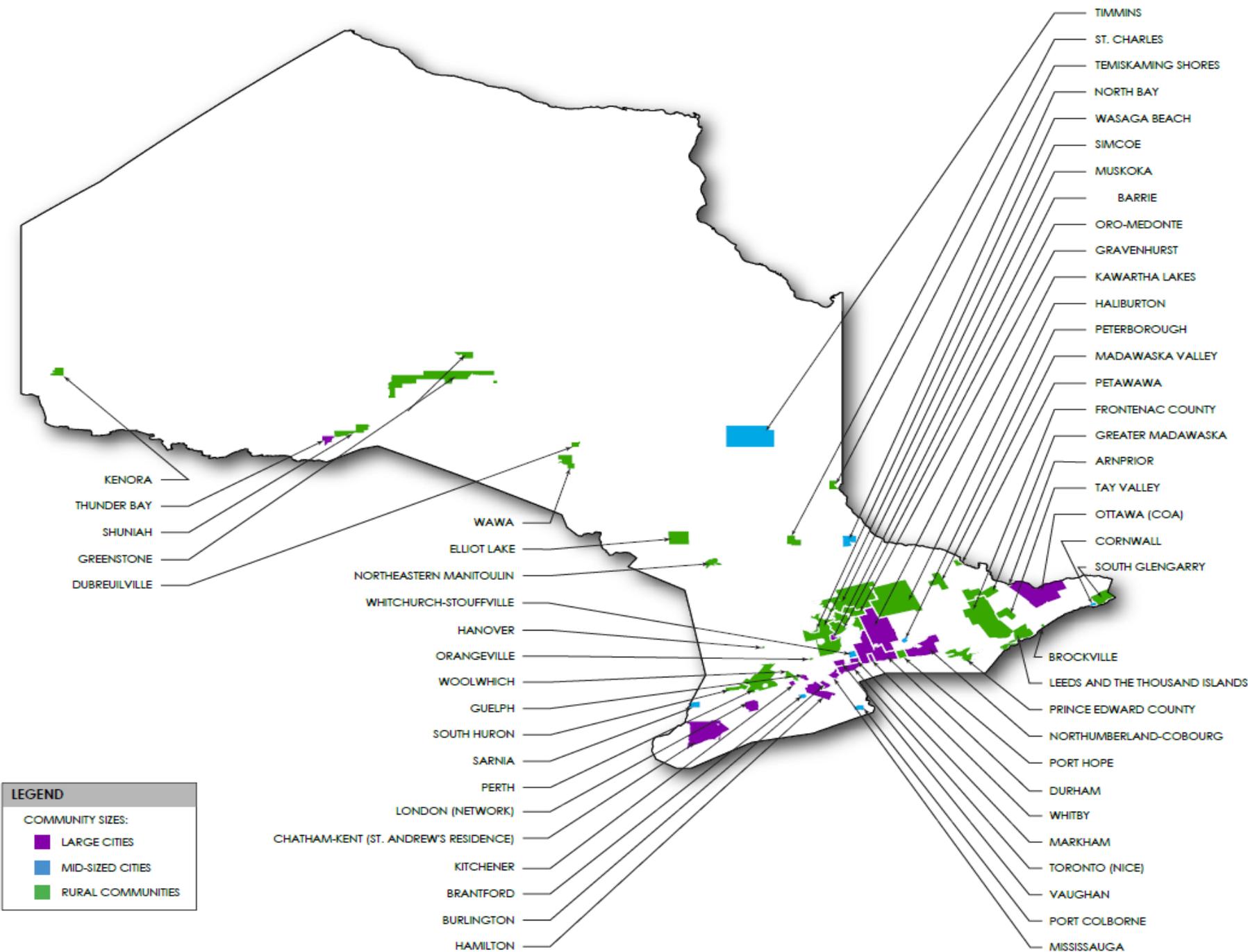
- Step 1: Define Local Principles
- Step 2: Assess Needs
- Step 3: Develop Action Plan
- Step 4: Implement & Evaluate



# Ontario Initiatives: AFC Planning Grants

## 2015-2017

- 33 for one year and 23 for two year duration of project
- Majority relate to creation of committee, defining local principles and needs assessment (48)
  - Includes communities in the North, Indigenous and special ethnic needs
- 5 engaged in implementation
- 3 evaluations of previous plan and refresh



