


Project outline 

Beginning an

# Age Friendly Community Plan



# Framing: Why an Age Friendly Community Plan

## Youth can be 'snow buddies' for seniors



By Sarah Doktor, Simcoe Reformer  
Wednesday, November 13, 2013 2:41:04 EST PM



Snow shovelling. (File photo)

Do you feel **like it could be challenging to age in place here?**

Have you observed **overlap, gaps, inefficiencies and opportunities?**

Are you **missing services** that would make it easier to stay in Golden, to age in place? To have a higher quality of living (QoL)?

Are you very active and looking for ways to stay that way and **give back?**



# Today's Activities



Ask questions as they form. —





# Age Friendly Community Plan

What does it mean?

Where does it fit? And what help do we have?





# Definitions: Age Friendly Community Plan



## Dimensions

from WHO's Global Age-Friendly Cities: A Guide (2007)

1. Outdoor spaces and Public Buildings
2. Transportation
3. Housing
4. Social Participation
5. Respect and social inclusion
6. Civic Participation and employment
7. Communication and information
8. Community support and health services

# Age Friendly Community Planning: Finding the Right Fit

*A society for all ages is multigenerational. It is not fragmented, with youths, adults and older persons going their separate ways. Rather, it is age-inclusive, with different generations recognizing — and acting upon — their commonality of interest.'*

- Kofi Annan, Secretary General of the United Nations



# 4 Steps: Age Friendly Community Plan Process



## Step 1: Defining Local Principles

Step 2: Custom Needs Assessment

Step 3: Developing an Action Plan

Step 4: Implementation and Evaluation



Concept is over 50 years old; started from the field of gerontology.



# Definitions: Age Friendly Community Plan Process



## Person-Environment Fit (p-e fit)

A person's ability to age well and independently comes from the relationship between his or her physical and mental capacity and the 'press' (or barriers) of his or her environment.

## Why?

- Business can provide goods and services to this market.
- Community can benefit from older individuals as they "contribute their time, energy and wealth of experience to the lives of their communities.
- Making a difference in the everyday lives of older adults.

## How?

- Making a difference in the everyday lives of older adults.
- Incorporating age-friendly principles into planning, setting local priorities and developing age-friendly action plans.
- Plays important roles in the quality of life of a community through planning, policy development and direct service delivery.

## Who?

- Municipalities have also taken important steps.
- They are developing community profiles, gathering information about existing services and programs in communities, establishing advisory committees and consulting with older adults.



# Step 1: Defining Local Principles



1. Form a **Steering Committee/Task Force**
  - **Do we have everyone?**
2. Create Guiding Principles
  - AFC Vision
3. Build Partnerships
  - Engage
4. Gather Information
  - Discussion groups
  - Survey; needs assessment
  - Community profile data
5. Discuss Priorities
  - AFC Goals
  - Priorities

# Surveys: Types of Questions



## Create a Draft List of Questions:

- Refer to the University of Waterloo website ([www.uwaterloo.ca/env/finding-the-right-fit](http://www.uwaterloo.ca/env/finding-the-right-fit)) where you will find the 17 AFC assessment tools and their associated questions in a downloadable database. Choose the questions that are relevant to your community.

## Create Person-Environment (P-E) Pairs:

- To make sure that your needs assessment questions will capture information about your community's person-environment fit (p-e fit), balance questions about your community's environment with questions about how people feel about their environment.

Before taking your needs assessment into the community to collect information, pretest the assessment to identify its strengths and weaknesses.

# Implementation & Evaluation: Formative vs. Summative



A **formative evaluation** places less emphasis on outcome and more on determining **how to improve an ongoing action plan**. It can identify specific factors that have made an initiative successful, but it mainly **collects continuous feedback** from stakeholders to revise the action plan, if necessary.



A **summative evaluation** is essentially a test to judge the worth of the action plan **at the end** of the program activities. The focus is on the outcome and on judging the merit and worth of an initiative to assist primary users in determining whether to terminate, expand or spread the initiative's use.

*(Finding the Right Fit Age-Friendly Community Planning, p.11)*

# Project Plan: Age Friendly Community Plan

[illegible]





# Golden's AFCP Project Plan

How does this help our community?

How does this help our citizens?



