


Dec 15, 2015

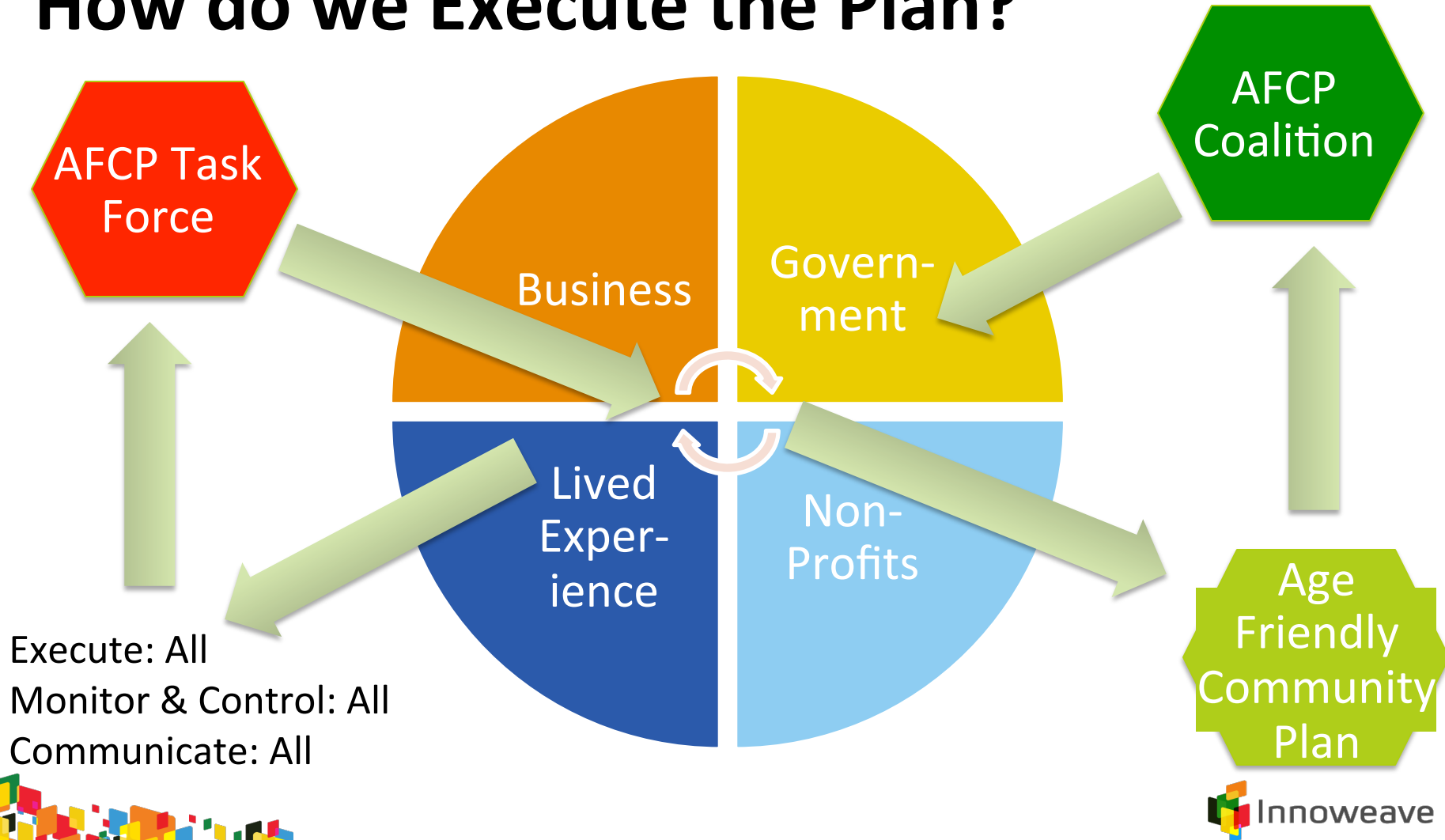


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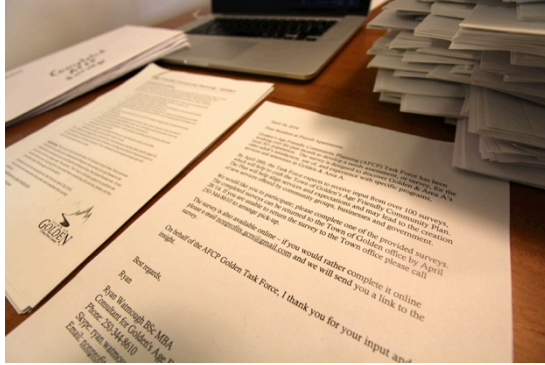
Age Friendly Community Committee



How do we Execute the Plan?



Priorities: Age Friendly Community Plan



Dimensions

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

1st: Community support and health services

2nd: Housing

3rd: Transportation

4th: Outdoor spaces and public buildings

