

# Respect and Social Inclusion: The Foundation of Age-Friendly Communities

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# Purpose

- To describe how 'respect and social inclusion' is interrelated with aspects of the physical, social and services environment in a community
- To provide examples of how age-friendly community initiatives in Ontario promote 'respect and social inclusion' and positive attitudes towards aging in a community

# Presentation Overview

- What is an Age-Friendly Community?
  - Eight domains of age-friendly
  - Respect and Social Inclusion
  - Benefits
- Age-Friendly Communities in Ontario
  - Ontario Age-Friendly Communities Outreach Program
  - Examples of Age-Friendly Community practices
- Key Takeaways
- Resources

# What is an Age-Friendly Community?

- A community where the social and physical environments, programs, policies and services strive to be:
  - **Inclusive** - Support and respect diverse needs and values
  - **Accessible** - Anyone can participate in and contribute to
  - **Safe** - Promote health, safety and independence
  - **Intergenerational** - Foster relationships between all generations

# What is an Age-Friendly Community?

- Promote **healthy active aging** across the life course
  - “Active” refers to continuing participation in social, economic, cultural, spiritual and civic life
- A variety of determinants interact to influence active aging

# Age-Friendly Communities Framework

- The WHO determined eight domains of an age-friendly community
  - [Global age-friendly cities: A Guide, 2007](#)
- All domains are interconnected

<b>Physical Environment</b>	1. Outdoor Spaces & Public Buildings 2. Transportation 3. Housing
<b>Social Environment</b>	4. Social Participation 5. Respect & Social Inclusion 6. Civic Participation & Employment
<b>Services Environment</b>	7. Communication & Information 8. Community Support & Health Services

# Foundational Domain: Respect & Social Inclusion

- Older adults are involved in planning and implementation
- Diverse needs, desires and abilities are recognized
- Businesses and services are respectful, inclusive and intergenerational
- Promote positive images of aging
- Remove barriers to participation – affordability, accessibility, sociability
- Older adults feel safe and secure
- Feel valued and a sense of belonging in their community