Downloaded from <http://ajph.org/> on November 10, 2015



# Seniors-Connected Groups: 23...



Abbeyfield House Society, St.  
Paul's Golden  
British Columbia Visitors Centre @  
Golden  
Canadian Mental Health  
Association - Kootenays  
College of the Rockies - Lifelong  
Learning Program  
Columbia Basin Alliance for  
Literacy  
Durand Manor (Interior Health  
Authority)  
Field Recreation Advisory  
Association  
Golden and District Seniors  
Housing Society  
Golden and Region Seniors Society  
Golden Food Bank Society  
Golden Museum  
Golden Women's Resource Centre

Mountain View (Golden  
Community Resources Society)  
Mount 7 Rec Plex Society  
Purcell View Seniors Housing  
Royal Canadian Legion Branch  
#122  
The Golden Hospital Auxiliary  
Town of Golden - Leisure Services  
  
Interior Health Authority  
Golden District Hospital  
Local Faith-Based Organizations  
Meals on Wheels  
Rocky Mountain School District #6

# The Collaboration Continuum

**Trust**

Compete	Co-exist	Communicate	Cooperate	Coordinate	Collaborate	Integrate
Competition for clients, resources, partners, public attention.	No systematic connection between agencies.	Inter-agency information sharing (e.g. networking).	As needed, often informal, interaction, on discrete activities or projects.	Organizations systematically adjust and align work with each other for greater outcomes.	Longer term interaction based on shared mission, goals; shared decision-makers and resources.	Fully integrated programs, planning, funding.