5th: Social participation

6th: Communication and information

7th: Respect and social inclusion

8th: Civic participation and employment



AFCP Golden: Vision & Goals

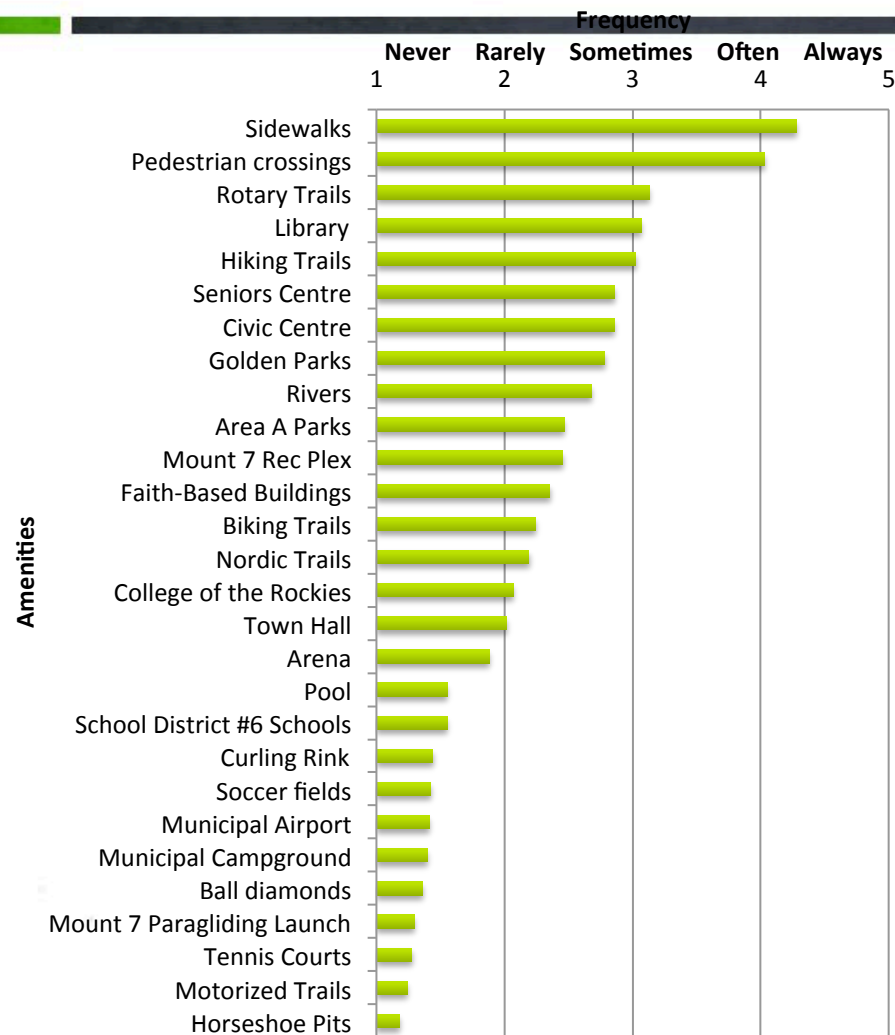
Vision

1. To ensure that Golden is a great community to be an older adult
2. To create a welcoming environment for older adults
3. To work together as a community to sustain a continuum of older adult services
4. To be a part of a model of community collaboration

