

Age Friendly Community Coordination



Golden's Age Friendly Community Committee is dedicated to identifying and addressing the issues and needs of the 50+ population in Golden & Area A. This overview is intended to explain the Committee's successes, challenges, opportunities and impact to local citizens, stakeholders, funders and government officials.

Executive Summary

Since 2013, the Town of Golden has understood the importance of ensuring Golden is an age friendly community. After securing, a grant from UBCM and partnering with the College of the Rockies, an Age Friendly Community Task Force formed in order to direct the creation of an [Age Friendly Community Plan](#) (AFCP). That AFCP was presented to and approved by the Town of Golden in July 2014.

The Age Friendly Community Committee (AFCC) was able to secure nearly \$24K through GCRS and the 2015 CBT CIP/AAP in order to hire a coordinator and keep working on the AFCP in 2015. To continue through 2016, AFCC is requesting support from both the Town of Golden & CSRD Area A.

The Coordinator

The AFCC coordinator oversees, promotes and encourages implementation of the AFCP in order to create a supportive, welcoming and vibrant environment for older adults. This person develops a coordinated approach between local government, citizens, service providers, community organizations and businesses.

The Beginning

In late 2013, the Town of Golden (with the administrative support of the College of the Rockies) applied for a grant from the Seniors' Housing and Support Initiative (SHSI) to complete an AFCP. The SHSI program is intended to assist local government to support aging populations, develop and implement policies and plans and/or develop projects that enable seniors to age in place and facilitate the creation of age friendly communities.

The Ministry of Health supported the initiative by providing funds to incorporate a focus on age friendly projects. The plan brought together many senior-focused groups and programs and was completed in July 2014.

Since that time, an AFCC formed to execute the priority items in the AFCP. Monica De volunteered to host the meeting through CBAL through fall 2014, but everyone knew that dedicated resources would be required to keep the group together, and on track to execute and update the AFCP.

Age friendly communities are places where older people can live active, socially engaged lives through policies, services and structures designed to support them.

Engaging the Community & Forming the Plan

Golden's AFCP Task Force held 6 meetings, administered a survey to over 200 participants and analyzed the results. The 8 dimensions of age friendly community planning were prioritized, along with a gap analysis (importance minus satisfaction) of key services and spaces.

By definition, age friendly communities:

- ☐ Recognize the wide range of capacities and resources among older people
- ☐ Anticipate and respond flexibly to aging-related needs and preferences
- ☐ Respect decisions and lifestyle choices
- ☐ Protect those who are most vulnerable
- ☐ Promote inclusion and contribution in all areas of community life

Progress in 2015

The AFCC has continued to host monthly meetings. Meeting venues rotated each month – partly to show the AFCC other public spaces throughout the community and have an eye on age friendly issues surrounding them. In order to bring new information into the AFCC, each event hosts a guest speaker, who presents in person or via Skype. Minutes and resources are [posted](#) and circulated to 70+ contacts. Beyond just a roundtable of current issues, the Coordinator ensures that the AFCP was the focus and recommended Action Items were followed up on.



Photos: Ryan Watmough

Networking

The power of the AFCC is in its members' networking ability. The Committee members regularly bring news, issues and opportunities to the table each month. Some members have struck sub-committees to focus on specific initiatives like:

- ✓ Access to Care
- ✓ Age Friendly Calendar

- ✓ Durand Manor Renovation
- ✓ Seniors Advocate/Navigator
- ✓ Seniors Helping Seniors
- ✓ Transportation

These sub-committees have taken on a variety of tasks, including community collaboration, political advocacy, meeting hosting, brainstorming, resource securing, and activity alignment. These members, and the Coordinator, participate in community-wide children and youth coalition discussions and planning, further broadening the AFCCP's impact.

In fall 2015, the AFCC Coordinator presented to the Targeted Initiative for Older Workers Program at the College of the Rockies, and later helped them with their mock interviews. This was a critical group to reach, because while not previously involved in the AFCC, they are integral to ensuring Golden continues to be an age friendly community.

While not focused on the needs of strictly older adults, one particularly interesting AFCC activity has been supporting the administration of the Facebook group, "[Keep Medical Services Local](#)," which has been a lightning rod for engagement.

This online community has seen locals share their experiences with the healthcare system and fight for the continuation of local lab services – receiving 398 "likes" along the way.

While this volunteer Committee has no power over the direction of the community, we have been pleased to see other groups grab age friendly language or ideas and take on their own community development projects. The Seniors Centre has put in a request to New Horizons for improved facility accessibility. And it is great to hear Town Council and staff use the data and citizen-directed priorities when discussing issues and planning future activities.



Future Opportunities

While progress has been made toward the priorities of the AFCCP, some initiatives like the Age Friendly Calendar and Seniors Navigator need a little more support to become sustained by a cultural change.

Also, it is hoped that Golden can play an integral role with a 2016 Nelson Cares-led initiative, a Basin-wide "Seniors/Age Friendly

Summit." This event would connect the various age friendly initiatives throughout the Basin and lead to an ongoing, virtual network, hopefully, securing some core funding for AFCC coordination.

At the tactical level, there are many action items from the AFCCP that still need addressing. For example, continued AFCC coordination could result in Golden getting additional health services, by way of the BC Government & United Way project, "Better At Home," in 2017.

In the short term, the AFCC is likely to support a local Community Response Network (CRN), which, while providing minimal financial support for special events, will allow Golden to receive provincially-developed plans and resources for vulnerable adults.

Request for Support

Ongoing support of general community, or specific age friendly development is challenging to find nationally, provincially and regionally. The 2015 CBT CIP/AAP

support was greatly appreciated, however, it is not expected to continue for 2016. And while CBT has supported some multi-year age friendly pilot projects in Nelson, the same level of support cannot be expected for other Basin communities until 2017.

Therefore, the AFCC is requesting 50% support from the Town of Golden and 50% from CSRD Area A (GIA) in order to continue executing the AFCCP through 2016.

Budget Item	Detail	Cost
Coordinator	735 hrs/yr	\$18,375.00
MERCs	14%, incl. vac	\$2,572.50
GCRS Admin Fee	5% of total	\$1,319.40
Office supplies, IT		\$1,000.00
Promotion	newspaper, events	\$1,500.00
Photocopies	\$20/mth x 12	\$240.00
Meeting expenses	\$50/mth x 12	\$600.00
Rent	GCRS, in kind (\$3,600)	\$-
Phone		\$600.00
Travel		\$1,500.00
Total		\$27,706.90

The projected 2016 operational budget above is considered the minimum necessary to keep the AFCC moving forward, working on the AFCCP and reporting progress to the community.