**Turf**

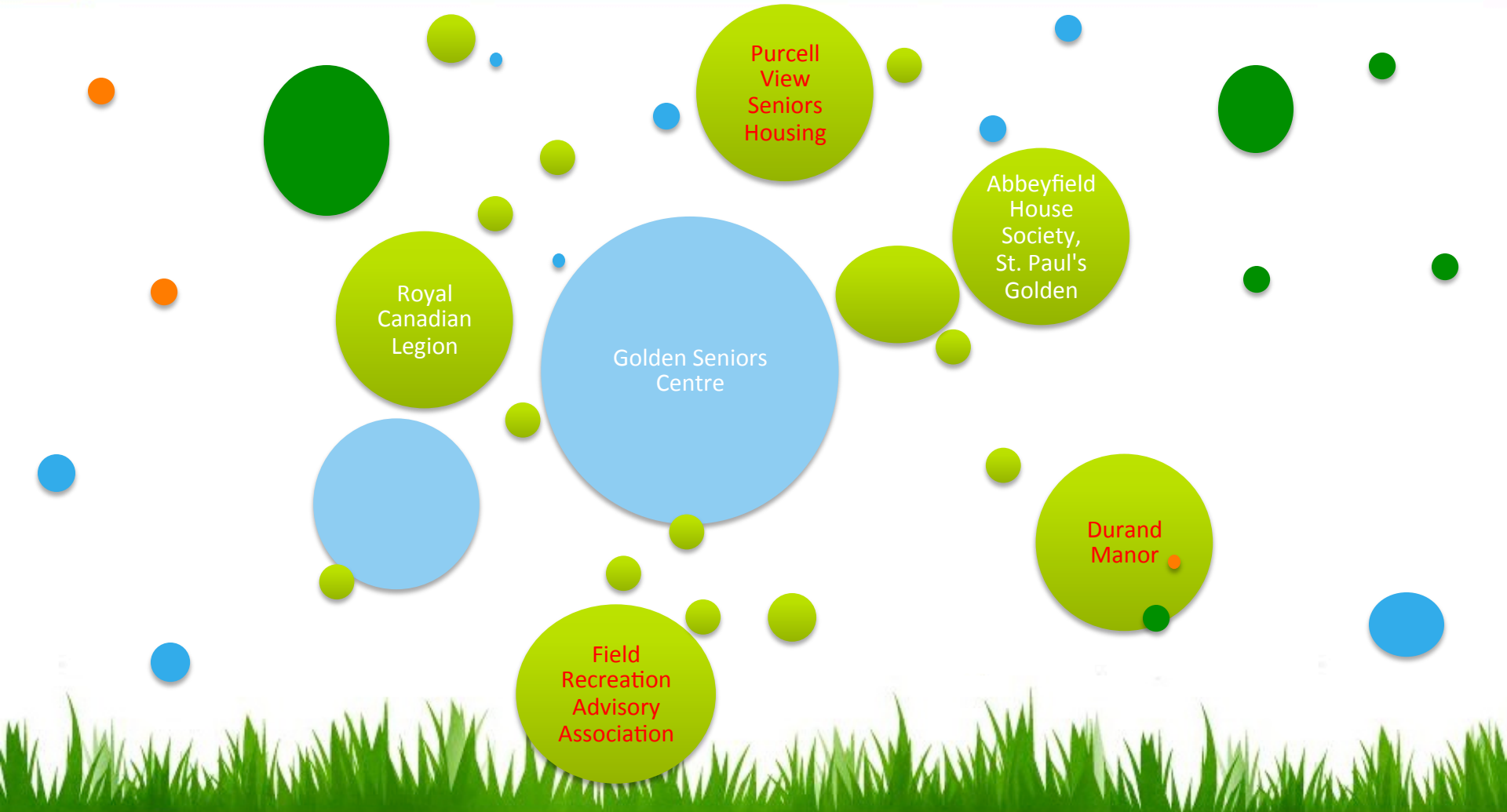
**Loose**

**Tight**





# Seniors Groups: Current Situation





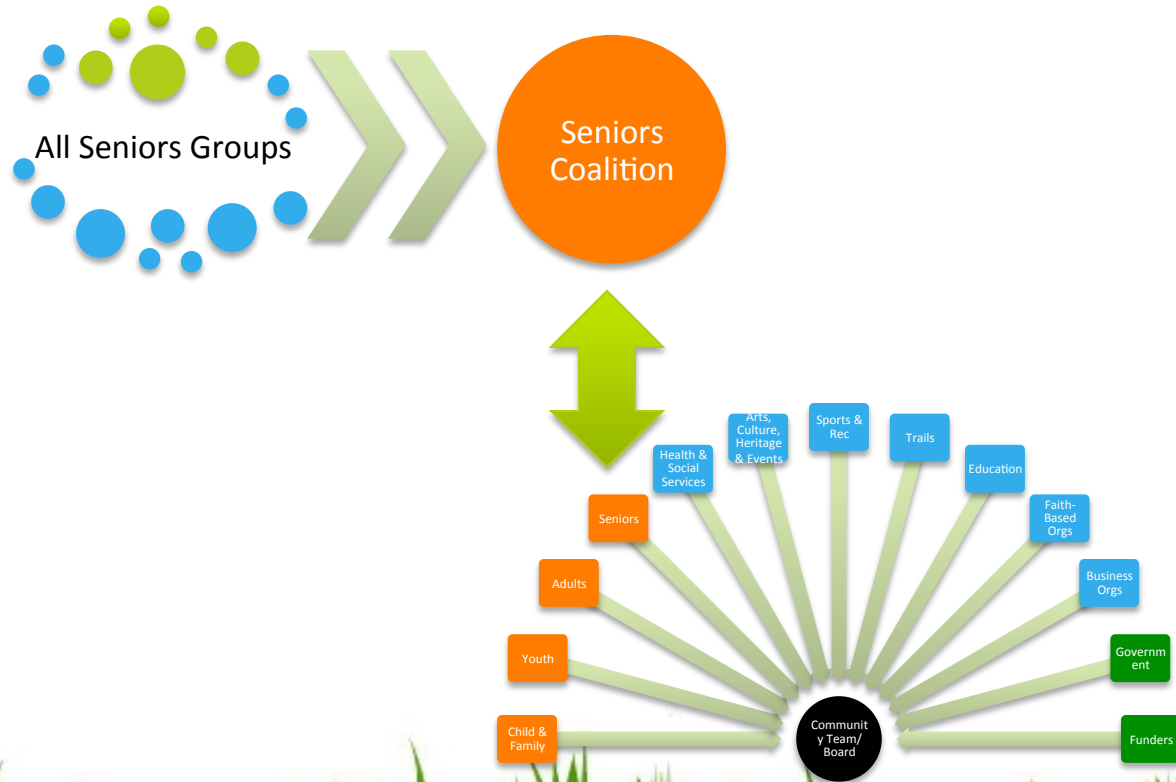
# Seniors Groups & Initiatives



## Seniors initiatives:

- Age-friendly community planning (ToG)
- Golden Food Bank
- CBAL
- Legion
- Interior Health
- Seniors Housing
- COTR LLP
- ToG Recreation & Leisure Services
- And others...