Goals

1. A measurable increase in support for seniors in Golden
2. A measureable increase in the use of existing and new services by seniors over time
3. An indication that organizations are working collaboratively to address the needs of seniors
4. An indicator for tracking the level of satisfaction by seniors using services and supports
5. Increased resources available to address senior' needs.
6. An indication of how the chosen approach to services will ensure sustainable access to seniors in future years
7. An indication of how the service model (action plan) might be expanded beyond Golden
8. Quality of Life (QoL) – increase for 50+

1. Outdoor Spaces and Public Buildings: Analysis



Most frequently used:

1. Sidewalks
2. Pedestrian crossings
3. Rotary Trails

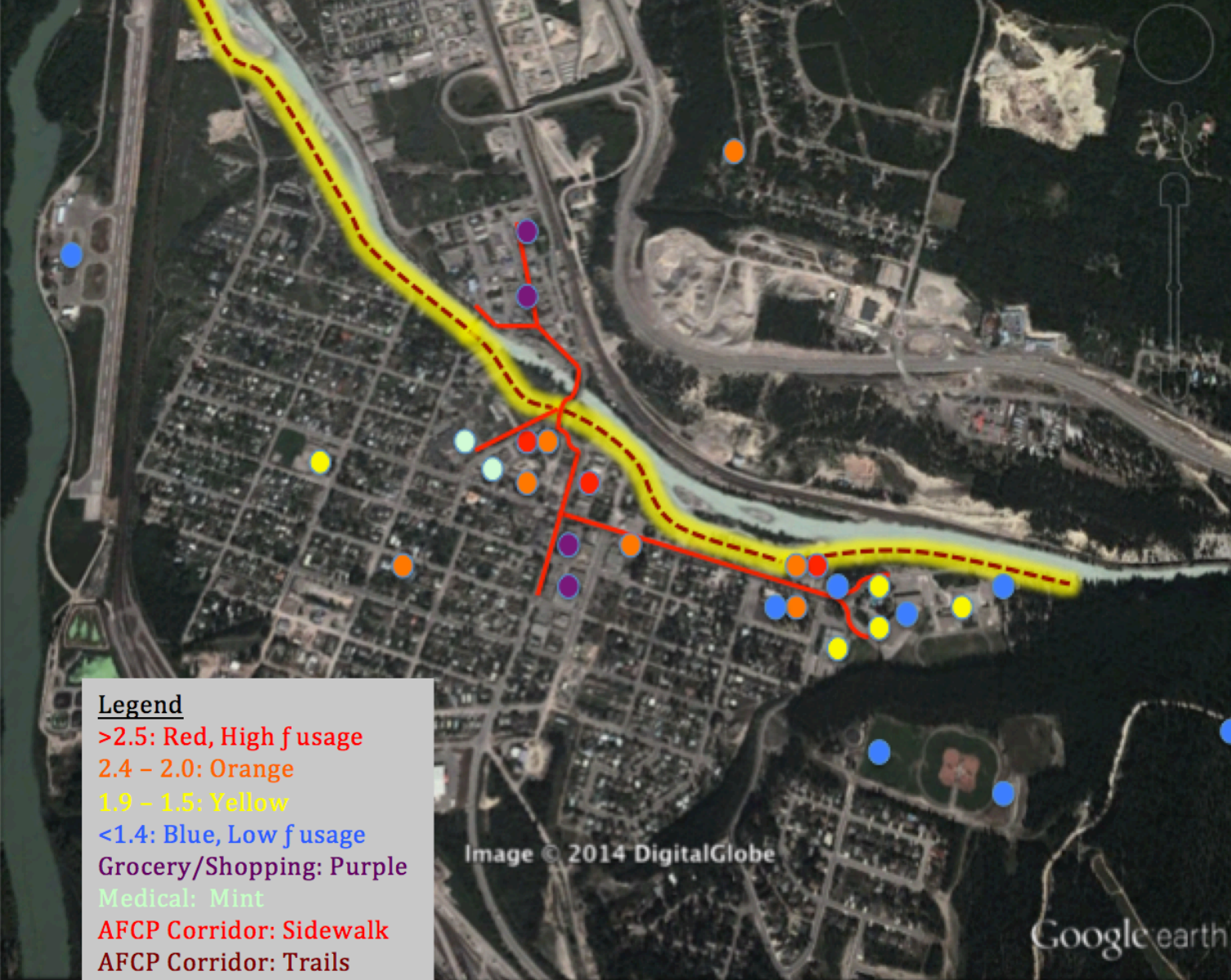
Least frequently used:

1. Horseshoe Pits
2. Motorized Trails
3. Tennis Courts

Most frequently used buildings:

1. Okanagan Regional Library in Golden
2. Civic Centre
3. Seniors Centre
4. Mount 7 Rec Plex
5. Faith-Based Buildings

Corridor



Legend

>2.5: Red, High f usage

2.4 – 2.0: Orange

1.9 – 1.5: Yellow

<1.4: Blue, Low f usage

Grocery/Shopping: Purple

Medical: Mint

AFCP Corridor: Sidewalk

AFCP Corridor: Trails

2. Transportation: Recommendations

Aspect	Initiative	Priority
Sidewalk condition and availability	Increase 'sidewalk budget'	High (AFCP Gap: 0.97)
Sidewalk snow and ice clearing	Promote 'seniors snow clearing program'	High (AFCP Gap: 0.95)
Delivery services	Support businesses providing options (prescriptions, food delivery; companionship; driver training).	High
Weekday service within Golden	Service options: 1. Determine steps necessary to regain Provincial support for public transportation; 2. On-demand service (HandyDART;) 3. Formalize volunteer drivers program (medical and other)	Moderate (Gap: 0.39)
Weekday service within Golden	Transportations service between older adults' homes and community events/ programs (e.g. Winter Walking)	Low
Active transportation pathways in Golden	Age Friendly Corridor & Active Transportation Mapping	Moderate (Gap: 0.38)
Weekday service between Golden and other communities	Approach 'partners' (incl. SD#6, biz, other regional groups (RDEK, Invermere Seniors))	Moderate (Gap: 0.35)

Age Friendly-Related Budget Items

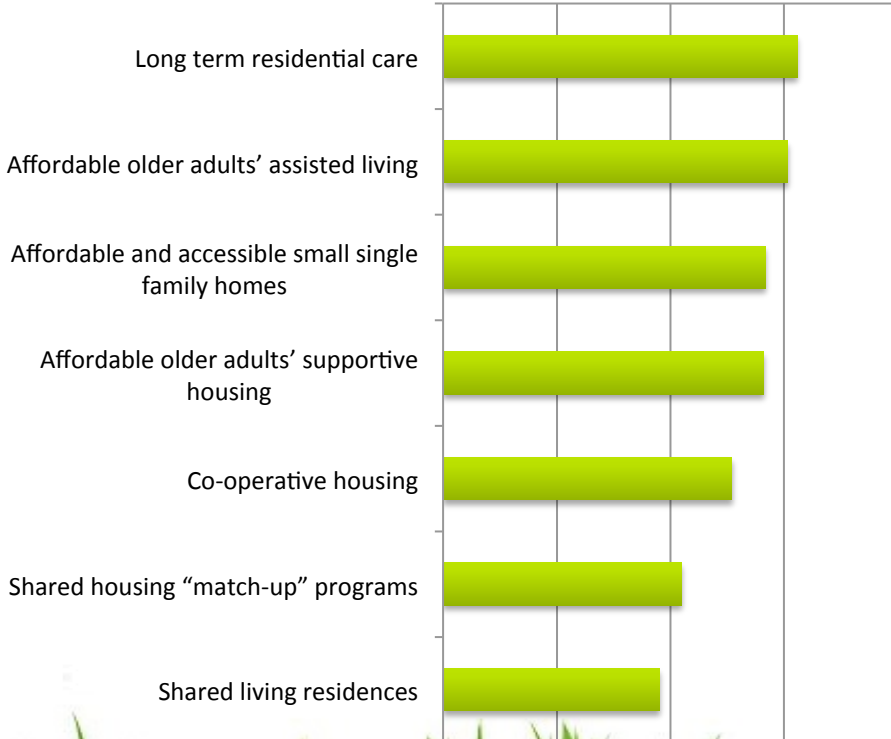
- Sidewalks
- Snow clearing
- Public spaces
- Community services
- Recreation & Leisure
- & more...