# Benefits of Age-Friendly Communities

- Benefits at the individual and community level

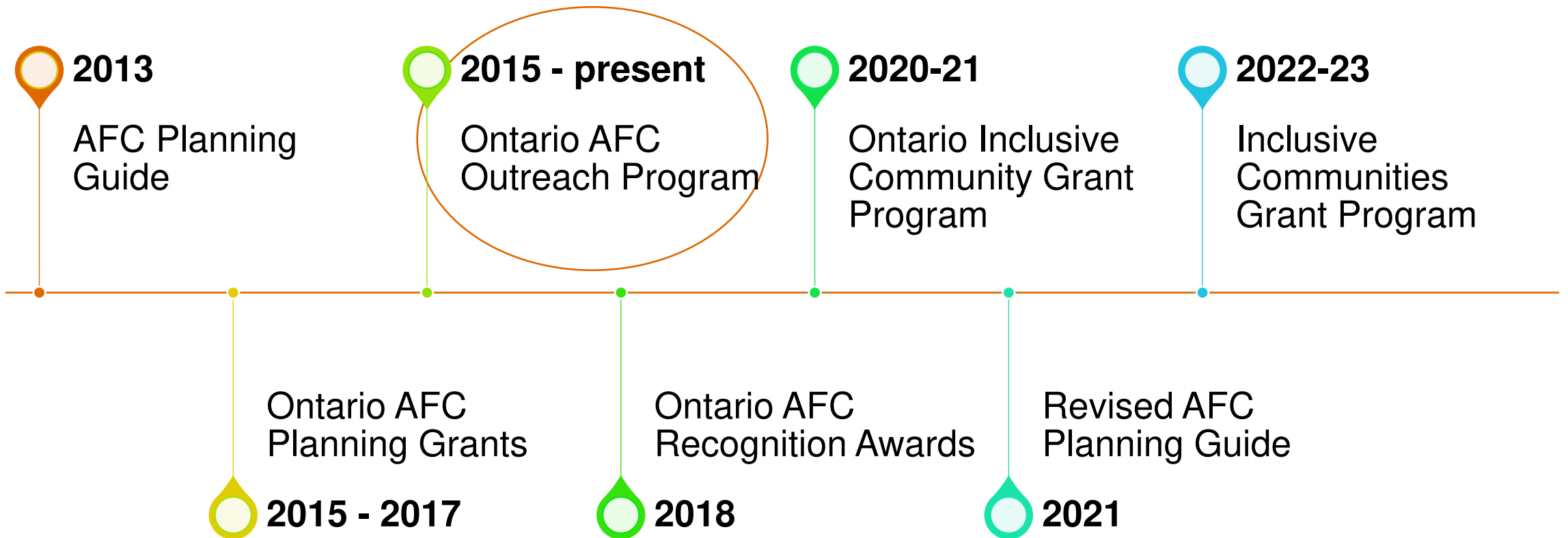




# Ontario's Strategy for an Aging Population

- Support our aging population to:
  - Age at home and in communities
  - Remain healthy, active and socially engaged
  - Stay safe and secure
  - Participate in the labour market and economy
- AFC Framework (i.e. 8 age-friendly domains) encompass and facilitate all four goals