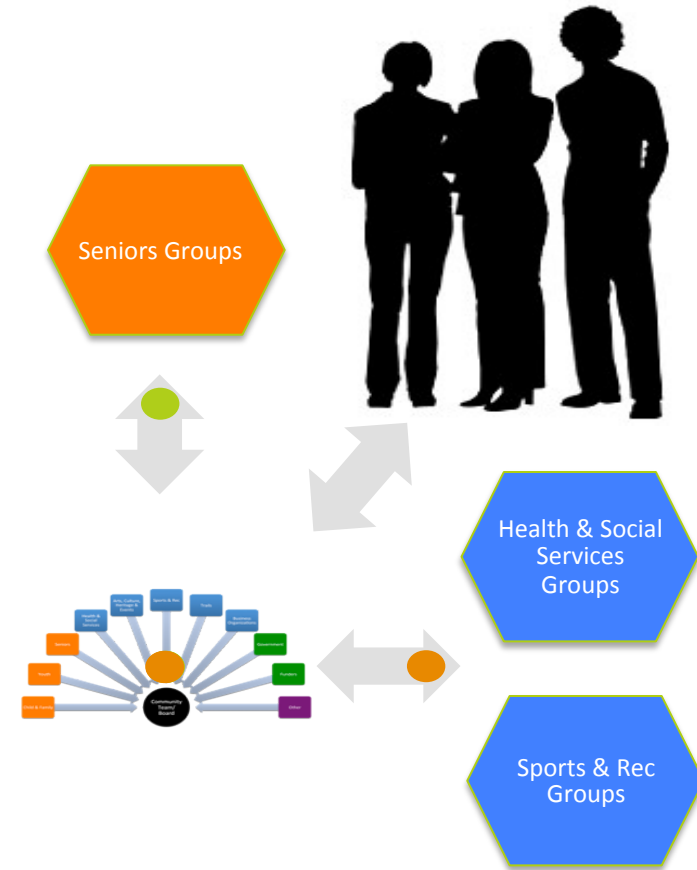
## Community Coordination/Team (2013)



# Collaboration

Coordinated & supported **decision-making**,  
Planning & **resource utilization**  
Community **alignment** & economic development  
Higher **quality of life** for residents

It's about team work, and **collaborating** will get us all there.





# AFCP Timeline: How did Golden get here?

**2011:** Golden & Area A's Vital Signs  
- Getting Started & *Staying*

**2011:** Town of Golden  
Affordable Housing Study

- 2013:** Community Coordination with GCRS
- 4 seniors groups mtgs
  - 44 people engaged
  - Seniors Groups Coalition framework

**Jun 2014:** AFCP is  
finished

**2011:** Exploring NFP  
Efficiencies with GCRS

**2013:** COTR applied for  
AFCP funds from New  
Horizons SIHI on Town of  
Golden's behalf

**Feb 2014:** COTR hired  
consultant to create AFCP  
- Task Force is formed

**2014 & beyond:** AFCP  
is implemented in ToG  
and other community  
groups.



0 6 12 18 24 35 40 45 50 55 60 65 70 75 80 90 100

ECDC  
0-6  
Joanne McCullough,  
GCRS

Youth Action Group  
12-18  
Monica De, CBAL

Youth  
15-24  
UN

Youth  
15-29  
CBT

Masters Athletics  
35+

Seniors Olympics/  
Voting member of  
**Golden Seniors**  
50+

Freedom 55™  
55  
London Life

Whistler Mature  
Action Community  
55+

OAS  
65+

Retirement age  
for Judges &  
Senators  
75

Fauja Singh runs  
marathons  
89-101

**Question:**  
How does the Golden define  
a Senior? Or a Mature Adult?

**Answer:** We don't have to.  
Senior - "of or for older or more  
experienced people." – Google

# Shared Measurement: Local Demographics

Golden - Town (Census subdivision)

	2011	2006	2001
TOTAL	3701	3811	4020
Age 0-4	215	215	260
Age 5-14	405	425	585
Age 15-19	240	275	345
Age 20-24	200	280	315
Age 25-44	1140	1160	1,240
Age 45-54	600	640	555
Age 55-64	445	405	305
Age 65-74	235	200	240
Age 75-84	160	170	130
Age 85 and over	65	50	55
Median age of the population	38.1	37.3	34.1
% of the population ages 15 and over	83.3%	83.2%	79.1%

