



**agefriendly**  
EDMONTON

## **Promising Practices**

# **Comparable Cities Profiles Resource Toolkit**

## **PART TWO**

**February 2014**

# TABLE OF CONTENTS

<b>Introduction:</b> .....	3
<b>A. Case Studies: Age Friendly Cities</b> .....	3
<b>A.1. Comparable Cities: Age Friendly – Common Themes</b> .....	3
<b>A.1. Municipality of Saanich, British Columbia</b> .....	5
<b>A.2. Portage La Prairie, Manitoba</b> .....	8
<b>A.4. London, Ontario</b> .....	12
<b>A.5. Vancouver, BC</b> .....	15
<b>A.6. Ottawa, Ontario</b> .....	19
<b>A.7. Portland, Oregon</b> .....	24
<b>A.8. New York City, New York</b> .....	30
<b>A.9. Melville, Australia</b> .....	32
<b>B. Program Highlights</b> .....	37
<b>B.1. Arts &amp; Music Programs</b> .....	37
<b>B.2. Fitness/Physical Activity Programs</b> .....	38
<b>B.3. Senior Centres (An example of the range of services offered)</b> .....	40
<b>B.4. Specific Program Examples – High Intensity Fitness</b> .....	41
<b>B.5. Community Engagement</b> .....	42
<b>B.6. Day Program</b> .....	45
<b>B.7. Care Givers Respite</b> .....	46
<b>B.8. Training on Seniors Programming</b> .....	47
<b>B.9. Lifelong Learning</b> .....	48
<b>B.10. Program Leaders and Their Programs</b> .....	48
<b>B.11. Technology-Based Programs</b> .....	49
<b>B.12. Library Programs and Partnerships</b> .....	51
<b>B.13. Volunteering as a Senior</b> .....	51
<b>B.14. Rebranding</b> .....	53
<b>B.15. Research</b> .....	53
<b>B.16. Program Evaluation</b> .....	54
<b>B.17. Active Aging Programs and Resources: Saskatchewan Research</b> .....	55

## **Introduction:**

This report is designed as a practical guide and toolkit for the recreation programmers. The research findings and resources are provided in this report presents the following information:

Part Two, *Age-Friendly Case Studies and Resources* presents the following information:

- Summary of the nine Age-Friendly Cities case studies analysis that were reviewed for this research.
- Examples of successful programs that have responded to the changing trends and that have been successful in engaging seniors in a unique or innovative way.
- Resources, toolkits and program resources with websites and links which provide detailed program information.

## **A. Case Studies: Age Friendly Cities**

The following nine cities are highlighted in the comparable cities research component of this research.

- Municipality of Sannich
- Portage La Prairie, Manitoba
- Halifax, Nova Scotia
- London, Ontario
- Vancouver, British Columbia
- Ottawa, Ontario
- Portland, Oregon
- New York City, NY
- Melville, Australia

### **A.1. Comparable Cities: Age Friendly – Common Themes**

The review of the nine Age-Friendly city case studies revealed some common program focus areas for consideration. Following the common themes, we have highlighted a number of different social and recreational programs that represent these themes. They are examples of the promising practices that are identified in the comparable cities summary and supported by the findings from various interviews and the literature review that was completed for this research.

- The number one challenge that was identified by the majority of the age-friendly cities, involves improving access to program and service information for seniors. Specifically seniors wanted better access to information on events, activities and program offerings. It was also felt that there is still a need to educate the older population on the health and social benefits of participation in recreation and leisure services.
- Many of the cities identified the challenge for increasing intergenerational social interactions in partnership with existing seniors associations, organizations and school districts.
- An ongoing challenge for program developers involves meeting the needs of all seniors 55 plus, by focusing on the entire age, health, access continuum of seniors including isolated seniors and caregivers.

- Finding new or innovative programs is always a difficult task for program developers. Some suggestions that came up in the case studies included; using malls for both ad hoc and scheduled recreation and social programs; increase the number of walking groups to motivate each other to keep active; increase the focus on community gardens to facilitate social interaction and intergenerational contacts.
- Public Library partnerships was identified many times, as libraries are a very good example of a community resource that reaches out to the community and has a strong understanding of how to meet the wide ranging needs of citizens.
- Involving more seniors through the creation of more volunteer opportunities that involves everything from governance and program coordinating roles, to instruction and peer leadership. In some cases seniors are gaining certification as yoga or fitness instructors and may be volunteering or being paid for their service.
- A number of the case studies noted that there is a need to develop and implement staff training sessions for recreation facility staff and other professionals who are seeing an increase in participation by older adults. The training sessions would encompass an enhanced understanding of the special needs of seniors and exploring methods and strategies to best support senior participation in their programs. The training sessions would focus on transforming the recreation and community facilities as an “Age-Friendly facility.
- A number of the cities involved in the case study research emphasized the need to expand their partnership and network to include the community-based social and recreation services providers. The goal of the networks would be to increase the capacity of the community-based program and service providers to find opportunities for cooperation and collaboration. As a result there would be an increasing emphasis on providing programming to diverse groups such as immigrants, gays, lesbians, those with disabilities and neighbourhood cultural groups. The issue of the need to address financial support for low income seniors was also identified as a concern.
- Improving neighbourhood access to programs and services was a common concern and a number of references were made to utilization of new technologies in programming and marketing, to bring services into neighbourhoods without having to add significant operating costs.

## A.1. Municipality of Saanich, British Columbia

Population: 108,265  
Population 65+: 19,145  
(2006 Stats Can Community Profile)

Approximately 23 per cent of Saanich’s population is over the age of 60 and this will increase by nine per cent by 2026. The proportion of the Saanich population aged 75 and over is nine per cent, compared to B.C.’s average of six per cent for British Columbia. (Canadian Census, 2006)

**Status:** In 2006, the Province of British Columbia selected Saanich to be their partner city to collaborate with the World Health Organization and other cities in this world-wide project to make cities more “age-friendly”. Currently Saanich has a plan from 2008 onward to continue its Age Friendly initiatives.

**Active Aging Vision:** “Our vision is for a community where people can live healthy and active lives well into their senior years; where older people are valued for their skills and life experiences and where they participate in the community in ways that they choose. Saanich will be a positive place in which to age and encourage participation in maintaining a healthy and active lifestyle.” (District of Saanich website: [www.saanich.ca/parkrec/community/seniors.html](http://www.saanich.ca/parkrec/community/seniors.html))

**Age Friendly Partnerships:** The Province of British Columbia Ministry of Healthy Living and Sport, Vancouver Island Health Authority, BC Transit, Saanich Silver Threads, Seniors Serving Seniors, Saanich Volunteer Services Society and TD Canada Trust Shelbourne St.

**Partners in Recreation:** Goward House society, Cordova Bay 55 plus Association, VIHA Hillside Seniors Health Centre, Saanich Volunteer Services Society, Saanich Silver Threads Les Passmore Centre

**Local research partner:** University of Victoria’s Centre on Aging, Dr. Elaine Gallagher, Director

**Contact:** Project Contributors

Steve Meikle , Manager G.R. Pearkes Recreation Centre Phone: 250-475-5441 <a href="mailto:steve.meikle@saanich.ca">steve.meikle@saanich.ca</a>	Tessa Graham, Executive Director Healthy Children, Women & Seniors Branch Phone:(250) 952-1111 <a href="mailto:Tessa.Graham@gov.bc.ca">Tessa.Graham@gov.bc.ca</a>
---	---

### **Recreation Program highlights:**

Various recreation centres offer free older adult programs where they can enjoy a relaxed social atmosphere, some music, visit friends, play table tennis, cards or billiards. Also offer free guided walking programs, recreation centre tours, drop in Table tennis, and Conversation Cafes where seniors can get together to discuss meaningful and interesting topics. Saanich Parks & Recreation Active Living Guides include older adults programs within the regular adult program section.

### **Respect and Social Inclusion**

Common barriers identified: Desire for older persons to be invited and involved in community events.

### **Current Initiatives and Projects:**

Construction of a community senior's centre at Cordova Bay Elementary School. Cordova Bay Community Place is the home of the Cordova Bay 55 Plus Association offering recreation and social opportunities for older persons in that community. This unique centre places older persons and children as the focal point of community activities. Intergenerational Recreation and Social programs brings groups of teens and older persons together in a social setting to play cards, games, billiards and share good conversation.

### **Recommendations for an Age Friendly Future:**

Encourage mixed-use and intergenerational social interactions in partnership with existing seniors associations and organizations and school districts as seen in the development of Cordova Bay Community Place. Develop and implement a staff training session that encompasses an improved awareness of the specific needs of seniors and methods to best assist seniors in accessing municipal services.

### **Social Participation**

#### **Common Barriers:**

- Affordability becomes a greater barrier for the older seniors
- Desire for the promotion of social interaction in neighborhoods and the physical assets to facilitate social participation
- Need for increased opportunities for education and self-improvement in lifelong learning

#### **Current Initiatives and projects:**

Parks and Recreation offers a diverse range of programs and services encouraging self-development, learning, social opportunities and physical activity. Seniors' rates and assistance for low income individuals through the Leisure Involvement for Everyone (L.I.F.E.) program facilitating access to recreation programs and services. An additional initiative involves the development of volunteer opportunities for older persons in the Municipal Archives and Parks.

### **Recreation and the Emergency Program**

Introduction of an annual Seniors Festival in partnership with Senior Living magazine providing opportunities for older persons to be fully involved in celebrating active aging in their community.

## **Community Support and Health Services**

### **Common Barriers:**

- Older persons are concerned that health services and community support be affordable, appropriate, and accessible.
- Need to capitalize on partnership opportunities.
- Need to consider non-traditional delivery of services such as outreach services in areas with a high density of older residents.

### **Current initiatives and projects:**

Offer rehabilitation services and programs such as Frail Elderly Fitness, Gentle Fit, Osteofit, Water Walking, Massage Therapy and other adapted physical activity programs in partnership with the Vancouver Island Health Authority.

### **Recommendations for an Age Friendly Future:**

Educate the older population in the health and social benefits of participation in recreation and leisure services and civic or community activities in conjunction with the Vancouver Island Health Authority (e.g. sharing personal success stories through the media)

### **Resources and links:**

District of Saanich, Social and Recreation Programs for Active Aging

<http://www.saanich.ca/parkrec/community/seniors.html>

Age Friendly cities and the Municipality of Saanich

<http://www.saanich.ca/parkrec/community/agefriendly.html>

Saanich WHO Age friendly cities report

<http://www.saanich.ca/parkrec/community/pdf/SaanichWHOAgeFriendlyCitiesReport.pdf>

## A.2. Portage La Prairie, Manitoba

Population: 12, 728

Population 65+: 2,164

(2006 Stats Can Community Profile)

**Status:** The City of Portage la Prairie, Manitoba, is one of the participants in the World Health Organization Global Age-Friendly Cities Project that was launched in 2006. The Age-Friendly Cities Advisory Committee is appointed by City Council to consider aging related issues in the City of Portage la Prairie. The group develops a strategic plan each year to ensure focus on the issues at hand.

**Partnerships:** City, Herman Prior Seniors Centre, Portage Service for Seniors, RHA Central Manitoba Inc., Canadian Mental Health Association, Portage Regional Library, Portage Friendship Centre

**Local Research partner:** Dr. Verena Menec, Director of the Centre on Aging at the University of Manitoba

**Project Contact:** Janet Shindle, Councillor, City of Portage la Prairie

### **Programs:**

#### **Age Friendly Report Highlights:**

Recreation activities are mentioned under the Social Participation section of the report.