3. Housing Services: Analysis

Q3.2 Importance of Housing Services

1.0 2.0 3.0 4.0 5.0



"Affordable"

...means many things to many people.

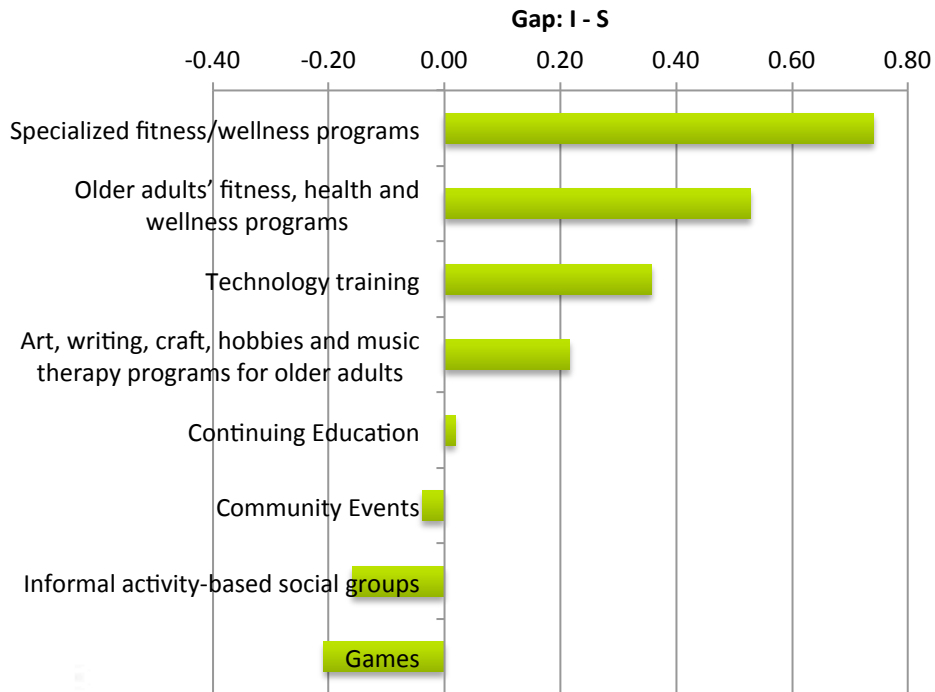
34% indicated that cost was an issue, while 69% live in single detached homes.

Tactics:

- Bring all past studies together (IH, ToG, Seniors Housing Society, etc.)
- Share info with IHA and private ALC companies
- Low cost: Start housing "match-up" program

4. Social Participation: Analysis

Q4.1 & 4.2 Social Participation: Importance - Satisfaction



Action items and resources should be prioritized with the following:

1. **Specialized fitness/wellness programs** (e.g. adapted for older adults' physical or cognitive health challenges)
2. **Older adults' fitness, health and wellness programs**
3. **Technology training** (e.g. computer, smart phone and tablet courses for older adults)
4. **Art, writing, craft, hobbies and music therapy programs for older adults**
5. **Continuing Education** (e.g. college and university courses)
6. **Community Events** (e.g. concerts, plays, movies, Soup Day, etc.)
7. **Informal activity-based social groups** (e.g. tennis, Nordic skiing, curling, etc.)
8. **Games** (e.g. cards, bingo, bridge, cribbage, etc.)