# AFC Planning Outreach Initiative

**2015-2017**

Partnership of:

- Universities of Waterloo, Queen's, and Huntington/Laurentian, Seniors Health Knowledge Network, Ontario Interdisciplinary Council for Aging and Health (OICAH)

3 Main Components:

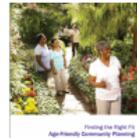
1. Academic-community support
2. Educational resources
3. Knowledge translation and exchange

3 Goals:

1. Increase awareness
2. Increase connectivity
3. Increase capacity

# Goal: To increase awareness and connectivity by creating opportunities for knowledge exchange and sharing amongst communities across the province

1. Knowledge Broker Activity
2. Website
3. AFC Network
4. Webinars



## Age-Friendly Community Planning Guide

This section includes step-by-step tools to help communities follow Ontario's Age-Friendly Community (AFC) planning guide for developing, implementing, and evaluating their AFCs. The eight dimensions of age-friendly communities should form the basis of AFC planning.

[Read more...](#)



## Ontario Age-Friendly Communities

Fill in the community profile template and email

to [swebster@seniorshhealthknowledgenetwork.com](mailto:swebster@seniorshhealthknowledgenetwork.com) to share information about your community's age-friendly initiative. To find out which communities received funding as part of the Age-Friendly Community Planning Grant Program visit the Ontario Seniors' Secretariat webpage.

[Read more...](#)



## AFC Knowledge Exchange

The AFC Knowledge Exchange is where you can learn from others, join the AFC conversation, get connected to the AFC Knowledge Broker, and stay connected to upcoming opportunities for exchange.

[Read more...](#)



## AFC Resources

This section links to other resources to help with age-friendly planning, including guides, tools, websites, and funding opportunities.

[Read more...](#)

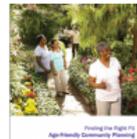
## ii. Increase Connectivity (cont.)

### 4. Webinars: 9 webinars with 1,800 participants from 218 communities)

- Introduction to Age-Friendly Communities
- Step 1: Defining Local Principles
- Step 2: Custom Needs Assessment
- Step 3: Developing a Local Action Plan
- Step 4: Implementation and Evaluation
- Age-Friendly Communities & Dementia-Friendly Communities
- Age-Friendly Businesses
- Housing Options for Older Canadians
- Aging at Home
- Creating An Age-Friendly Dashboard to Monitor and Communicate Progress

# Goal: To increase awareness and connectivity by creating opportunities for knowledge exchange and sharing amongst communities across the province

1. Knowledge Broker Activity
2. Website
3. AFC Network
4. Webinars
5. Social Media
6. E-Newsletter
7. Presentations



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### iii. Increase Capacity

**Goal:** To enhance the capacity of communities and enable them accelerate and strengthen their AFC work

1. Creation and Facilitation of AFC Networks
2. Academic - Community Partnerships
3. AFC Course Development

# AFC Outreach Initiative – Looking Ahead

## 2016-17

- Increased KB capacity in both official languages
- Consultation and Stakeholder Workshops with rural/small urban and Indigenous groups
- Commence Adaptation and translation of tools, resources and processes

## 2017-18

- Ongoing Adaptation/translation and piloting of tools and resources
- Consultation and Stakeholder Workshops with Indigenous and Immigrant groups
- Virtual Summit and Regional celebrations for dissemination of activities and lessons learnt

## 2018-19

- Ongoing activities to enhance awareness, access and capacity building
- Ongoing Mentoring Program

# Status of AFC in Ontario 2017

- There are currently a total of 88 communities includes:
  - 56 funded by MSA in 2015
  - 32 who were not funded by MSA in 2015
    - 12 of which were communities that applied for MSA funding and were not awarded it (another 58 communities applied for and did not receive MSA funding ...and have since not moved ahead)
    - 20 did not apply for MSA funding in 2015 but have since engaged in/started the work

# AFC Planning Grant Community Priorities



Housing (68%)



Transportation (66%)



Communication & Information (45%)



Community Support & Health Services (38%)

# Benefits

What benefits have you seen as a result of your age-friendly community planning & implementation?

- More Accessible Communities (58%)
- Culture Shift within Municipalities (44%)
- More Exchange and Collaboration Between Community Partners (42%)
- Increased Awareness About Age-Friendly Communities (32%)
- Engaged and Empowered Local Older Adults (30%)
- Communication Channels within the Community are Strengthened (21%)