### **Social Participation**

#### **Key Age-Friendly Features:**

Focus group participants commented very positively on the wide variety of activities available for older adults in Portage la Prairie, ranging from church-related activities to sports to dancing to card games, to name just a few. Activities for older adults were deemed affordable.

The importance of congregate meal programs as a means to allow socializing was also highlighted.

#### **Key Age-Friendly Barriers:**

- Lack of transportation was identified as a barrier to social participation, especially for evening activities.
- Losing one's social support network (e.g., friends dying) was mentioned as a barrier to social participation by older adults.
- Focus group participants further commented on problems with building access (e.g. stairs) as a barrier to participating in social activities.

**Recommendations:**

- Continue the provision of a wide range of activities for older adults.
- The Herman Prior Senior Centre plays a critical role for older adults living in and around Portage la Prairie. Expansion of its programs and services should be considered. For example, the possibility of offering programs on weekends should be explored.
- Transportation needs to be available to allow participation in activities. Transportation should be available in the evening and weekends at a reasonable cost.
- Building accessibility (e.g., availability of wheelchair ramp) must be taken into account when planning activities for older adults.
- Events should be modified to accommodate the more frail seniors. For instance, some events and services (e.g., church services) may need to be shortened.

**Resources and links:**

Portage la Prairie Age Friendly Report, 2007

[http://www.umanitoba.ca/centres/aging/media/Portage\\_la\\_Prairie\\_A-F\\_report.pdf](http://www.umanitoba.ca/centres/aging/media/Portage_la_Prairie_A-F_report.pdf)

City of Portage la Prairie-Age Friendly City

<http://www.city.portage-la-prairie.mb.ca/economic.html#agefriendly>

Age Friendly Manitoba-Portage la Prairie profile

[http://www.agefriendlymanitoba.ca/regions/index.cfm?region\\_id=106](http://www.agefriendlymanitoba.ca/regions/index.cfm?region_id=106)

**Contact:**

Portage la Prairie Age-Friendly Cities Advisory Committee

City of Portage la Prairie

97 Saskatchewan Avenue E.

Portage la Prairie, MB R1N 0L9

Phone: 204-239-8337

Fax: 204-239-1532

Email: [swilliams@city-plap.com](mailto:swilliams@city-plap.com)

### A.3. Halifax, Nova Scotia

Population: 372,679

Population 65+: 44,925

(Statistics Canada 2006 Community Profile)

Population facts: According to the Seniors' Statistical Profile 2005 produced by the Nova Scotia Seniors' Secretariat, Nova Scotia has the highest percentage of seniors in Atlantic Canada, and the second-highest in Canada as a whole. Seniors are the fastest growing demographic of the province's population, expected to comprise 25 percent of Nova Scotia's population by 2026. Statistics Canada estimates that the senior population of Halifax will increase to 65,570 by 2016, or 15.8 percent of the total population. Halifax, where seniors comprised 11 percent of the population in 2005, is expected have a seniors' population of 15.8 percent by 2016. (Page 13, Age Friendly Cities Report 2007)

**Status:** The process started in 2006 as part of the original WHO Global Age friendly Cities project. Currently there is an Age Friendly Community Initiative program in place to encourage communities to become age friendly through the offering of grants  
[http://novascotia.ca/seniors/age\\_friendly\\_program.asp](http://novascotia.ca/seniors/age_friendly_program.asp)

**Project Partnerships:** Halifax Regional Municipality (HRM) and the Nova Scotia Seniors' Secretariat

**Local research partner:** Janice Keefe, PhD, Director, Nova Scotia Centre on Aging and Professor, Family Studies and Gerontology, Mount Saint Vincent University

**Project contact:** Nova Scotia Seniors' Secretariat

**Age Friendly barriers** identified (page 10 & 11, Age Friendly Cities Report 2007)

- Weather in Halifax, particularly in winter, significantly limits seniors ability to socialize, to get exercise, get to appointments and generally move around the city. This has implications for both their physical and mental health, and for their ability to enjoy reasonably health and active lives while remaining in their own homes.
- Seniors, caregivers and service providers all concur on a number of age-friendly barriers that have a significant impact on seniors. In terms of outdoor spaces, parking, sidewalk maintenance and crosswalks were all problematic.

**Recreation and Culture report highlights:**

With the highest population in Atlantic Canada, Halifax Metro Area is the major cultural centre within the region. Metro has a number of art galleries, theatres and museums, as well as most of the region's sports and entertainment facilities. A thriving music industry plays a major role, with local pubs and bars offering Celtic fiddling and traditional music, and the area has also become a significant film production centre<sup>24</sup>, with many American and Canadian filmmakers making use of the city's outdoor areas and buildings. The urban core boasts numerous parks and provides opportunities for year-round outdoor activities including jogging, skating, and hiking. There are also a number of pools, fitness centres and arenas throughout Metro, providing opportunities for

a variety of sports.<sup>25</sup> The harbour is also home to a number of yacht clubs. (Page 19 & 20, Age Friendly Cities Report 2007)

**Highlight of findings from focus group** interviews with seniors, caregivers and service providers: Outdoor spaces and buildings (page 29-35, Age Friendly Cities Report 2007)  
One age-friendly advantage of Halifax's "outside spaces" was its parks. They are a great place to walk when the weather allowed. Concern was expressed that these areas lacked frequent bus service and had gravel pathways that didn't allow for easy use of a wheelchair or walker.

There is a concern about the maintenance of sidewalks, especially in the winter. This adversely affects seniors ability and desire to go out in the winter as they were concerned about safety and falling. This was also mentioned in relation to the general maintenance of sidewalks, where cracks or heaving of the sidewalk presented issues is mobility.

Topography of Halifax was also noted as an issue, especially in relation to bus services, where some bus stops were at the bottom of a hill in relation to the place a senior was trying to go (recreation centre, senior centre). This issue was found to affect senior's social participation where they wanted to go out, but were unable to maneuver the hill. Malls were mentioned as a preference to get exercise and socialize, as opposed to stand alone stores, where they could be sheltered from the weather. There was an identified need for more benches so that seniors could rest in these locations.

**Respect and Social Inclusion** (page 41- 43 Age Friendly Cities Report 2007)

Lots of opportunity to volunteer and volunteering is seen as a way to keep healthy by keeping busy and reducing stress. Seniors centres are very busy, offering a variety of programs for seniors of all ages and affordable. Seniors were very enthusiastic about these centres and membership levels are high.

**Social Participation:** (page 43-47 Age Friendly Cities Report 2007)

Concern for socially isolated seniors, the report suggests that there is a need to find a better way to reach out to seniors or create a buddy system, especially when there are hurricanes, or other natural disasters in the area.

Public libraries were mentioned as a popular service and program provider, where seniors could order books and have them dropped off for them in the winter by a volunteer. Churches were identified as contributors to senior social inclusion, offering socializing opportunities and activities such as dinners. Churches were also identified as putting serious effort into offering senior specific services, like organizing rides for seniors to church, bringing church services to home bound seniors, and audio recordings of church services. Senior centres were again mentioned as a significant place to socialize, where guest speakers and programs were offered. The YMCA was mentioned as a provider of senior programs.

There was a concern regarding senior day care programs not offering enough diverse programming for various cognitive abilities. Caregivers identified significant social isolation when caring for spouses, having to give up social opportunities to care for their loved one. In addition the report highlighted the concern for the spouse where the role of care giver is

impacting on their own relationships and health issues. There was a need for programming adapted to meet their specific situations.

### **Resources and Links:**

Age Friendly Cities Report 2007

[http://www.novascotia.ca/seniors/pub/2007\\_AgeFriendlyCitiesReport.pdf](http://www.novascotia.ca/seniors/pub/2007_AgeFriendlyCitiesReport.pdf)

### **Contact:**

Halifax, Nova Scotia

Nova Scotia Seniors' Secretariat

Toll free: 1-800-670-0065

Phone: (902) 424-0065

Email: [scs@gov.ns.ca](mailto:scs@gov.ns.ca)

Website: [www.gov.ns.ca/scs](http://www.gov.ns.ca/scs)

1740 Granville Street

PO Box 2065

Halifax, NS

B3J 2Z1 Canada

## **A.4. London, Ontario**

Population: 352, 395

Population 65+:48, 375

(Statistics Canada 2006 Community Profile)

**Ageing Vision:** “A diverse, vibrant, caring, and healthy community which empowers all individuals to age well and have opportunities to achieve their full potential.” (Citation)

**Status:** In 2010 London became the first Canadian city to join the World Health Organization's (WHO) Global Network of Age Friendly Cities.

**Partnerships:** There are currently 88 members including members from 43 agencies or organizations who are working to implement the Age Friendly London Three Year Action Plan.

**Local Research partner:** Western University, Health Sciences 4th year students prepared a best practices document.

**Current identified actions steps:** (taken from Implementation plan 2012)

- Ensure older adult needs are considered in the design and construction of new or repurposed community centres and create opportunities for older adults (groups and individuals) to participate in the design of new and repurposed community centres.
- Ensure older adult program needs are considered in the design of community centres, including potential to cluster services.
- Investigate age friendly park design as a way to create gathering places and community focal points in parks.
- Increase walk-ability and safety (sidewalks, trails and pathways).
- Increase seating everywhere in the city.
- Increase number of community gardens.

**Social Participation**

- Improve access and knowledge about facilities available for use by older adults around the city.
- Inventory available space in neighbourhoods including churches, schools, apartment buildings, libraries, city facilities, retirement homes.
- Advertise age friendly amenities of facilities.
- Develop a “Doors Open” event for older adults, such as facilities, services, retirement homes etc.
- Improve access to programming and socializing at the neighborhood level.
- Investigate opportunities to continue support for Senior Neighbourhood Advisory Councils (SNACs).
- Investigate opportunities to expand Senior Neighbourhood Advisory Councils (SNACs) to other neighbourhoods.
- Develop a program that matches immigrant /newcomer seniors with other Londoners to assist in engagement and participation.
- Improve access to information on subsidies for participation in programs.
- Dedicate a portion of time at all community centres and other neighbourhood gathering places for free, drop-in older adult socializing.
- Encourage older adults to participate by providing programs and services they need.
- Hold an annual Age Friendly London Conference, to raise awareness, education, celebrate AFL successes.
- Develop senior-led cultural programming by those have skills to share (eg. cooking skills).
- Develop more opportunities for older adults to learn about technology from other older adults, such as, computer literacy, or how to use gadgets.
- Develop programs and services that meet the needs of isolated seniors and reduce barriers to their participation.
- Determine the program and service needs and barriers to participation of isolated seniors through a survey/research.
- Investigate the potential of creating a mentoring program for isolated seniors.
- Encourage large building manager/landlords to have greater connection to their senior residents. For example, advertise programs, provide programs or provide space in buildings.
- Expand LEAP (Leisure Education Awareness Program) program to train other groups to follow the approach to bring people into activities through transition approaches.

- Provide opportunities for agencies and organizations that provide programs and services for older adults to network.
- Provide agency and organizations that provide programs and services to older adults with networking opportunities.
- Establish a community of practice for older adult service providers.