Columbia Shuswap A, Regional District

	2011	2006	2001
TOTAL	3065	3097	3135
Age 0-4	175	150	180
Age 5-14	285	395	495
Age 15-19	185	215	195
Age 20-24	145	145	165
Age 25-44	845	895	1,030
Age 45-54	590	605	540
Age 55-64	520	420	325
Age 65-74	235	185	135
Age 75-84	70	65	60
Age 85 and over	15	15	10
Median age of the population	42.8	40.1	37
% of the population ages 15 and over	85.0%	82.4%	78.5%

# Meeting 1, Nov 7: Discussion Themes

**Issues:** What is the change we want to see? Describe the issue we want to impact five years from now?

- Transportation
- Perception of 'seniors'
- Volunteer burn-out
- Missing a full complement of housing options that fit our collective needs

**Opportunities:** What are the opportunities for change in our community that we can leverage?

- Need to change the perception of 'seniors'
- Think strategically and execute aligned projects
- Need paid staff to coordinate groups and projects
- Improve local sourcing, strengthen businesses
- Try a small collaboration project, learn from it
- Meet again in 10-14 days.

**Barriers:** What barriers currently exist in our community that are preventing the change we want to see?

- Bureaucracy
- Lack of transportation options

(Innoweave, The Collective Impact Opportunity, 2013)



# Building a Common Agenda

What makes the difference between a good movie and a bad movie?

“Getting everyone involved to make the *same* movie!”

- Francis Ford Coppola

Age Friendly Community Planning is where we write the script!



# Building a Common Agenda: Seniors

Prior History	Mixed results; some projects shelved; continuing to lose residents
Pressing Issue	Reduction of population; inability to age-in-place; more research necessary to confirm
Data	Age-friendly community study will provide data; BC Ombudsman's report.
Community Context	An opportunity to have Community Team members collaborating with resource allocation, community decision-making; towards raising quality of life for all
Core Group	Seniors-focused individuals like you, who are representing groups
Convener	until Dec 31...GCRS; after that...TBD; a 'seniors coalition'; an AFCP
Community Engagement	Participation on the Community Team, via Seniors Coalition; Participation in Age-Friendly Communities

# Coalition Commitment: Nov 20



1. *"I believe that there is a need to collectively address seniors issues in this community.*

2. *I will commit to work with this coalition initiative until June 2014, at such time it will be reevaluated. The coalition may focus on the securing a coordinator and the age-friendly community initiatives.*

3. *I will network, partner, participate in short monthly meetings and any seniors-focused planning.*

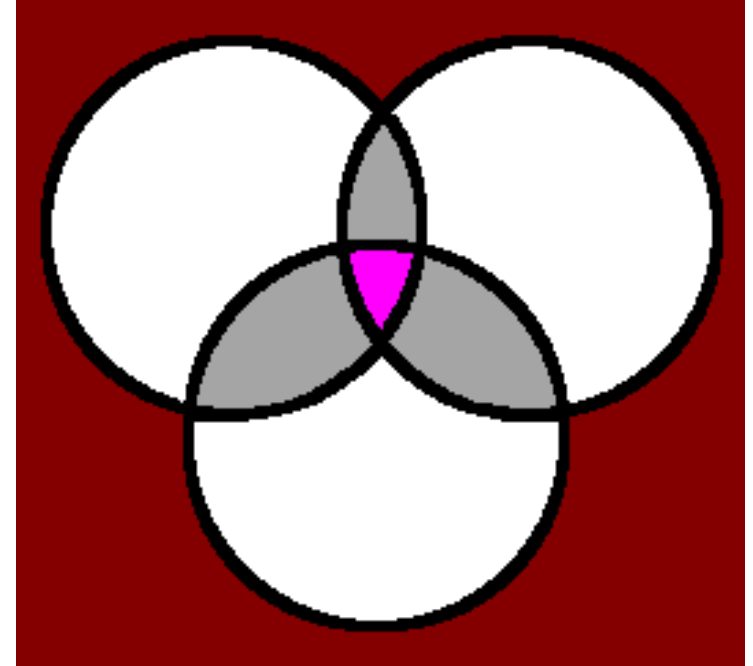
4. *If need be, I will reduce my time, proportionally, with \_\_\_\_\_ (other commitment) during this term."*

If necessary, please take this back to your group for approval.