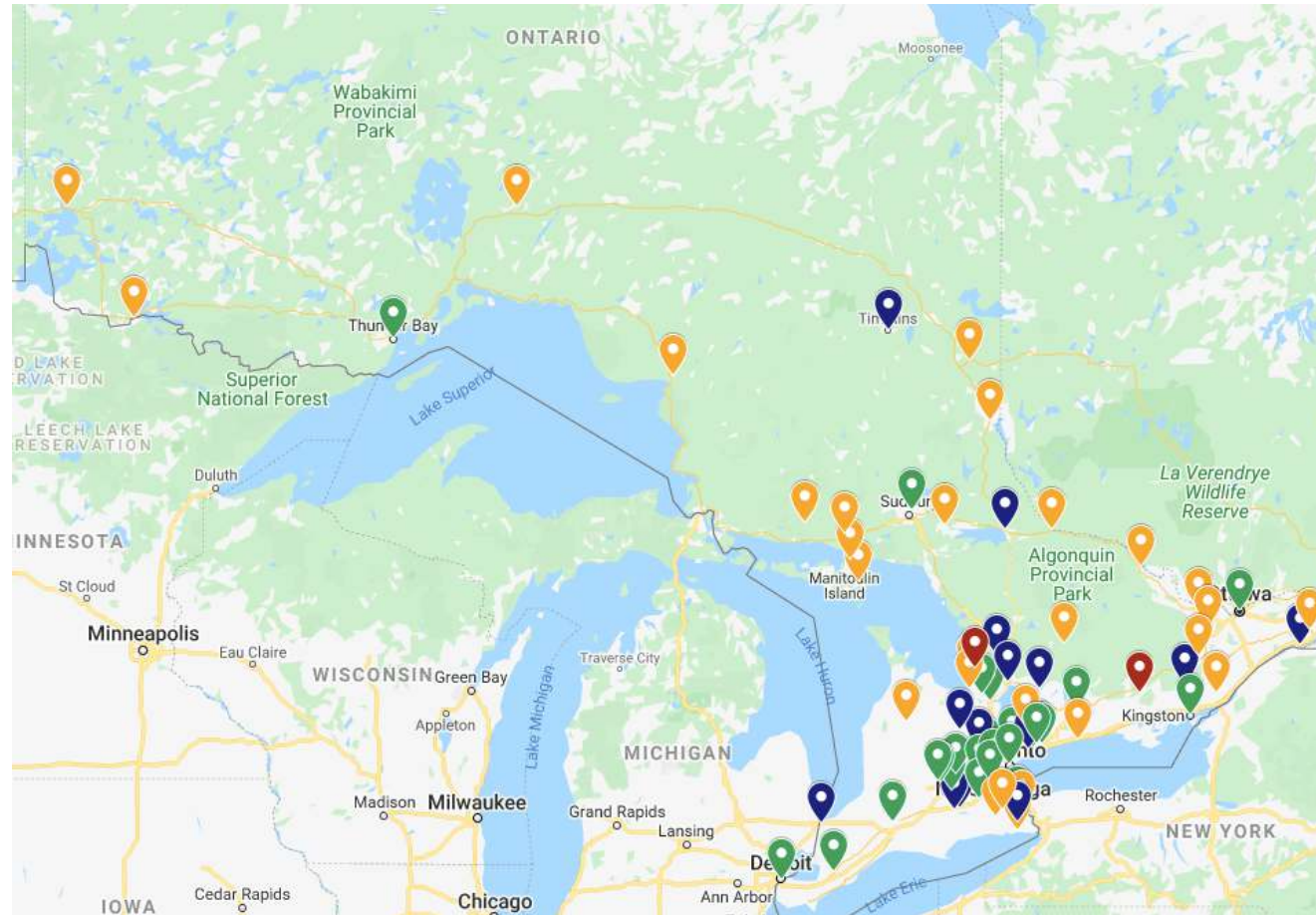
# AFC Strategy in Ontario



# Ontario Age-Friendly Communities (AFC) Outreach Program

- Established in 2015
- Managed by the [Centre for Studies in Aging & Health at Providence Care](#) in partnership with Queen's University
- Funded by Government of Ontario through the [Ministry for Seniors and Accessibility](#)
- Provincial Knowledge Translation and Exchange program designed to support AFC development in Ontario

# Ontario's Network of Age-Friendly Community Initiatives



# Age-Friendly Communities in Ontario: Vision Statements

- “**Peterborough** is a thriving region that is inclusive, respectful, and accessible to people of all ages and abilities.”
- "Promote an inclusive, accessible, safe and respectful community; that enables independence, health and wellness and full participation at all stages of ageing while celebrating diversity." - **Temiskaming Shores**
- “**Durham Region** is a community where all residents – regardless of age, ethnicity, race, gender or ability – feel included, respected, and enjoy a high quality of life.”



# 1. Outdoor Spaces & Public Buildings

- E.g. Age-Friendly Parks Checklist, Benches & Signage in London



## 2. Transportation

- E.g. Let's Get Moving in Hamilton





### Let's Get Moving!

**An invitation to become a volunteer workshop facilitator**

The Hamilton Council on Aging (HCoA) has developed a series of workshops<sup>1</sup> to inspire older adults to keep moving! The workshop series includes:

<i>Let's Ride a Bike</i>	<i>Let's Take the Bus</i>
<i>Let's Take a Walk</i>	<i>Let's Drive a Car</i>


We are thrilled about this opportunity to offer virtual and in-person workshops created to encourage, educate and empower older adults to safely get around in their communities.

The HCoA is recruiting volunteer facilitators to lead the workshops. We will provide training, resources and ongoing support for you in this important role.

This is what we are looking for in volunteer facilitators.

- Excellent oral and interpersonal communication skills
- Comfortable speaking in public and/or facilitating groups
- Good English language skills; speaking other languages is an asset
- Familiarity with PowerPoint and using computers for presentations
- Experience with virtual platforms such as Zoom is an asset

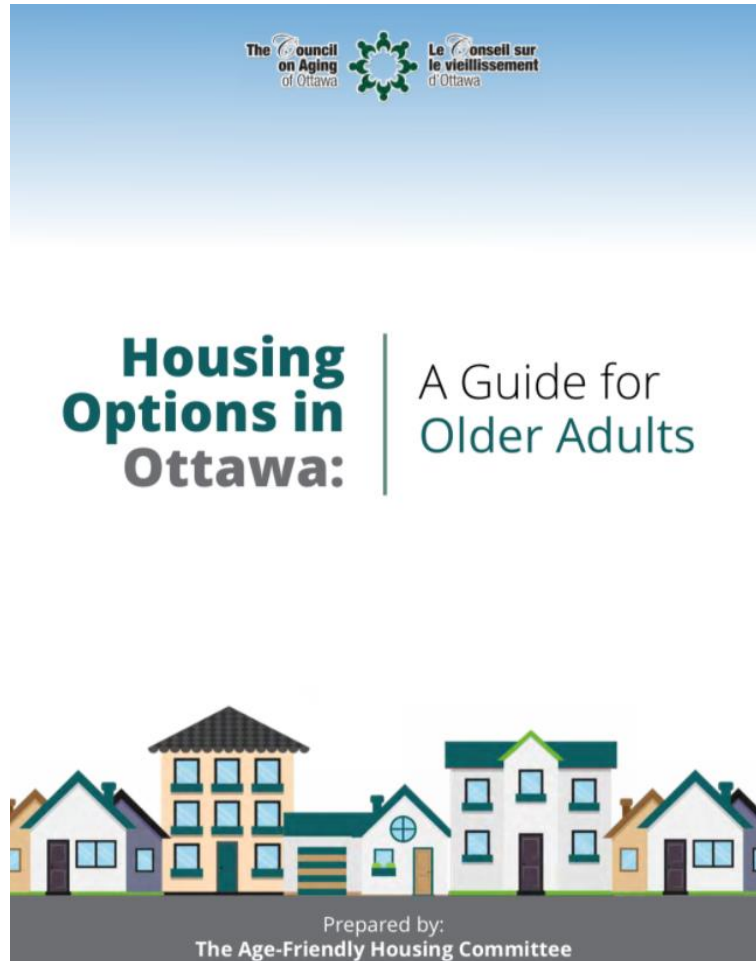
*If this sounds like you, please send an email expressing your interest to the HCoA at [events@hamiltoncoa.com](mailto:events@hamiltoncoa.com) no later than **April 1<sup>st</sup>, 2022**. You will then be sent an application form. Once you submit the completed application form, you will be contacted and provided with information about time commitment, upcoming training opportunities and volunteer facilitator responsibilities.*