**Resources and Links:**

Age Friendly Implementation plan 2012

[http://www.london.ca/residents/Seniors/Age-Friendly/Documents/ImplementationPlan\\_Oct2012.pdf](http://www.london.ca/residents/Seniors/Age-Friendly/Documents/ImplementationPlan_Oct2012.pdf)

Age Friendly London 3 year Action Plan

[http://www.london.ca/residents/Seniors/Age-Friendly/Documents/AFL\\_Booklet.pdf](http://www.london.ca/residents/Seniors/Age-Friendly/Documents/AFL_Booklet.pdf)

**Contact:**

**Project Contact:** Social Participation Working Group Co-chairs  
Bev Farrell and Wendy Bice

**Age Friendly London Task force**

Donna Baxter

Manager, Policy & Research

Phone: 519-661-2500, x 2430

E-mail: [agefriendlylondon@london.ca](mailto:agefriendlylondon@london.ca)

**Paul D'Hollander**

Manager, Area Services

Phone: 519-661-2500, x 2361

E-mail: [agefriendlylondon@london.ca](mailto:agefriendlylondon@london.ca)

## **A.5. Vancouver, BC**

Population: 578, 041

Population 65+:75, 990

(2006 Canadian Census Community Profile)

Opportunities to create age friendly services and amenities (Senior Dialogues Summary Report May 2013)

### **Active Living and Getting Outside (page 5)**

- Offer seniors recreation programming throughout different areas of the city so that seniors can be active close to home.
- Develop age-friendly parks and outdoor facilities.

### **Social Connectedness**

- Create more spaces close to where seniors live that encourage socialization.

### **Active Living and Getting Outside-What is going well? (Page 15)**

- There is a variety of excellent seniors programs offered in the city (e.g. Tai Chi, Zumba, Outdoor fitness).
- The city has excellent recreation facilities. (e.g. fitness centres, pools, community centres)
- Many recreation programs are affordable.
- There are many accessible parks and green spaces throughout the city.
- There are excellent walking spaces in the City with benches.

### **What needs to be improved within the City of Vancouver jurisdiction?**

- Access to information about seniors fitness programs in accessible formats.
- Sidewalk maintenance and in some cases add sidewalks to some communities.
- Inadequate snow/leaf removal.
- Walking paths lack enough benches and adequate lighting at night.
- Unsafe crossing times at intersections.
- Demand for age-friendly parks that are designed for seniors.
- Not all neighborhoods have access to a seniors centre or seniors fitness programs.
- Some community facilities are less accessible than others.

### **Recreation Service Providers jurisdiction**

- Limited awareness of seniors fitness programs.
- Existing seniors programs are already full and there are concerns about the ability to meet future demand.
- Demand for walking groups which help to overcome stigma of walking alone, and for walking groups with a specific purpose. (e.g. bird watching, art walks)
- Seniors fitness programming needs to take into account the diversity in the seniors population. (e.g. age, abilities, culture)

## **Social Connectedness (page 16)**

### **What is going well within the City of Vancouver?**

- Community gardens and green spaces provide opportunities for seniors to get outside and form connections.
- Community centres and neighbourhood houses play a key role in facilitating connections between seniors through offering seniors programs.

### **Other Stakeholder jurisdiction**

#### **Service providers**

- Offer recreation programs which provide opportunities to build connections.
- Volunteer opportunities give seniors purpose and decrease loneliness and isolation
- There is an increase in awareness of seniors issues by other service providers.

### **What needs to be improved? City of Vancouver jurisdiction**

- Access to information about existing programs in accessible formats.
- Need for more spaces for seniors, such as seniors centres or lounges. These would provide a space to gather and socialize that do not require them to buy anything.
- Not all neighborhoods offer a seniors centre or seniors gathering spaces..
- Demand for more intergenerational community events..

### **Other jurisdiction: Service providers**

- Demand for diverse programming which recognizes the diversity in the seniors community (e.g. age, gender, people with disabilities, language, culture)
- Need to address the needs of isolated seniors
- Provide opportunities for meaningful involvement for seniors (e.g. volunteering, developing seniors programs)
- Facilitate intergenerational programming, and cross-cultural programming
- Demand for ongoing learning and training

### **Key Gaps and Opportunities:**

#### **Active Living and Getting Outside: (page 25)**

Gap- Access to information: Need for increased awareness of seniors recreation programs.

*Opportunities:* Inventory the available recreation services for seniors, provide guides/brochures which outline available services, ensure that information is provided in accessible print formats (large print) and translated into multiple languages.

Gap-Access to seniors programs: Need for seniors programs throughout the city in various community centres/neighbourhood houses so that seniors can access these programs close to home.

*Opportunities:* Explore the feasibility of having senior's programmers in all the community centres/neighbourhood houses; explore the feasibility of offering seniors recreation programs in all community centres, neighbourhood houses across the city.

Gap - Transportation: Need for seniors to have access to affordable/free and accessible transportation to community events.

*Opportunities:* Inventory available free shuttle/volunteer driving programs that connect seniors to community centre/neighbourhood house programs. Advertise available services in brochures and explore the need/feasibility of expanding existing volunteer driving services.

Gap- Choice: Need for choice in recreation programs for seniors with a variety of ages and interests.

*Opportunity:* Convene service providers and discuss opportunities for new types of programs.

Gap - Age-friendly parks: Need to ensure that parks meet the needs of seniors (e.g. seniors play equipment, access to public washrooms, well lit, accessible, affordable food).

*Opportunity:* Explore the feasibility of creating “age-friendly” parks in Vancouver.

### **Social Connectedness: (page 27)**

Gap - Elders/Seniors lounges: Need community spaces for seniors to visit/socialize that do not require visitors to buy or consume anything. These need to be located close to home for seniors

*Opportunity:* Explore the feasibility of creating more seniors lounges/centres in various community centres/neighbourhood houses/libraries in Vancouver.

Gap - Diverse programming: Need to offer social programs that meet the needs of a diverse seniors population. (e.g. age, gender, ethnicity, language, and people with disabilities)

*Opportunities:* Partner with community centres/neighbourhood houses and other seniors programmers to identify innovative options, conduct outreach to underrepresented groups (e.g. men, people with disabilities, immigrants who do not speak English)

Gap - : Transportation: Need for seniors to have access to affordable/free and accessible transportation to community events.

*Opportunity:* Explore the need/feasibility of expanding existing volunteer driving services.

Gap - Coordination: Need to increase collaboration and coordination of service providers to limit redundancy in programs and provide more variety.

*Opportunity:* Convene service providers and funders to discuss opportunities for coordination and collaboration.

Gap - Meaningful involvement: Need for seniors to volunteer/contribute to the community

*Opportunities:* Inventory available volunteer programs, advertise available programs in brochures, and explore the need/feasibility of expanding existing volunteer programs to include a cross-cultural component

Gap - Intergenerational connections: Need for seniors to connect with younger generations.

*Opportunities:* Facilitate the connection between senior and youth organizations, partner with other organizations to offer intergenerational programming at community centres, neighborhood houses.

## **Age Friendly Action Plan 2013-2015 highlights: Active and Healthy Living (page 9)**

Implemented actions already underway:

- Offer dementia-friendly seniors' fitness programming at community centres. For example, Minds in Motion is low-impact aerobics for people experiencing early stage memory loss due to dementia and their caregivers. It's offered in partnership with the Alzheimer Society of BC.
- Employ dedicated seniors' workers at community centres that specialize in recreational programming for seniors.
- Provide access to Park Board facilities for low-income seniors with Leisure Access Cards.
- Provide free access for caregivers accompanying seniors at Park Board facilities and programs.

### **Upcoming Actions:**

- Partner with the Alzheimer Society of BC to provide training to all Park Board seniors' workers and programmers on making existing recreation programs more dementia-friendly and caregiver-inclusive.

### **Partnerships:**

Alzheimer Society of BC, Association of Neighbourhood Houses, City of Vancouver Persons with Disabilities Advisory Committee, City of Vancouver Seniors Advisory Committee, SPARC BC, Union of BC Municipalities, United Way of the Lower Mainland, Vancouver Coastal Health, Vancouver Foundation

### **Resources and Links:**

Vancouver Age Friendly Action Plan 2013-2015

<http://vancouver.ca/files/cov/age-friendly-action-plan.pdf>

City of Vancouver Senior Dialogues report May 2013

<http://vancouver.ca/files/cov/seniors-dialogues-final-summary-report.pdf>

Seniors in Vancouver-backgrounder 2010

<http://vancouver.ca/files/cov/Seniors-Backgrounder.pdf>

### **Contact:**

City of Vancouver Social Policy Division 501 - 111 West Hastings Street Vancouver, BC V6B 1H4

Phone: 604-829-2007

Email: [social.planning@vancouver.ca](mailto:social.planning@vancouver.ca)

To read more about this plan, visit the website at: [vancouver.ca/seniors](http://vancouver.ca/seniors)

## A.6. Ottawa, Ontario

Population: 812, 129

Population 65+: 100, 875

(Statistics Canada, 2006 Community Profile)

**Status:** 2011 designated a member of the WHO Global Network of Age Friendly Cities

**Partnerships:** Council on Aging of Ottawa City of Ottawa, United Way, Community Resource Centres, Social and Cultural Groups, Advocacy groups for disadvantaged groups, the Centre for Governance of the University of Ottawa and other partners working together through an Ottawa Age Friendly Steering Committee.

**Vision:** (<http://www.coaottawa.ca/age-friendly/program-Ottawa-age-friendly-city2-en.html>)

Ottawa is a city where the physical, social and service environments are responsive to the needs of older adults thereby maximizing healthy and active aging.

### **Mission:**

To enhance and improve the age-friendliness of Ottawa for all seniors, in collaboration with the City of Ottawa and other community partners, using the processes of community engagement and action. There are eight focus areas: Exterior spaces & buildings, Transportation, Housing, Social participation, Respect and social inclusion, Civic participation, Communication and information, and Community support and health services.

### **Goals:**

- Work collaboratively with the City of Ottawa's Older Adult Plan Process in conducting an updated assessment of the age-friendliness of Ottawa using the WHO framework in the eight areas identified;
- Discover the issues, needs and priorities of seniors from their own perspective;
- Develop an age-friendly report card for Ottawa;
- Establish priorities to address problems and gaps;
- Develop a plan to implement the priorities that support active and healthy aging;
- Take action on priority issues that fall within the scope of responsibility of the community sector;
- Advocate and monitor accomplishments on the priorities which fall within the scope of responsibility of the various levels of government; and
- Develop and maintain communication on the Age Friendly project with the community of seniors, stakeholders and the Global Age Friendly Cities network.

### **City of Ottawa Older Adult Plan 2012-2014 Highlights:**

Vision (page 9): Ottawa is an age-friendly and caring community that values the contributions of older adults, offers a broad range of opportunities for active living, and provides supports that are responsive to the diverse needs and choices of older adults.

## **Value Statements**

- A recognition that older adults are contributors to the community and that all – regardless of cultural and religious background, language, sexual orientation, gender identity and gender expression, abilities, financial situation, or geographic location – must be respected and included.
- A belief that older adults must have access to services that is people-centered, accessible, affordable, equitable, and appropriate to individual needs and abilities.
- A belief that vulnerable older adults must be supported and protected.
- A recognition that the majority of older adults prefer to age in place, in their familiar neighbourhood.
- A belief that older adults must be involved in deciding priorities, shaping actions and bringing about change.
- An awareness that age-friendly environments and communities benefit all age groups.