** And exploring Tool Library & Men's Shed concepts with youth, COTR & businesses.*

5. Respect and Social Inclusion: Analysis

Q5.1 Respect and Social Inclusion Agreement

Strongly Disagree Disagree Neutral Agree Strongly Agree
1 2 3 4 5



Lowest Agreement:

- “The community offers a welcoming environment for older adults.”

Tactics:

- Increased utilization of the Welcome Wagon
- Offering (perhaps subsidized) World Host or Super Host training programs to create more informal community ambassadors)
- Create formal ambassador program
- Increased promotion, awareness at Community Registration Night events
- Better messaging and outreach from local government and service clubs
 - Continue “Community Coordination” discussion from 2013
 - Are we aligned? How do we show it?

** And exploring Ambassador/Locals Welcome concepts with youth & businesses.*

6. Civic Engagement and Employment: Recommendations

Aspect	Initiative	Priority
Employment	Secure Older Worker Program (Thrice!!! ...via COTR)	High (Satisfaction: 3.5/5)
Civic Participation	Create Community Coordinator/Developer Role	High
Civic Participation	Community Conversations	Medium
Civic Participation	Promotion and recognition of local government volunteers	Medium
Civic Participation	Volunteer Development and Management	Medium
CSRD Fire Suppression	Communicate review of CSRD Fire Services	Low

7. Civic Engagement and Employment: Recommendations

Aspect	Initiative	Priority
Communication	Community Calendar	High
Information	Community Registration Night	High
Communication	Community Collaboration	High
Communication	Event Promotion – WOM, Print and Online for all	Moderate
Communication	Non profit list	Moderate
Communication	Technology Training Program	Moderate
Information	Local report record keeping	Moderate
Information	Local report record keeping	Low
Information	Older adult participation in Indoor Pool project discussion	Low

8. Community Support and Health Services: Recommendations

Aspect	Initiative	Priority
Community Support	Connect local caterers, IH and Meals on Wheels recipients	High
Community Support	Age Friendly Business Program	High
Community Support	Seniors/Older Adult Coordinator	Moderate
Community Support	Inventory Older Adult Programs	Moderate

8. Community Support and Health Services: Other activities

1. Access to Care Committee fought to maintain and increase local services
2. Better At Home lobbying (...not until 2017)
3. “Keep Medical Services Local” Facebook Community (400 likes)
4. Seniors Advocate/Navigator (Mickey @ Mountain View in 2016)
5. Durand Manor project exploration with community stakeholders