<sup>1</sup> The workshops have been created with the support of the United Way of Hamilton & Halton.

# 3. Housing

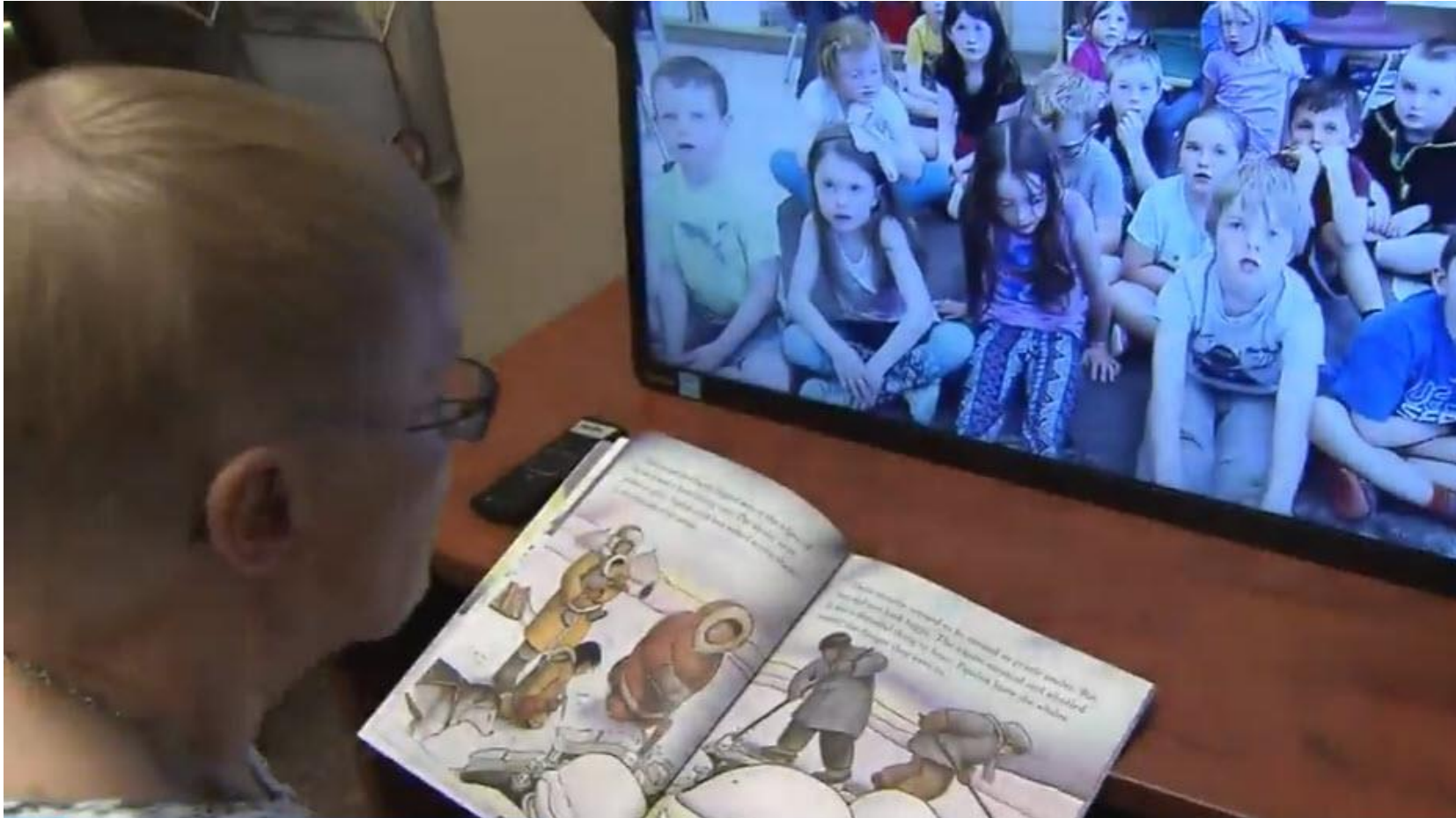
- E.g. Housing Options in Ottawa: A Guide for Older Adults