## **Strategic Areas: Goals and Actions**

### Outdoor Spaces and City Buildings (page 13)

ISSUE: Cracks and bumps in sidewalks often present tripping hazards and lack of sidewalk maintenance represents a barrier to staying active.

Action 1.8: Include walkability assessments in the prioritization of sidewalk maintenance. Sidewalks are inspected on an annual basis to identify deficiencies that could pose risks to pedestrians and to determine priorities for maintenance work. The City of Ottawa will modify the current practice of evaluating the condition of sidewalks to include findings from Walkability Assessments that will be done in neighborhoods with significant older populations. This will help to provide additional information which can be used to prioritize sidewalk maintenance throughout the year.

### **Social, Recreational and Cultural Participation:(page 25)**

ISSUE: Public libraries were rated as one of the top positive attributes in Ottawa by older adults; in light of population aging, it is important to ensure that collections and services remain relevant in the future.

Action 5.1: Develop and implement a Seniors Services Strategy at the Ottawa Public Library. In 2010, the Ottawa Public Library Board endorsed Services for Seniors Position Statement. The next step involves the development of a Seniors Services Strategy which will expand on the vision and services standards created by the position statement. The strategy document will outline key service guidelines, goals and standards. It will also create an implementation plan for both system-wide and branch level services and programs. In addition the service strategy will define resource support required for the full implementation of seniors' services at Ottawa Public Library.

ISSUE: Older adults indicated a preference for social and recreational opportunities that are organized in locations close to home, easily accessible by transportation, and held at convenient times during the day.

Action 5.2: Review older adult programming, taking into consideration demographic data as well as facility utilization patterns. The City, as a partnership between departments, will undertake a review of existing older adult recreational and other programming with the goal of identifying gaps, duplications, and opportunities and make adjustments as appropriate. The review will take into consideration demographic information as well as ensure the optimal utilization of space in City facilities.

ISSUE: Certain groups of older adults, such as, francophones, men, immigrants and gay and lesbian older adults, indicated that their unique needs were not adequately being met by existing programming.

Action 5.3: Develop or partner to offer inclusive programming for groups experiencing language, cultural, social, health, and other barriers. The City will review its offerings as well as those from partner agencies to identify service gaps pertaining to the groups who have concerns with the ability of current programming to meet their needs. The findings from this review and analysis will then inform the development of pilots to test new programming with the goal of eventually integrating successful pilots into on-going programming.

ISSUE: Low income older adults are particularly concerned about their ability to engage in activities due to cost and difficulties with transportation.

Action 5.4: Provide recreational and learning programming to older adults living in social housing buildings. Ottawa Public Health currently provides a variety of health promotion services in 11 Ottawa Community Housing buildings, as part of a broader initiative called the Aging in Place program. As a pilot project, the City of Ottawa will build on this work and provide free, on-site recreational and learning programming in two existing Aging in Place buildings. Public Health Nurses already working in the selected buildings will identify programming needs based on an assessment of the residents' needs, and will work with the Parks, Recreation and Cultural Services Department and the Ottawa Public Library to develop program offerings. For example, program offerings could include creating walking maps and groups, computer classes, or a mobile book club.

ISSUE: Older adults are interested to learn computer skills as a way to access information and stay socially connected; low income older adults often cannot afford to purchase a computer.

Action 5.5: Develop and implement a computer literacy and internet safety curriculum for older adults and train others in the community to deliver the curriculum in community facilities. Ottawa Public Library (OPL) will create a computer literacy and internet safety curriculum to meet the specific learning needs of older adults. Once developed, computer and internet courses will be offered in library branches across the city to interested older adults. OPL will also develop a "train-the-trainer" model to engage community agency staff and volunteers in promoting and delivering the curriculum at other community-based locations. Particular

emphasis will be placed on working with community agencies to engage older adults who are currently technologically knowledgeable to volunteer their time teaching their peers.

Action 5.6: Install public access computers at City-operated seniors' centres and selected community centres. Public access computers are available at Ottawa Public Library branches and other community locations but not necessarily in other City facilities where older adults naturally congregate. The City of Ottawa will broaden public access to computers (with internet access) at selected community centres, in neighborhoods with large older adult populations, as well as in all City-operated seniors' centres. The computers will also be used for one-on-one teaching purposes.

ISSUE: An aging population will lead to an increased number of older adults using fitness and recreation facilities; a portion of this clientele has increasingly complex health backgrounds.

Action 5.7: Promote specialized older adult fitness certification for Parks & Recreation's staff. Since older adults can have such different medical backgrounds, functional abilities, and fitness goals, it is important to ensure that City of Ottawa staff have the relevant knowledge, skills, attitudes and experience to develop and deliver appropriate activity and exercise programs that meet the varying needs of the older adult population. The City will provide specialized training for identified employees who typically work with older adults. As much as possible, this specialized training will be offered to older employees involved in leading peer-to-peer classes.

ISSUE: One of the barriers to participation is the lack of knowledge about available opportunities; many older adults were disappointed that the Recreation Guide had been discontinued.

Action 5.8: Print a guide of social, recreational, and cultural programs targeted to older adults. Paper copies of the city-wide Recreation Guide used to be printed and distributed widely across the city, mainly at recreation and community centres as well as libraries. Since 2011, however, the Guide is only available on-line. The City of Ottawa will produce a targeted printed guide of recreation and other programs specific to older adults. A targeted distribution strategy will be developed to reach target groups including older adults with limited computer skills or without access to computers as well as isolated older adults. The intent would be to phase-out this printed Social, Recreation and Cultural Guide as the older population becomes more computer literate in the future.

ISSUE: The four City-operated seniors' centres currently operate with different service delivery models and fee structures.

Action 5.9: Harmonize administrative and operating practices across City-operated senior's centres. The four City-operated seniors' centres continue to operate under the pre-amalgamation practices of the former municipalities. This results in different service delivery models (membership, drop-in or hybrid models) and fee structures across the city. The City of Ottawa will undertake an exercise to harmonize and streamline the administrative and operating practices of the four seniors' centres. Staff will make changes where they are feasible and align with the majority of existing operating facilities.

ISSUE: There is a lack of affordable venues in the rural areas for community groups to host activities targeting older adults.

Action 5.10: Review the impact of providing community groups with discounted or free access to City facilities. As part of the Rental Policy Review, under Delegated Authority, the City of Ottawa will determine the feasibility of offering further rental reductions or free access to identified City facilities to older adult groups, during non-prime times. This review will benefit older adult groups, while ensuring facilities continue to be well used.

ISSUE: Population projections predict that older adults will be the fastest growing segment of the population over the next two decades; this brings up issues of financial sustainability of providing subsidized programs.

Action 5.11: Review the impact of continuing to provide age-based discounts for programs that have user fees and provide recommendations. The City will review the financial impact of continuing to provide these age-based discounts across various programs and services (excluding Transit), in light of the predicted increase in the seniors' population. This analysis will be part of the 2013 fee review under the recent Delegation of Authority report approved by Council. The review will make recommendations after an analysis of various options including the current age-based model, an ability-to-pay model, or others. The review will also take into consideration the needs of older adults who live on low income or in isolated rural environments.

### **Resources and Links:**

The Aging Council of Ottawa-Age Friendly Program overview  
<http://www.coaottawa.ca/age-friendly/program-overview-en.html>

City of Ottawa Older Adult Plan 2012-2014  
<http://app06.ottawa.ca/cs/groups/content/@webottawa/documents/pdf/mdaw/mjg1/~edisp/cap290801.pdf>

Successful Aging Ottawa-Charting our Course-“As it was heard” Summary Report  
[http://www.coaottawa.ca/age-friendly/SAO\\_SumNotesOct05.pdf](http://www.coaottawa.ca/age-friendly/SAO_SumNotesOct05.pdf)

### **Contact:**

<p><a href="#">Dominique Paris-MacKay</a> dominique@coaottawa.ca Director, Age Friendly Ottawa The Council on Aging of Ottawa 101 - 1247 Kilborn Place, Ottawa, Ontario K1H 6K9 (613) 789-3577 Ext. 15</p>
--

## American City Examples

### A.7. Portland, Oregon

Population: 513, 627 (US Census Bureau - 2005 American Community Survey:  
<http://www.census.gov/> )

Over the next 30 years, the Portland-Vancouver metropolitan area will see dramatic growth in the proportion of the population that is aged 65 and older. Although the total population will increase by 47 percent, the 65+ population will more than double, growing by over 137 percent, to comprise 17 percent of the population in 2030, compared to 10.5 percent in 2000. Fueling this increase will be the aging of the baby boomers (Neal, M., et al; [http:// www.upa.pdx.edu/IOA/. documents/PSU\\_Age-Related\\_Final\\_Report\\_August\\_14\\_2006\\_000.pdf](http://www.upa.pdx.edu/IOA/documents/PSU_Age-Related_Final_Report_August_14_2006_000.pdf)).

**Status:** First US city to join the Age- friendly project in 2006 and the network was officially recognized in 2011.

**Vision:** In an Age-Friendly Portland, the lives of older adults abound with choice and opportunity. In the future....

- Portlanders will embrace the transition into late adulthood;
- A network of healthy, connected, and complete neighborhoods will intentionally cater to the needs of older adults; and
- Older adults will thrive in affordable, attractive, well-constructed homes of their choice. A well-balanced transportation system will enable older adults to safely and conveniently access the things they need (Toward an Age Friendly Portland, page 8).

\*It should be noted that in developing "Toward an Age-Friendly Portland," the project team chose to focus on the policy areas where the World Health Organization's Age-Friendly City domains and Comprehensive Plan chapters overlap. These areas are: outdoor spaces and buildings, housing, and transportation. (Towards an Age Friendly Portland, page 13)

**Partnerships/advisory group:** Members include older adults and representatives from AARP Oregon, Elders in Action (a Portland-based advocacy group), the offices of Mayor Adams and Commissioners Amanda Fritz and Nick Fish, the Bureau of Planning of Sustainability, United Way, Coalition for a Livable Future, the Urban League, the Native American Youth Family Center, Multnomah County Aging and Disability Services, Bloom Anew (an organizational consulting and coaching business), Metro (Portland's regional government), and Northwest Community Capital Fund.

**Research partner:** Institute on Aging, Portland State University

## **Programs:**

Original project (2006) Key findings:

### **Outdoor Space and Buildings: Natural Features and Green Spaces**

- Age-friendly feature(s): Parks, trails, community gardens, and other natural features and green spaces afford locations for older adults to be active and engage in social activities. In November, 2006, voters approved a bond measure directing Metro, the regional government, to protect natural areas and lands near rivers and streams throughout the metro region, safeguard water quality, protect fish and wildlife habitat, and ensure access to nature for future generations. (e.g., <http://www.metro-region.org/article.cfm?ArticleID=16894>).
- Barrier(s) to age-friendliness: Hills in certain areas of Portland are problematic for walking by some individuals; access to some trails and parks is limited to those using certain transportation modes (e.g., cars, bicycles).
- Recommendation: Provide new natural and green features where needed (e.g., residential neighborhoods outside of the city center) and maintain those currently available; make these areas accessible to those with physical limitations as well those using various transportation modes (e.g., bus); create more opportunities for animal (e.g., bird) and people watching; add additional recreational features to parks and open spaces, such as chess/checker boards and/or places for other outdoor activities.