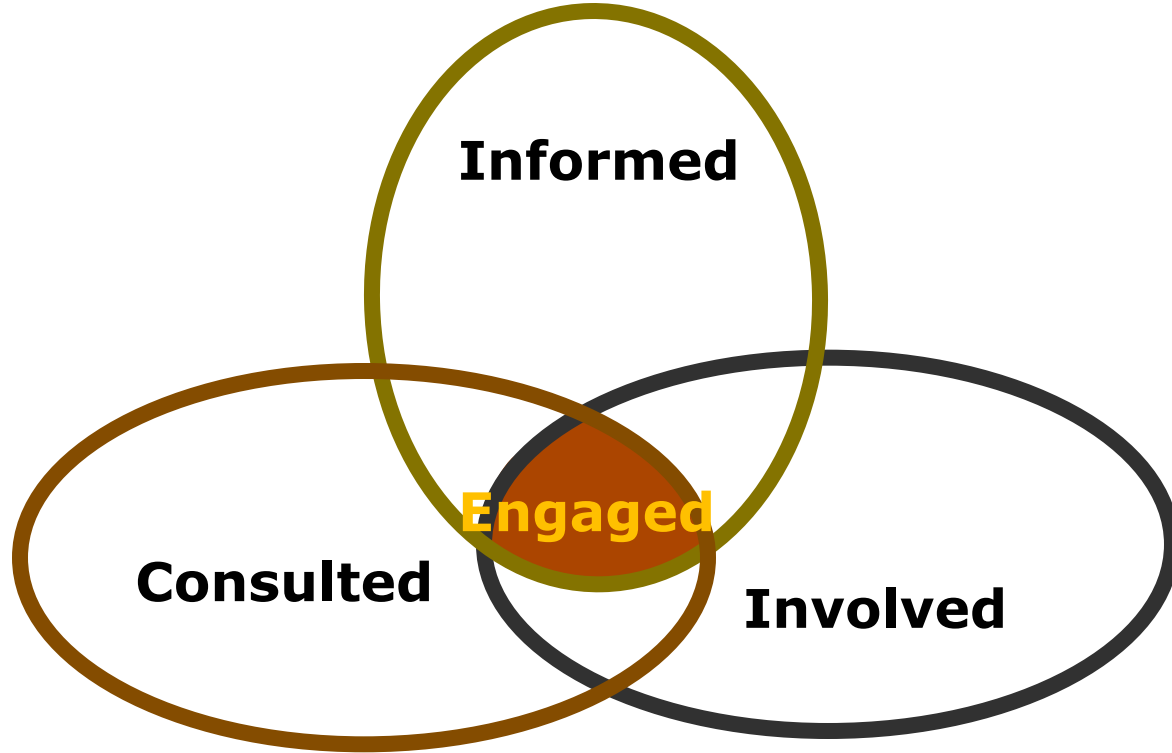
If in agreement, schedule the next meeting... for Dec 3.

# Mutually Reinforcing Activities: Dec 3

- Agreement on key outcomes.
- Orchestration and specialization.
- Complementary – sometimes “joined up” - strategies to achieve outcomes.