## 4. Social Participation

- E.g. GrandPals, Orangeville



## 5. Respect and Social Inclusion

- E.g. Putting Food on the Table Project in Halton Region

### Putting Food on The Table Project Toolkit

A resource for groups who want to improve food security and wellness among older people in their community.





## 6. Civic Participation and Employment

- E.g. Building an age-friendly business in Kawartha Lakes



### Being an age-friendly employer:

Today, more and more people are working well past the traditional 'retirement-age'. Employment among people over the age of 55 is on the rise in the City of Kawartha Lakes and all across the country.

Older workers represent a highly-skilled and committed segment of the workforce. As they make the transition into new positions or new careers, they bring with them a wealth of experience and expertise.

If you would like to capitalize on this skilled and dedicated segment of the workforce, you may want to consider the following:

- Flexible work arrangements;
- Part-time positions or job sharing;
- Snowbird programs;
- Phased retirement options; and
- Mentorship and training programs.

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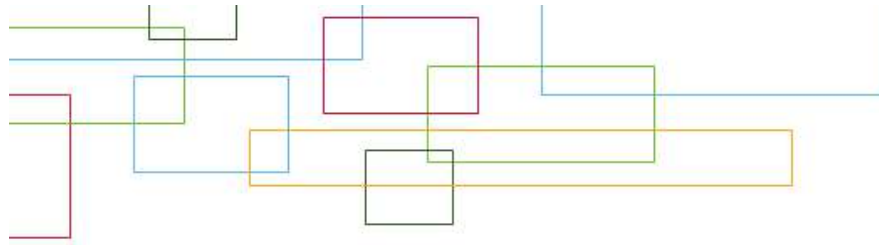
## 7. Communication and Information

- E.g. Seniors Expos in Wasaga Beach



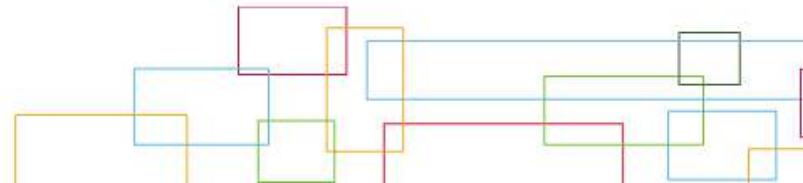
## 8. Community Support and Health Services

- E.g. Age-friendly Peterborough 'Be Prepared' workbook



### Be Prepared Project

organize for the future  
you want for yourself



# Key Takeaways

- Healthy active aging is influenced by aspects of the physical, social and services environment in a community
- Abilities, needs and desires of older adults are diverse and dynamic
- AFC Framework can be applied in communities to reduce barriers to “active” healthy aging
- Respect and social inclusion is highly interconnected with the other AFC domains and can be considered as the foundation of age-friendly planning and implementation
- Positive, respectful and inclusive age-friendly practices highlight the contributions of older adults and can contribute to improved wellbeing, feelings of inclusion, sense of independence and connection

# Resources

- Our website [www.agefriendlyontario.ca](http://www.agefriendlyontario.ca)
  - AFC Webinar Series
  - Interactive Map
  - Resources
  - Sign up for monthly AFC e-newsletter
- Ontario AFC Planning Guide
  - [\*Creating a More Inclusive Ontario: Age-Friendly Community Planning Guide For Municipalities and Community Organizations\*](#)
- Contact the Knowledge Broker
  - Email: [brancacl@providencecare.ca](mailto:brancacl@providencecare.ca)



# Questions?

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