## **Transportation:**

### **Bicycling**

- Age-friendly feature(s): Bicycling options exist; PDOT has introduced a Senior Cyclist Program for new and experienced bicyclists (<http://www.portlandonline.com/transportation/index.cfm?a=bffbgh&c=dheab>).
- Barrier(s) to age-friendliness: Bicyclists are a concern for some older pedestrians and drivers.
- Suggestions: Create additional lanes for bicycling that are separated from cars; consider adding more bicycling trails that are wide enough for three-wheeled bicycles.

## **Social Participation:**

Educational Activities Age-friendly feature(s): Some colleges and universities offer free classes for those aged 65+;

- the Senior Adult Learning Center at the Institute on Aging at Portland State University: (<http://web.pdx.edu/~psu01435/salc.html>) or discounts on degree and non-degree classes for those 62+ (e.g. Portland Community College: <http://www.pcc.edu/resources/tuition-fees/>);
- various other non-academic educational opportunities exist in Portland for older adults as well (e.g., OASIS (<http://www.oasisnet.org/portland/>) and Life by Design Northwest, which is a partnership among nine major institutions in Portland to support people contemplating retirement and older adults by providing opportunities for in-depth assessment and life planning, lifelong learning, and civic engagement: [www.lifebydesignnw.org/aboutus.php/](http://www.lifebydesignnw.org/aboutus.php/)).

**Barrier(s) to age-friendliness:**

- Older adults who are better educated, more secure financially, or who live near educational institutions and facilities use these services most often.
- Suggestions: Inform all older adults about the many educational opportunities that exist in the city.

**Physical Activity:**

- Age-friendly feature(s): Portland has many programs and opportunities for older adults to engage in physical activity (e.g., Portland Parks and Recreation; the YMCA, which offers programs for people with Parkinson's Disease: [www.metro-ymca.org/parkinsonsprogram.html](http://www.metro-ymca.org/parkinsonsprogram.html) (also see the Outdoor Spaces section of this report);
- Parks, trails, public spaces, malls, and other areas of the city offer locations for physical activity; existing programs are relatively affordable.
- Barrier(s) to age-friendliness: Rainy and cold weather for several months of the year can deter some older adults from outdoor physical activity.
- Suggestions: Encourage physical activity among individuals of all ages, through the funding of additional demonstration programs (e.g., the ABLE program at Terwilliger Plaza: <http://www.agingblueprint.org/MiniGrants/TPgrant.cfm>) and through creating walkable and bikeable communities, as these help to maintain physical well-being as well as facilitate social participation.

**Engagement in Various Activities:**

- Age-friendly feature(s): Neighbors provide support and opportunities for engagement in some communities; there are many cultural opportunities and activities available in Portland neighborhoods; many activities are affordable and located conveniently; adult day services provide caregivers with the opportunity for social interaction and a break from caregiving responsibilities (e.g., Volunteers of America: <http://www.voar.org/service/senior.html>); there are many places for dining out in Portland, which can be a positive social experience for older adults and their caregivers.
- Barrier(s) to age-friendliness: Dining out with individuals who have cognitive impairments is seen as difficult for some caregivers.
- Suggestions: Open more community centers or public meeting locations in areas where many older adults live; encourage more multicultural activities within neighborhoods; service providers suggest creating vibrant centers that fall in line with Portland's current plan for higher density and compact urban development that fosters social interaction (e.g., through creation of additional recreational space, enhanced access to convenient services, housing features that increase social contact).

**Neighbourhood Recommendations: (Towards an Age Friendly Portland)**

- Portland Plan is a 25-year strategic planning effort to guide Portland's growth and development, parks, plazas, and community gardens.
- People want more public places in their neighborhoods. A common theme heard throughout our public engagement was the desire for more small parks, community places and gardens that are easy to access in all neighborhoods. For older adults, these places provide access to greenspace, recreation, and community connections.

Portland Plan Guiding Policy H-19: Integrate parks, plazas or other gathering places into neighborhood centers to provide places for community activity and social connections.

Policy Issue: parks far away, accessing or obtaining a community garden plot can be difficult

ORCA recommendation: Increase the supply of plazas, small parks, open space, and community gardens. Create more parks, closer to homes, especially in areas where few people have yards.

**Associated Implementation Strategies:**

1. Identify areas where demand for community gardens is high and the waiting lists are long. Identify areas that are the most park-deficient. These areas can be prioritized for this program to create additional community gardens and open space.
2. Partner with local groups who would be interested in participating or managing community gardens and small open spaces.
3. Create a tax abatement or incentive program that encourages land owners to provide parcels of land for community gardens and small open spaces.
4. Provide initiative information to landowners that explain the benefits of the tax abatement or incentive program for allowing their lot or a portion of their lot to be used as parklet, plaza or community garden.
5. Explore parklet or plaza creation when new neighborhood greenways are constructed.

**Recreation Rx:** Health programs that promote recreation should be incorporated into neighborhoods. Physical activity and recreation are important for the health of all people; older adults often lack accessible recreational opportunities and information about activities that are available. The expansion of social and recreational opportunities to engage people's bodies and minds will keep older adults more resilient.

**Policy Issue:** lack of information and knowledge of community events and resources, high demand for recreation programs that they fill up fast leaving some without affordable or accessibly recreation options.

Portland plan guiding policy H-10: Support and enhance programs that encourage recreation and physical activity, healthy eating, active transportation, conservation, and community safety and resiliency.

Portland plan guiding policy H-11: Strengthen collaboration among public agencies and health partners.

ORCA recommendation: Increase physical activity and recreation options and information for older adults; maintain and enhance the City of Portland senior outdoor recreation programming.

### **Associated Implementation Strategies:**

1. Improve coordination between Portland Parks and Recreation (PP & R) and local health providers.
2. Work with health care providers and local advocacy partners to explore and expand a scholarship program for low-income seniors.
3. Add additional PP&R staff members to meet the demand for senior recreational services.
4. Expand PP&R's scholarship and fee-waiver budget in order to provide additional older adults with recreation opportunities.
5. Expand age-friendly fitness centers in community centers and outdoor fitness stations in park areas.
6. Adopt Access Recreation practices and policies that increase awareness of outdoor recreation facilities and their level of accessibility so that people can make more informed choices.
7. Promote PP&R programming in hospitals and clinics.

### **Potential Policy Responses:**

#### **Safe Routes for Elders**

**Policy Issue:** High motor vehicle speeds, a lack of sidewalks, limited crossings, and short light durations at crossings make walking for recreation and transportation less desirable for older adults.

#### **ORCA recommendation:**

Implement a comprehensive program that will address the pedestrian infrastructure and education needs specific to older adults. This program will leverage and link improvements to pedestrianways with focused educational and encouragement programs, enforcement action, and targeted infrastructure improvements.

### **Associated Implementation Strategies:**

1. Identify services and places older adults like and need to access, by any mode. This information will be compiled by neighborhood in order to prioritize walkable destinations and to identify deficiencies in the current pedestrian network. Neighborhood maps should be produced to aid people in their trip planning.
2. Create a Safe Routes for Elders program. Tie this program to ongoing initiatives in a fashion similar to Safe Routes to Schools. Aid interested participants in learning about pedestrian safety and about routes in their neighborhoods. Engage in walks with participants either through the program or through a program like Senior Strolls or Ped Pals.
3. Educate drivers about the legal responsibilities to yield to pedestrians. Utilize Police Bureau enforcement, public service announcements, and other appropriate outreach.
4. Coordinate pedestrian facility improvements with the safe routes for elders program in order to help prioritize action areas throughout the city. Focus improvements in places with the greatest deficiencies, the worst current facilities, and with larger than average populations of vulnerable users, young and old.

## Low Stress Bikeways

**Policy Issue:** Bicycling is a healthy, low-impact activity enjoyed by many older adults in Portland. However, sharing streets with large vehicles traveling at high speeds is a disconcerting experience for most people who ride bikes, regardless of age.

### **ORCA Recommendation:**

Ensure that the areas of the city where older adults live, work, and play are well-served by the low-stress bicycle network.

### **Associated Implementation Strategies:**

1. Conduct a Geographic Information Systems analysis that overlays the planned low-stress bicycle network with a) areas of the city that have or are projected to have concentrations of older adults and b) locations that attract older adults. Use this analysis to inform decisions about the phasing of low-stress bikeways.
2. Ensure that the design of low-stress bikeways accommodates wider, more stable three-wheeled human-powered and electric-assist vehicles (tricycles) that older adults may utilize.
3. In downtown and in East Portland, where the street network is not as well suited to the development of Neighborhood Greenways, explore opportunities for physically protected on-street bikeways that serve the needs of older adults.
4. Continue to seize opportunities to build sections of the North Portland Greenway and Sullivan's Gulch Trail as they arise, since these multi-use off-street paths will create low-stress connections to neighborhoods with higher concentrations of older adults.

### **Resources and Links:**

Age Friendly Portland (ORCA Planning)  
<http://agefriendlypdx.tumblr.com/>

Towards and Age Friendly Portland  
<http://www.portlandoregon.gov/bps/article/425455>

The World Health Organization's Age-Friendly Cities Project in Portland, Oregon Summary of Findings  
[http://www.pdx.edu/sites/www.pdx.edu.ioa/files/ioa\\_who\\_summaryoffindings.pdf](http://www.pdx.edu/sites/www.pdx.edu.ioa/files/ioa_who_summaryoffindings.pdf)

Contact:

Margaret B. Neal Director   Professor Institute on Aging   School of Community Health Office: 503.725.5145 Fax: 503.725.5100 E-mail: <a href="mailto:nealm@pdx.edu">nealm@pdx.edu</a> Mail: PSU-IOA, P.O. Box 751, Portland, OR 97207-0751 Office: 506 SW Mill Street, Suite 470Q, Portland, OR 97201
---

## A.8. New York City, New York

Population: 8.175 Million  
Population 65+: 1.407 Million  
(US Census 2010)

**Began Process:** Launched 2009

**Partnerships:** Office of the Mayor, New York City Council, and Age Friendly New York Commission (composed of public and private sector leaders from a wide range of industries, organizations and institutions,

**Research partner:** New York Academy of Medicine

**Project contact:**

**Programs:** Currently focusing on Age Friendly Businesses, Age Friendly Schools, colleges and universities, and Aging improvement districts.

**Age Friendly New York Project Highlights** Towards and Age Friendly City: A Findings Report

### **Social Participation**

**Challenges:** Accessing social and recreational opportunities can be a challenge due to cost, and transportation.

Suggestions to overcome these challenges: opening up school yards in the evenings and on weekends, holding evening hours and events at senior centers, and starting elder-only walking programs in the parks to create free, local opportunities for socializing. Other suggestions included offering discounted tickets to cultural institutions and providing centralized information about exercise programs and other activities for older people.

### **Public Spaces**

**Challenges:** poorly lit and maintained sidewalks, crowded sidewalks, sidewalks with snow/rain, lack of benches, public washrooms, pedestrian safety (especially crossing the street), parks geared towards recreation of younger people.

Suggestions to overcome these challenges: designated quiet zones in parks, open and accessible washrooms, providing incentives for businesses to open their washrooms to the public, parks that are easily accessible by walking paths or public transportation, extending pedestrian crossing times at crosswalks, shortening crossing distances, altering curbs and sidewalks, restricting vehicle turns, and narrowing roadways.