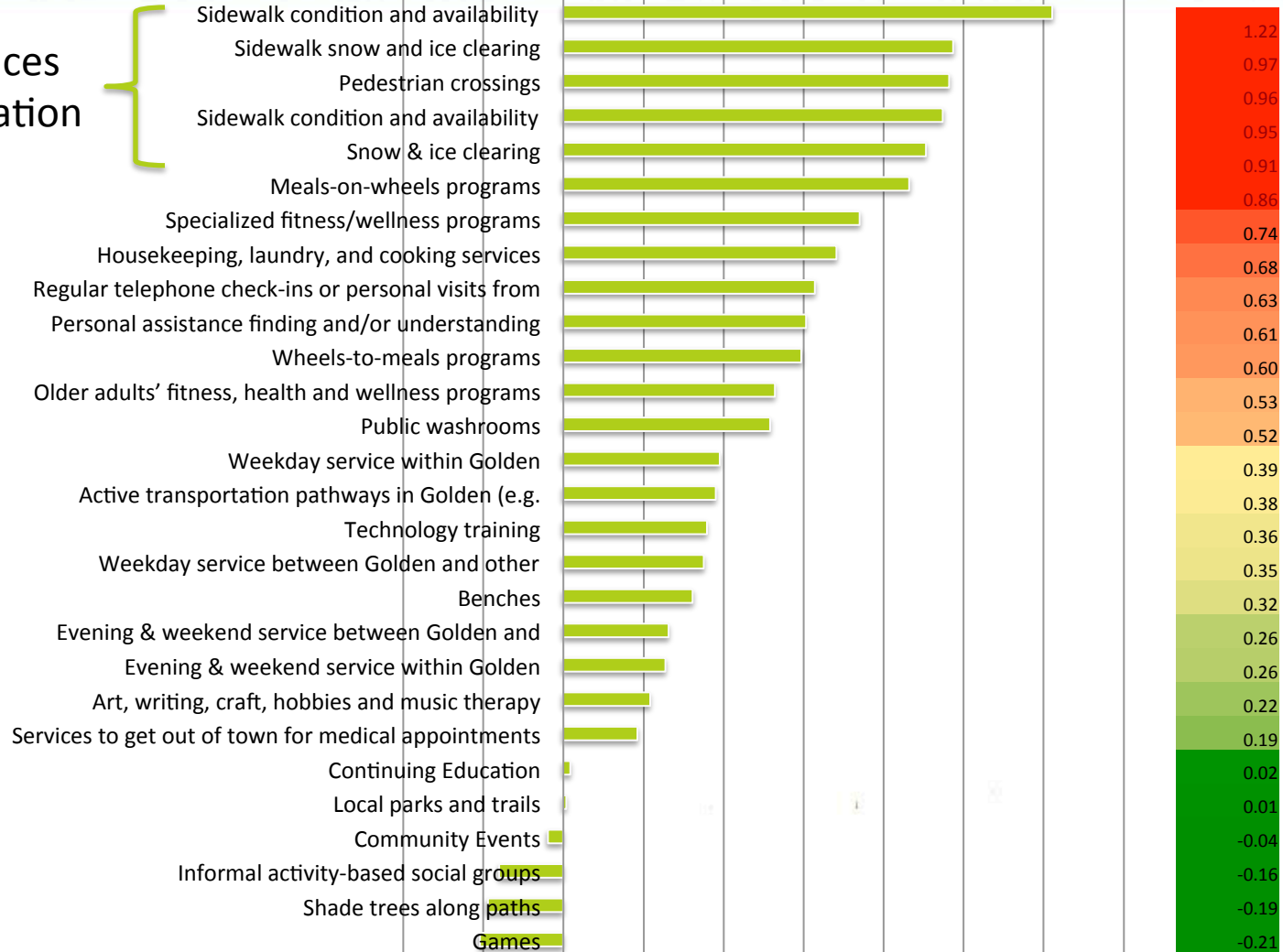


9. Overall: Analysis

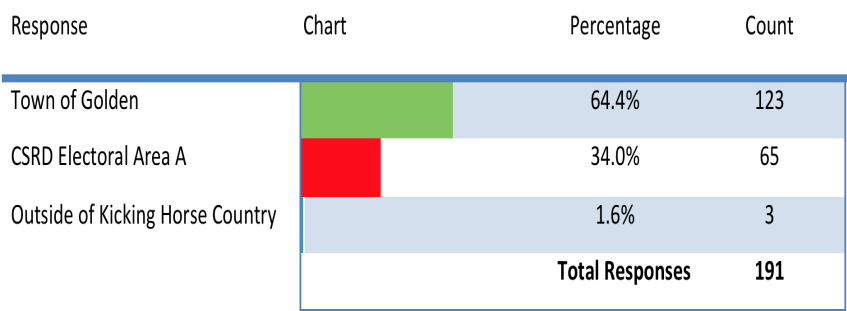
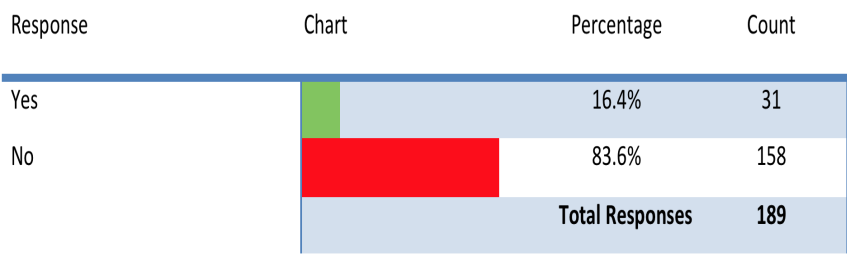
Gap: I-S