# Why People Commit





# Top 100 Partners Exercise: Dec 3

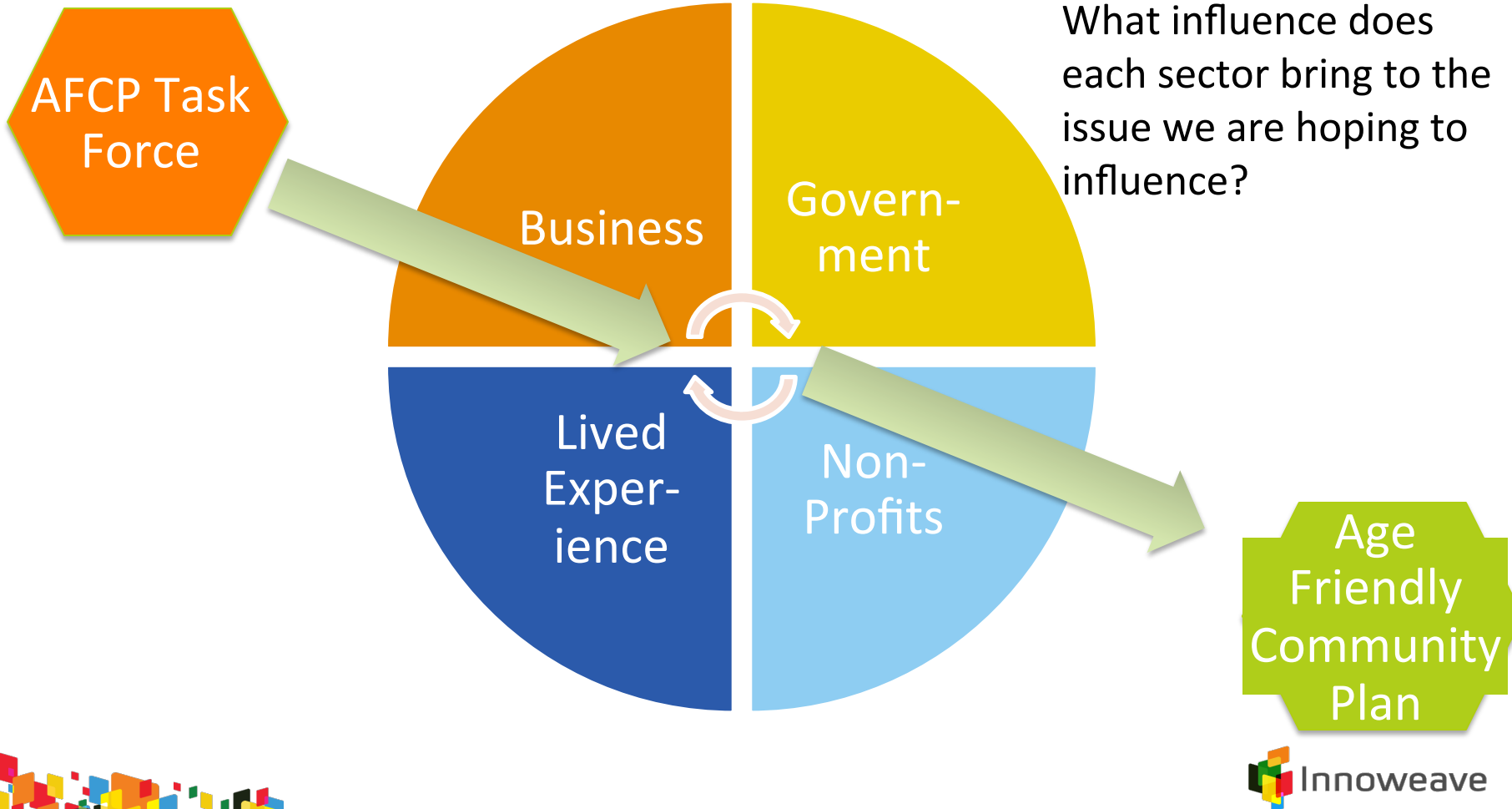
*“Consider the top 100 people and organizations in your community that could help you realize the change you want to see. Imagine what it would be like if they worked together to change the community. This would be a dream come true for many communities”*

- Paul Born, Community Conversations

1. Brainstorm your partner list
2. Rank your list by sector
3. Rank your list by people
4. Consider whom to approach first
5. Craft the ask