**Age Friendly NYC Report: Enhancing Livability Report Highlights:**

**Issue: Use of the public libraries decreases after age 50.**

Initiative: Establish city wide partnerships between senior centres and libraries  
Libraries offer services and programming and seniors should be encouraged to use the library to stay engaged. Partnerships between the library and senior centres to create awareness of library services, to promote library memberships and use of Books by Mail program for those who are unable to actually go to a library, and to establish rotating mini libraries for senior centres.

**Issue: Many older adults are interested in cultural activities and desire greater access to them.** Initiative: Recruit artists to conduct programs in senior centers.

**Issue: New York offers many cultural opportunities, but affordability can be a challenge.** Initiative: Provide a guide of discounted arts/cultural events for older New Yorkers.

**Issue: There are few places to sit and some sidewalks are crowded and have various obstacles.** Initiative: Create new, pedestrian friendly public spaces while calming traffic.

**Issue: Pedestrian safety is a concern for older adults.** Initiative: Redesign street intersections at key locations citywide to improve safety for older New Yorkers.

**Issue: Some older adults feel that certain parks are at times too crowded and their programs geared to the younger population.** Initiative: Identify age-friendly parks and encourage older adults to utilize them.

**Resources and Links:**

Age Friendly New York website  
<http://www.nyam.org/agefriendlynyc/index.html>

Toolkit report  
[http://www.nyam.org/agefriendlynyc/docs/Toolkit\\_Report\\_0321-VA-new.pdf](http://www.nyam.org/agefriendlynyc/docs/Toolkit_Report_0321-VA-new.pdf)

Towards and Age Friendly New York City: A findings report 2008  
<http://www.nyam.org/agefriendlynyc/docs/AgeFriendly.pdf>

Age Friendly Commission Initiatives 2010-2013  
[http://www.nyam.org/agefriendlynyc/docs/AF-Accomplishments\\_Report-8.pdf](http://www.nyam.org/agefriendlynyc/docs/AF-Accomplishments_Report-8.pdf)

**Contacts:**

Christine C. Quinn Speaker, NYC Council	Maria del Carmen Arroyo Chair, Committee on Aging	Melissa Mark-Viverito Chair, Subcommittee on Senior Centers
--	---	---

## A.9 Melville, Australia

Population: 104, 265 <sup>^</sup> ["3218.0 Regional Population Growth, Australia. Table 5. Estimated Resident Population, Local Government Areas, Western Australia".](#) 30 August 2013. Retrieved 13 October 2013.

Population 65+: There were 3.22 million people aged 65 years and over in Australia at June 2012, accounting for 14% of the total population.

<http://www.abs.gov.au/ausstats/abs@.nsf/Products/3235.0~2012~Main+Features~Main+Features?OpenDocument#PARALINK6>

In 2012 people aged 65 years and over made up 14% of Australia's population. This is projected to increase to 22% in 2061 and to 25% in 2101....There were 420,300 people aged 85 years and over in Australia in 2012, making up 2% of the population. This group is projected to grow rapidly throughout the projection period, to 5% by 2061 and to 6% by 2101.

<http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/3222.0main+features32012%20%28base%29%20to%202101>

**Status:** Became a member of the WHO Age Friendly Cities Global Network in 2010. Recently launched its Directions from Seniors 2013–2017 strategy, “The strategy aims to create an age-friendly City by promoting active ageing, removing and preventing barriers that people encounter as they grow older and ensuring policies, services and structures related to the physical and social environment are designed to support and enable seniors to age actively.”

<http://www.melvillecity.com.au/index.php/component/alfrescocontent/?nodeid=48a7e824-d837-4c3a-8414-418b1b0e5bc4>

### **Vision: Direction from Seniors 2013-2017**

[http://www.melvillecity.com.au/newproxy/service/api/node/workspace/SpacesStore/dd337d7d-c211-4724-bda9-ac1062d5dc4a/Direction%20from%20Seniors%202013-2017/content/Direction%20from%20Seniors%202013-2017?alf\\_ticket=TICKET\\_4d37bf309cf4d7c458cc4f9a63e05aa6ec39af90](http://www.melvillecity.com.au/newproxy/service/api/node/workspace/SpacesStore/dd337d7d-c211-4724-bda9-ac1062d5dc4a/Direction%20from%20Seniors%202013-2017/content/Direction%20from%20Seniors%202013-2017?alf_ticket=TICKET_4d37bf309cf4d7c458cc4f9a63e05aa6ec39af90)

### **“Our vision is for an Age Friendly city that provides:**

- An age friendly environment that benefits all the community as well as future generations;
- Opportunities for people to increase their quality of life as they age;
- Accessible services to all people to meet their needs and lifestyle choices;
- An inclusive environment that contributes to the wellbeing and personal growth of our older residents; and
- Policies, services and structures to support and enable all to actively age and become more connected to our City.

**Feedback indicated that seniors would like:**

**Respect, Inclusion and Social Participation;**

- more discounts to seniors for recreation programs within the City of Melville,
- more free or low cost community events, gatherings and entertainment,
- more opportunities to learn and update your technology skills for your phone and computer.

**Community Support and Health Services;**

- more affordable gyms, health services and swimming facilities,
- a greater variety and more frequent gym classes,
- more senior events and social activities.

**Goals:**

**Respect, Inclusion and Social Participation:**

Strategy: To create opportunities for vulnerable seniors through engagement and social participation.

Actions:

- To provide opportunities that enhances social participation for seniors including isolated seniors, those from a culturally and linguistically diverse background, and those with varying abilities.
- To promote a diverse range of intergenerational and inclusive activities within the City of Melville.
- To provide a variety of opportunities for seniors to engage in decision-making.

**Age Friendly Barriers identified:**

**Social Participation (page 11)**

- Some activities were considered not to be affordable for some older people.
- A number of potential improvements to the activities provided for older people were identified.
- It was acknowledged some older people face personal barriers in becoming involved in social activities; and the need to address access difficulties was also mentioned.

Actions identified and suggestions for improvement (Table 3)

**Respect and Social Inclusion: (page 25)**

Activities, facilities and services:

- Consider the requirements of older people when organizing activities and events (e.g. affordability, day-time activities, seating).
- Consider the needs of mobility impaired people in taking part in activities.
- Consider the requirements of older people when delivering services (e.g. some older people feel more comfortable with someone their own age providing them with a service).
- Provide older people with the same level of services and facilities no matter which suburb they live in.
- Provide individualized services at day centres.
- Encourage people to consider using entertainers who are older people rather than younger entertainers.

**Social Participation: (page 26-27)**

- Review how the Senior Citizens' Centres operate – they should be multi-purpose, available around the clock, inviting and friendly, interesting with activities for younger and older seniors, with adequate car park facilities - there are better options than the current use of Senior Citizens' Centres (e.g. more multicultural activities, meals).
- Find out why Senior Citizens' Centres are not being used, why they are not meeting expectations - possibly convert them into gyms.
- Provide more Senior Citizens' Centres – possibly one at Bull Creek Community Centre.

**Affordability:**

- Provide affordable physical activities – gym, recreation centre and swimming pool attendance too expensive for some older people.
- Provide discount gym rates.
- Find cheaper meeting places for the Probus Club.
- Provide affordable transport options for outings.
- Provide affordable educational courses and social activities.
- Consider the financial position of older people who are asset rich but income poor when setting prices.

**Activities:**

- Continue to provide more opportunities for social participation, including some free activities.
- Provide information more widely on social activities and community transport options.
- Encourage the community to be responsive to the social needs of older people.
- Recognize the individual and special needs of older people.
- Provide more activities for males e.g. “all-male” practical work such as making toys, school bikes, a train club, or exercise program designed for men.
- Use empty City of Melville schools for men's sheds.
- Have something like Trinity School for Seniors in the City of Melville and mentoring opportunities at schools.

- Consider having a pet visiting service for lonely older people.
- Improve the Blue Gum Recreation Centre and have meeting rooms there
- Provide social opportunities for older people to mix with people their own age and opportunities to mix with the wider community.
- Encourage younger seniors and baby boomers to join local interest and hobby groups.
- Address the stigma associated with using day centres.
- Provide social activities in hostels and nursing homes.
- It is difficult to organize service providers to provide in-house activities/programs due to insurance issues.

### **Personal barriers to participation**

- Encourage older people to try a number of activities and to get out and about, particularly people not motivated to join in.
- Provide sufficient advance notice of activities.
- Assist older people who ‘close down’ socially when their partner dies.
- Ensure activities are appropriate to the needs and capabilities of older people, including people from culturally and linguistically diverse backgrounds.
- Promote the importance of looking after oneself so people can participate longer.

### **Access**

- Promote awareness of community transport options and public transport options to attend activities.
- Hold more activities in the day-time as some older people do not like to drive at night.
- Ensure activities are held in venues that can be accessed by public transport.
- Address difficulties older people with mobility problems and those who do not drive (particularly older women from a culturally and linguistically diverse background) may have in getting to activities.
- Provide a community bus to take groups of seniors to social outings.
- Provide information more widely on community transport options.

### **Resources and Links:**

City of Melville, Age Friendly in Melville

<http://www.melvillecity.com.au/index.php/component/alfrescocontent/?nodeid=94b3cedc-bcad-479e-a163-b18326902cca>

Age Friendly Directions from Seniors

<http://www.melvillecity.com.au/index.php/component/alfrescocontent/?nodeid=a748a99f-670e-4586-996e-6d6ea3f9190c>

Review of the Age Friendly Melville Strategy Directions from Seniors, 2010 – 2012

<http://www.melvillecity.com.au/newproxy/service/api/node/workspace/SpacesStore/a2c91a0c-da61-4992-8859-435e083211ae/DFS%202013->

[2017%20Strategy.pdf/content/Review%20of%20Age%20Friendly%20Melville%20Strategy%202010-2012?alf\\_ticket=TICKET\\_ca3272f4618bbf78553a17312b5e249a2cb0d43e](http://www.melvillecity.com.au/newproxy/service/api/node/workspace/SpacesStore/dd337d7d-c211-4724-bda9-ac1062d5dc4a/Direction%20from%20Seniors%202013-2017?alf_ticket=TICKET_ca3272f4618bbf78553a17312b5e249a2cb0d43e)

The Age Friendly Melville Strategy, Direction from Seniors 2013-2017  
[http://www.melvillecity.com.au/newproxy/service/api/node/workspace/SpacesStore/dd337d7d-c211-4724-bda9-ac1062d5dc4a/Direction%20from%20Seniors%202013-2017/content/Direction%20from%20Seniors%202013-2017?alf\\_ticket=TICKET\\_4d37bf309cf4d7c458cc4f9a63e05aa6ec39af90](http://www.melvillecity.com.au/newproxy/service/api/node/workspace/SpacesStore/dd337d7d-c211-4724-bda9-ac1062d5dc4a/Direction%20from%20Seniors%202013-2017/content/Direction%20from%20Seniors%202013-2017?alf_ticket=TICKET_4d37bf309cf4d7c458cc4f9a63e05aa6ec39af90)

**Contacts:**

**Senior Citizens Centres**

Canning Bridge Senior Citizens Centre 64 Kishorn Rd Mt Pleasant 6153	(08) 9364 3957
Southern Districts Senior Citizens Centre Archibald St (North Lake Rd) Willagee 6156	(08) 9337 3900
Stock Road Senior Citizens Centre Stock Rd (cnr Canning Hwy) Palmyra 6157	(08) 9339 7878

## **B. Promising Practices - Program Highlights**

### **B.1 Arts & Music Programs**

#### **Creative Age Edmonton (Creative Age Festival)**

The first Creative Age Festival (Festival) was held in Edmonton in 2008 and in 2012 the Creative Age Edmonton a non-profit organization incorporated. The Festival is a celebration of creative aging that encourages seniors to become more involved in arts programs – drama, music, visual arts, literary arts, and dance. It celebrates and recognizes the artistic contributions of seniors in all areas of the arts; and raises public awareness of the benefits to health and well-being for older adults acquired through engagement in creative activities. The website lists a variety of arts programs in the Edmonton area, resources and community links, as well as a Directory of Teaching Artists with contact information. [www.creativeageedmonton.ca](http://www.creativeageedmonton.ca)

#### **Alberta Foundation for the Arts (Travelling Arts Shows)**

Travelling Art Shows can be a very valuable asset to Seniors Centres as seniors with any mobility issues do not have to travel (other than to the Seniors Centres). The Alberta Foundation for the Arts is one source of art that can be shared in Seniors Centres in Edmonton.