-0.40 -0.20 0.00 0.20 0.40 0.60 0.80 1.00 1.20 1.40

1. Outdoor Spaces & 2. Transportation



10. Demographics: Analysis



Sex:

- 2:1 women to men
- Need to engage older men

Caregivers:

- Need to include specifics on how to support caregivers

Geography:

- 2:1 Town residents to Area A
- Need to engage rural residents

Age Friendly Community: BC Recognition Program

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 2014, the Town of Golden has undertaken the importance of creating Golden as 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 (AFCCP). That AFCCP 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 CRT C/P/AAAP in order to hire a coordinator and keep working on the AFCCP 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 AFCCP 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 (both the administrative support of the College of the Rockies) applied for a grant from the Seniors Housing and Support Initiative (SHSI) to complete an AFCC. The AFCC 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 AFCCP. Monica De volunteered to host the meeting through CBA, through fall 2014, but everyone knew that dedicated resources would be required to keep the group together, and on track to create and update the AFCCP.

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 AFCC Task Force held 8 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 age-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 to 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 AFCC was the focus and recommended Action Items were followed up on.



Photo: Ann Macdonald

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

Manor Renovation Advocate/Navigator Helping Seniors Habitat

Items have taken on a variety of tasks, including: location, political advocacy, meeting hosting, source securing, and activity alignment. These he Coordinator, participate in community-wide joint coalition discussions and broadening the AFCC's impact.

VCC Coordinator presented to Initiative for Older Workers (IOW) at the Rockies, and later in their mock interviews. This is to reach, because while not part in the AFCC, they are big 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, "Elder Medical Services Local," which has been a lightning rod for engagement.

This online community has seen local share their experiences with the healthcare system and fight for the continuation of local lab services - receiving 358 "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 AFCC, 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 AFCC 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.

On June 10, 2015, Golden was recognized as an age friendly community by Age Friendly BC.

"To achieve recognition, four key steps must be taken. These include establishing an age-friendly advisory or steering committee, passing a council or board resolution, conducting an age-friendly assessment, and developing and publishing an action plan."

Request for Support

Ongoing support of general community, or specific age friendly development, is challenging to find nationally, provincially and regionally. The 2015 CRT C/P/AAAP support was greatly appreciated, however, it is not expected to continue for 2016. And while CRT 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 (HSA) 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
Printation	newspaper, events	\$1,500.00
Photocopies	\$20/mth x 12	\$240.00
Meeting expenses	\$50/mth x 12	\$600.00
Rent	GCRS, in kind (\$1,600)	\$-
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.

This overview was prepared by Ryan Watrough MMA, Age Friendly Community Committee Coordinator in Golden, BC, in December 2015.

Completed Steps:



- ✓ Establish an age-friendly advisory or steering committee. – Complete & concluded
- ✓ Pass a local council or board resolution that actively supports, promotes and works towards becoming age-friendly.
- ✓ Conduct an age-friendly community assessment. - Complete
- ✓ Develop and publicize an action plan in consultation with older adults. - Complete
- ✓ Submit required attachments and/or website links.
- ❑ Execution & implementation.

Budget & Request

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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

Imperatives:

- Backbone Organization
- Collaboration
- People
 - Residents
 - Staff
 - Volunteers
- Coordinator Support
- Place & Facility Alignment
- Resource Alignment
- ToG: \$13,853.45
- CSRD: \$13,853.45



Dec 15, 2015

Supporting an

Age Friendly Community Committee



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