# Who do we Engage in our communities?



# Listing Our Prospects: Dec 3

Business	Government	Non Profits	Lived Experience
<p>Glen Ewan, John &amp; Penny Shephard Bryce Piggott Overwaitea Sharon Eddy, CVCU CIBC KHCCC (Board) Medi-Chair, Sobey's Restaurants, VitalAire, Mount 7 Taxi, Dentists, Doctors (Medical Clinics) BC Hydro EZ Rock, The Golden Star, Local Townie, Members from Tourism Golden (Pool operators) KHMR/RCR, Retailers, LP, CP, Mountain Minerals, Physio, Chiro, Optometrists, Day Care (intergeneration) Tapestry Yoga (Wendy Grant)</p>	<p>Chris Hambruch, ToG Ron Oszust, ToG Katherine Hamilton, CBT Karen Cathcart, Garry Habart ToG Councillors Norm McDonald, David Wilks, Christina Benty CBT, Interior Health, Ministry of Housing, Ministry of Transportation, Ministry of Health, BC Housing, Jordan Petrovics, Chris Cochrane, Joy &amp; Leslie, MLA Office, Ministry of Community Development, Rocky Mountain School District Social Services IH – Home Care, Court Services, RCMP BC Ambulance Fire Departments</p>	<p>Connie Barlow, GCRS Tricia Bowness, GCRS Lee Bedford, GFM Ruth Hamilton, KHCCC Sheldon Dwyer, IH Chris Gaetz, Golden Seniors Centre Society Mandy Cante, GFBS Monica De, CBAL Terry Hickey, RCL Stan &amp; Sheryl Walker, GNSC Mickey Balas, Jim &amp; Susan Halvorson Abbeyfield, Purcell View, Royal Canadian Legion Veteran Affairs, Service Clubs (Rotary, Lions) GWRC, Metis Nation, COTR, PACs, GYBA (shovellers) Golden Rockets, Golden Family Centre Society Hospital Ladies Auxiliary, Legion Ladies Auxiliary Kicking Horse Culture Golden Golf Club Churches, Knights of Columbus, Shriners, UCW (United Church Women) Catholic Women's League (CWL) Safe Homes (GWRC) Restorative Justice Program, Support Group for Caregivers of Seniors Hospice &amp; Palliative (Judy Doyle) Victim Services Golden Curling Club Old Timers Hockey Seniors Badminton Golden &amp; District Community Foundation Golden District Historical Society Youth Coordinator – Patrick O'Neill</p>	<p>Phil Taylor, Jim deBolebec, Ingrid Hambruch, Betty Holland, Ralph &amp; Barb Leigan, Cathy Johnson, Janis Tarchuk, Jeff &amp; Joan Dolinsky, Judy Doyle, Julia Cundliffe, John Dawes, Roy &amp; Joyce Nixon, Assisted Living, Long-Term Care, Independent Living, Care Giver, Senior the moved away, Veteran, Senior from a different culture, Chuck Kucera, Darcy Monchak, Denise English, Ann Sutton Paul Leasom, Russ &amp; Ann Younger, Al &amp; Anita Ure, Past service club members, Retired CP, LP, foresters, guides, CMH Retired nurses, Retired teachers Association, Bakery Ladies – 3pm Group Bakery Men – Morning Group A&amp;W – Morning Group Tim Horton's Groups Tom &amp; Jean Sime,</p>

# Project Plan: Age Friendly Community Plan

[illegible]



# AFCP Resources: Near and afar

Dr. John Lewis, U of Waterloo, School of Planning

- Wrote the book on AFCP in Ontario

Dr. Terri MacDonald, Rural Development Institute

- Local & regional demographics; analysis help

Town of Golden

- Finance
- Fire Rescue
- Operations & Public Works
- Recreation Services
- Mayor & Council

Other Local Programs & Services



## Golden's AFCP Task Force

Name	Org
Sheldon Dwyer	IH/Durand Manor
Karen Cathcart	COTR
Monica De	CBAL
Connie Barlow	GCRS
Mel Myers	GFBS
Ron Oszust	BC Ambulance
Colleen Palumbo	GDHS
Erica Badior	Abbeyfield House Society
Ann Younger	Retired
Jim deBolebec	Semi-retired
Mickey Balas	EK Seniors Care Givers Group
Jean Sime	Retired
Denise English	GDCF, CVWOA
Jim & Susan Halvorson	Retired
Renee Quanstrom	Golden CCRR



## **Discussion** & Next Steps

How do we best support our seniors?











# Definitions: Age Friendly Community Plan



Dimensions from WHO's Global Age-Friendly Cities: A Guide (2007)

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2. Transportation
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6. Civic Participation and employment
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# Step 1: Defining Local Principles



1. Form a Steering Committee/Task Force
  - Do we have everyone?
2. Create Guiding Principles
  - AFC Vision
3. Build Partnerships
  - Engage
4. Gather Information
  - Discussion groups
  - Survey; needs assessment
  - Community profile data
5. Discuss Priorities
  - AFC Goals
  - Priorities

# Next Meeting

- ✓ Date: Thursday March 20<sup>th</sup>
- ✓ Time: 10 – 11am
- ✓ Location: The Island
- ✓ Homework:
  - ✓ Review
    - [Finding the Right Fit: Age-Friendly Community Planning](#)
  - ✓ Survey Questions: review many, shortlist few
  - ✓ List of targeted survey respondents



# Today's Activities



Ask questions as they form. —







GOLDEN COMMUNITY RESOURCES SOCIETY

an overview of possibilities

Engaging in

# Community Coordination

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