<http://www.affta.ab.ca/Art-Collection/TREX-Program>

#### **National Centre for Creative Aging (New York)**

The National Center for Creative Aging (NCCA) was founded in 2001 and is a national (US) clearinghouse of programs and resources that focus on the relationship between creative expression and healthy aging. They focus on three primary areas: Health and Wellness; Lifelong Learning; and Community Engagement. The website highlights research, education and program ideas.

<http://www.creativeaging.org>

#### **Artist Training in the Arts and Aging Program:**

Creative Aging supports an Online Artist Training in the Arts and Aging, which is a free online course for teaching artists interested in learning how to lead arts programs that engage older adults. It is a self-directed course and covers such topics as: the aging process, the creative potential of older adults and how to identify community partners in aging, arts and health related services.

#### **Starting an Art Program for Seniors, Veterans & Visually Impaired**

Many do's and don'ts are provided to get initiatives started for seniors with disabilities.

<http://www.artbeyondsight.org/handbook/az-seniors-veterans.shtml>

#### **Edmonton Symphony Travelling Concerts**

A number of Edmonton Symphony musicians perform in smaller ensembles and would perform at such locations for a fee. If you are interested in hiring some ESO musicians, feel free to contact Jerrold Eilander at [Jerrold.eilander@winspearcentre.com](mailto:Jerrold.eilander@winspearcentre.com). A smaller group of players will come out to the community to play short medleys (E-SWAT) at community events.

[www.edmontonsymphony.com](http://www.edmontonsymphony.com) <<http://www.edmontonsymphony.com/>>

## **Choirs**

A controlled evaluation of the health benefits of a participative community singing programme for older people (Silver Song Clubs). Canterbury, United Kingdom: Sidney De Haan Centre for Arts and Health. This website provides key messages and clear benefit statements. This is one of the most successful programs held at the Cardova Bay 55 - Seniors Centre in Sannich.

<http://benefitshub.ca/entry/a-controlled-evaluation-of-the-health-benefits-of-a-participative-community/>

## **Calligraphy Classes**

Hand eye coordination, focusing, memory skills and appreciating those writing skills that were so important years ago. Classes offer great opportunities for seniors to share memories of teachers and the times they were learning penmanship skills. The two sessions being offered at the South East Edmonton Seniors Association (SEESA) are sold out.

<http://edmontoncalligraphicsociety.ca/>

## **B.2. Fitness/Physical Activity Programs**

The primary finding from the research highlighted the need to provide a broad continuum of programs from elite and high intensity to the more low impact physical fitness classes. It is important to point out that age is not a defining factor in who participates in selected programs, but rather the fitness level of the participant. The boomers appear to be continuing to participate in high energy fitness and physical activity programs as are physically fit seniors over 70 or 80. The following program highlights are examples of a cross-section of successful and innovative fitness programs for both younger and older seniors.

### **Alberta 55Plus Games Association**

Alberta 55Plus is a province wide, non-profit volunteer based organization that promotes the general wellbeing of men and women 55 years of age and older. The Association is divided provincially into eight zones. There is a provincial championship held every two years through the summer and winter games. Seniors participate in a wide range of sport and recreational competitions from hockey, swimming, skiing for the active senior to shuffleboard, cribbage or craft sessions for those with limited mobility. They compete within their own age category: 55 – 65; 65 – 75 and 75 plus.

Trends in competition: They have noticed a number of different trends over the last couple of years:

- Increased participation by seniors 80 plus in the competitive sports, such as swimming, track, hockey and skiing.
- Pickleball is so strong at the zone level that they have now added it to the provincial championships, and it is also competitive at the Canada Senior Games level.
- Seniors are staying involved in the Games at both the zone and provincial level and staying competitive as they age. There continues to be a growth in the 80 plus membership category and a number of participants have received their 30 year participation pin.

<http://www.albertagames.com/default.aspx?p=55plussummergehome>

### **Forever in Motion SPRA**

This collaborative strategy focuses primarily on individuals living in seniors' congregate housing and condominiums or those that attend churches, day programs and community programs, to reach and improve health through physical activity for the older adult population. It is a partnership program with the Saskatoon Health Region and is run by volunteer leaders. Saskatoon Health Region has been working on developing, implementing and evaluating the

Forever...in Motion Program since 2002 as a way to make accessible physical activity opportunities available for older adults. <http://www.spra.sk.ca/programs-services/physical-activity/ForeverInMotion/>

Forever...in motion Program Leaders Role of leaders and training overview  
<http://www.spra.sk.ca/programs-services/physical-activity/ForeverInMotion/fim-leader-terms-of-reference.pdf>

### **Fitness Forever (U.S.) (Videos and equipment)**

A nationally recognized, hospital-based program featuring exercises, with big band music, that will enhance and maintain the good health and fitness of seniors. This program follows the new American College of Sports Medicine Position and Recommendations, "Exercise and Physical Activity for Older Adults." <http://www.fitnessforever.com/>

### **Elders in Motion program – (Aboriginals) NWT Recreation and Parks Association**

[http://nwtrpa.org/rpa/?page\\_id=55](http://nwtrpa.org/rpa/?page_id=55)

Elders in Motion (EIM) are a series of fitness training programs that enable participants to develop community recreation or home setting programs for Elders. Elders in Motion aims to improve access to physical activity for Elders living in the NWT.

### **Silver Sneaker Program (linked to US health plans)**

Silver Sneakers<sup>®</sup> is a nationally certified program designed to help people 62+ increase their muscular strength and flexibility through seated exercises. This concept could fit with AHS & Blue Cross in Alberta or private insurance companies.

<http://www.silversneakers.com/Home.aspx>

<http://ymcamidtn.org/join/silver-sneakers>

<http://www.youtube.com/watch?v=i3gApQLuqB0> Video

### **Alberta Physical Culture Association**

This Association provides a wide range of programs for seniors. Physical Culture. Instructor Training Programs are the key to promoting and delivering the Physical Culture philosophy. They are offered to seniors' facility practitioners, community recreation leaders, rehabilitation aide/therapists and community seniors interested in offering fitness programs.

[http://www.physicalculture.ca/training\\_programs.htm](http://www.physicalculture.ca/training_programs.htm)

## **McEwan University Health and Wellness Centre**

A full 55 plus fitness program with a variety of levels and there are testimonials from seniors who talk about the atmosphere. Seniors rate for a full membership is 25% less than the adult rate. While older adults can register for any of the fitness programs there are classes specifically identified as Older Adult classes and the instructor has an expertise in older adult fitness training <http://www.macewan.ca/wcm/CampusServices/SportandWellness/FitnessPrograms/OlderAdult/index.htm>

## **B.3. Senior Centres (An example of the range of services offered)**

### **Saanich Older Adult Recreation Programs**

Saanich Adult Recreation Programs: Saanich Parks and Recreation Active Living Guides include older adult programs scheduled within the regular adult program section. The program intensity level is identified by the number of hearts beside the title. In addition there are some programs that are specifically for the older adults and are noted with the age requirements in the title, such as, Community Kitchens for seniors. [www.saanich.ca/parkrec/community/seniors.html](http://www.saanich.ca/parkrec/community/seniors.html)

### **Cordova Bay 55 (Senior Centre) Victoria BC**

This is a volunteer-based senior's centre that is located in an elementary school and provides a wide range of programs. While they promote programs for anyone 55 plus the average age of the membership is 75 plus with approximately 20 -25 participants over 85 years of age. While there are younger participants between the ages of 60 – 75 the majority of this age group are still active in their own communities and fitness facilities. The centre has doubled their membership over the past two years with a total of 450 registered members, currently involved in the centre activities. The most successful programs include:

- Computer course, such as iPad instructions;
- Men's Fitness Classes;
- Stretch and Strength fitness classes;
- Choir;
- Pickle ball;
- Noon hour lecture from someone from the university on various topics (average 75 attendees per session);
- Emphasize the social aspect and the focused programming; and
- Multigenerational and members teach photography to the children. (They are also looking at being involved in supervising a playground in the summer.)

The reason for the renewed success appears to be due to increased specific programs that are targeted for the participants. Check out the link and the list of program ideas for more details. <http://cordovabay55plus.org/courses/cb55-courses/>

### **Kerby Centre for the 55 Plus (Calgary)**

Located in the centre of Calgary and their stated mission is: *“To assist older people to live as well as possible for as long as possible as residents in the community.”* The Kerby Centre provides a full service centre from active living programs, outreach such as Grocery Delivery for homebound seniors, shelters for seniors in need and wellness clinics.

The Kerby Centre of Excellence is the first community-based research and education centre in Alberta targeted at older adults. The centre supports research into healthy and successful aging. They are currently supporting a lifelong peer-learning program. [www.kerbycentre.com](http://www.kerbycentre.com)

## **B.4. Specific Program Examples – High Intensity Fitness**

### **Zoomba Gold (offered at McEwan University and Cardova Bay 55 plus)**

This program takes the Zumba formula and modified the moves and pacing to suit the needs of the active older participant. This program is known for zesty Latin music like salsa, merengue. <http://www.macewan.ca/wcm/CampusServices/SportandWellness/FitnessPrograms/OlderAdult/index.htm>

### **Pickle Ball**

Pickle-ball® is designed to be easy to learn and play whether you're five, eighty-five or somewhere in-between. Pickle-ball® is traditionally played on a badminton-sized court with special Pickle-ball® paddles, made of wood or high-tech aerospace materials. The ball used is similar to a wiffle ball, but slightly smaller. The lower net and wiffle ball allow the game to be accessible to people of all ages and abilities, while still allowing more competitive players to test their capacity.

This is a growing sport for older adults across the province and is now part of the 55 Plus Games Provincial Competition. The reason for the success of the sport appears to be that the sport is not as strenuous as badminton or tennis, but the participants can still get a good workout and does not require a high level of skill to participate.

<http://pickleball.com/> (Rules for the sport)

<http://pickleballinalberta.ca/Edmonton.htm> (Pickleball in Alberta)

### **Boot Camp Approach**

High Intensity fitness classes for the Zoomers and those truly fit seniors. This class still employs all the great techniques used in the mainstream classes, but in a modified manner that won't bother joints or exacerbate existing health concerns. Still challenging, still whole-body focused, still loads of fun! Best for the 55+ crowd or anyone looking for a less-intense Bootcamp with no impact (joint-friendly) <http://www.fluidfitstudio.com/> (private sector)

### **Rocky Mountain Senior Ski Club** (Cycle and golf club in the summer)

This ski club has seen a dramatic increase in participation by all ages 55 plus and the age of active skiers and cyclists is also increasing. This is demonstrated in the fact that they are organizing a ski trip to Whitefish Montana this year (2014) and normally they would fill one buss for this event. Well it appears they have two busses full and an additional number of individuals who are driving themselves to the event. Estimated that there are 120 people registered for this ski trip and there are estimated to be 50 people over the age of 70 registered. <http://seniorsski.com>.

### **Steppin Up With Confidence**

Steppin' up with confidence, a program initiated in 2003 by Winnipeg Regional Health Authority (WRHA) and developed into a partnership of the, Reh-fit Centre, University of Manitoba, Manitoba Fitness Council, Manitoba Association on Gerontology and the Active Living Coalition for Older Adults in Manitoba. Originally part of a falls prevention program for older adults, stepping up and out are peer led exercise and walking programs. Both of these programs support and encourage older adults to embrace an active lifestyle by offering self-sustaining, accessible, high quality, no cost exercise and walking programs within or near their apartment complex or home. An essential component of the program is the peer leaders who volunteer their time to be trained and to lead exercise classes.

The Steppin' Out with Confidence peer-led walking program provides an opportunity for older adults to participate in physical activity by eliminating or reducing barriers including perceived safety, accessibility and cost. The purpose of the Steppin' Out with Confidence walking program is to support and encourage older adults to embrace an active lifestyle by offering resource support and by encouraging the development of social networks within the community areas. [http://www.alcoamb.org/main.asp?fxoid=FXMenu,1&cat\\_ID=2&sub\\_ID=128](http://www.alcoamb.org/main.asp?fxoid=FXMenu,1&cat_ID=2&sub_ID=128)

## **B.5. Community Engagement**

### **Community Development & Community Engagement**

Ireland Takes on the Age Friendly Challenge

Toward a Plan to make Dublin an Age-Friendly City: <http://www.ifa-fiv.org/wp-content/uploads/2013/08/AWN-Workshop.pdf>

The Irish Age Friendly Cities & Counties Program is a national initiative aimed at developing an 'age friendly cities & counties program in all Local Authority areas in the country. To date there are 11 such program fully operational, with a further ten on the starting blocks and the ambition is to have the remaining 13 areas operational by the end of 2013. The Counties Program - <http://www.agefriendlycounties.com/> The website outlines the various programs and strategies for “Making Ireland a Great Place to Grow Old In”.

Ireland's Age Friendly Journey So Far -

[http://agefriendlycounties.com/images/uploads/downloads/Case\\_Studies\\_booklet\\_final.pdf](http://agefriendlycounties.com/images/uploads/downloads/Case_Studies_booklet_final.pdf)

John McKnight has been a leader in building community capacity for decades. His work engages directly with community groups to support their asset-based community development efforts.

John Mcknight - Asset Based Community Development - Part 1 Video

<https://www.youtube.com/watch?v=pSwpQWAUQAc>

John Mcknight - Asset Based Community Development - Part 2 Video

<https://www.youtube.com/watch?v=SAmpUDayWpk>

### **Grandparents Outreach: An Example of Community Engagement**

<http://www.takingcharge.csh.umn.edu/activities/grandparents-outreach-example-community-engagement>

The project would partner two parts of the community—latchkey kids and senior citizens—and develop an afterschool program where kids could spend time with the older community.

The benefits for both groups was clear—the children would have a place to go after school and would be provided help with their homework, games, and snacks, while the retired community could enjoy an opportunity to stay active and fueled by purpose.

### **Halifax Community Engagement Strategy**

Focuses on what is Community Engagement and the principles and processes used in Halifax.

<https://www.halifax.ca/crca/CommunityEngagement/documents/CommunityEngagementStrategy.pdf>

**Community gardens** provide an opportunity to bring programs directly into a neighbourhood. They create opportunities for intergenerational contact, multicultural contact and fosters physical activity and social interaction. The gardens create opportunities to engage isolated seniors.

### **Oliver Community Garden**

<http://www.olivercommunity.com/gardens>

### **Canada's community gardens**

<http://www.besthealthmag.ca/embrace-life/life-and-work/canadas-community-gardens>

### **Toronto Neighbourhood Centres: Community Building through Gardening**

St. Clair West Services for seniors designed a community building project called “Planting Seeds for Community Growth”. This project was intended to encourage inter-cultural interaction among low-income older adults who were often isolated. Seniors from three apartment buildings were brought together to garden and beautify their neighbourhood and buildings. Seniors became aware of the project through community meetings and then made a commitment to participate, selecting seven of their peers to volunteer to lead activities in their buildings. The project was launched with a gardening exhibition. Over the course of the project, participants attended workshops on horticulture, learned how to use gardening equipment and toured a farmer’s market.

<http://neighbourhoodcentres.ca/torontocd/docs/Making-Connections-with-Community-Gardening.pdf>

### **Le Chou Intergenerational Garden Project**

The 500 sq.ft. garden started in the summer 2013 is located in the Woodland Park Community Garden and is a joint partnership between GoodForks, Evergreen Foundation, Grandview Woodland Food Connection, Britannia Community Centre, the Lion's Den Adult Day Centre, and the Watari Latin American Kitchen.

Over the spring and summer several groups of youth were joined by seniors living in the neighbourhood to plant, harvest and eat fresh veggies from this garden. The project has been a highlight for many kids who have never planted seeds in their life and watched their seeds grow.

Nearby seniors are also enjoying visits to the gardens harvesting some of the food while the Watari group is using food grown at Le Chou for their weekly community kitchen.

[http://www.britanniacentre.org/services/community\\_services/food\\_sustainability/articles/683.php](http://www.britanniacentre.org/services/community_services/food_sustainability/articles/683.php)

### **Sheds Programming for Men (started in Australia)**

The modern Men's Shed is an updated version of the shed in the backyard that has long been a part of Australian culture. Men's Sheds are springing up all around Australia. If you looked inside one you might see a number of men restoring furniture, perhaps restoring bicycles for a local school, maybe making Mynah bird traps or fixing lawn mowers or making a kids cubby house for Camp Quality to raffle. You might also see a few young men working with the older men learning new skills and maybe also learning something about life from the men they work with. You will see tea-bags, coffee cups and a comfortable area where men can sit and talk. You will probably also see an area where men can learn to cook for themselves or they can learn how to contact their families by computer.

In Australia in the 1990s a number of issues were raised about Men's health. In Australian culture there was little encouragement for men of all ages to socialize and discuss their feelings and wellbeing. This problem was identified at a Men's Health Conference in the mid-90s and plans were put in place to improve a number of aspects relating to Men's health.

The conference in question took place in 1995, and was the first National Health Conference dedicated to men in Australia. It was suggested that Men's Sheds could help promote social interaction and reduce depression related illness in elderly men. After the conference, a number of Men's Sheds began to form across Australia.

Men's Sheds originated from the shed in a backyard scenario, where a man would go and carry out tasks, such as restoring furniture or fixing lawn mowers. The first Men's shed was Lane Cove Community Shed, which was founded for "Shedless" men. The Shed also encouraged social activities and friendships, while providing vital health information to its members. Since then a number of articles supporting Men's Sheds have been published, stating they help increase the length and quality of life of elderly males.

Since the emergence of Men's Sheds in 1996, the number of Sheds has grown year on year. The main aims of a Men's Sheds have also become much more varied since their foundation. There are now over 850 Men's Sheds across Australia, supporting a number of active members. Men's

**Australia** - <http://www.mensshed.org/home/.aspx>

**Ireland** - <http://menssheds.ie/>

England - <http://menssheds.org.uk/index.php/our-charities>

New Zealand – <http://menzshed.org.nz/>

Winnipeg - <http://www.youtube.com/watch?v=04zLDlAg76M> (program just starting up)

## **American Senior Communities – Community Villages**

We've created communities specifically designed to serve today's seniors by providing a multitude of lifestyle choices with integrated services and amenities. Each American Senior Community is part of the neighborhood in which it exists. Our leaders and staff live in surrounding areas and know the community well. This is a full service community where seniors have access to health services, respite services, volunteer support and wellness programs.

The New Energy Wellness offers a unique program designed to improve current fitness levels and the program offers adults ages 50 and older the ability to enjoy more active lives and quite simply, to feel better. The New Energy Wellness Program exposes seniors to a series of exercise programs designed to build balance, vigor, and ability in everyday life. Our Health Promotion Coordinator is trained in Health and Fitness and will work with you and your physician to design a low-impact, customized exercise regimen. The Health Promotion Coordinator is available to supervise and assist members at all times while motivating them to achieve their goals. Blood pressure, heart rate, and oxygen saturation levels are monitored before and after each exercise <http://www.ascseniorcare.com/services/new-energy-wellness/sion>.

Village to Village Network: Throughout the US, 55 "village" programs are up and running, providing a range of low-cost home, medical, shopping, and social services and activities to senior members. The US Village movement is designed around the Aging in Place concept and focuses on raising private funds to support an extensive volunteer and professional network. . The goal is to use the village model to demonstrate cost-effective solutions that traditionally have been provided by much more expensive government programs.

"Our vision is to make the villages a model that's going to make an impact by serving an older population that has a higher level of chronic disease and a higher level of need, but is lower-income,"

Village to Village Network <http://vtvnetwork.clubexpress.com/>

## **B.6. Day Program**

### **The Seniors Active Maintenance (SAM) Program**

This is a day program for seniors and adults with diminished abilities, and is offered in three community-based centers. Activities are planned for the participants on a daily basis. Each day consists of a variety of activities that have been created to maintain and enhance the well-being of the participants/clients. Refreshments and a noon meal are also provided on a daily basis. The SAM Program is a not-for-profit organization serving Hamilton since 1981 and Halton since 1993. Includes resources such as **Stimulate-Activate-Motivate**, which has over 200 pages of fun activities, crafts and recipes!

<http://www.samprogram.ca/>

### **The Intergenerational Way**

This intergenerational guide is based on the activities written by the SAM Program Therapeutic Recreationists in 1999. The guide has over 130 pages of fun intergenerational activities, pictures and instructions. The cost is \$25.00 plus shipping and handling.

### **Grand Parents Day**

<http://www.communities.wa.gov.au/communities-in-focus/seniors/grandparents-day/Pages/default.aspx>

## **B.7. Care Givers Respite**

Caregivers can become an easy target for isolation; caring for their own families and aging parents or one Senior acting as the caregiver for the spouse.

### **Tips on managing caregiver stress**

<http://www.everythingzoomer.com/tips-on-managing-caregiver-stress/#.UqQxK8trZ1t>

### **Respite for caregivers, recreation for clients a partnership with Alberta Health Services**

<http://www.albertahealthservices.ca/7797.asp>

### **Recreational Respite**

Sharing ideas for providing recreation respite that is so important

<http://recrespice.com/about-us/>

### **Respite Care in Alberta via Alberta Health Services**

<http://www.albertahealthservices.ca/services.asp?pid=service&rid=7789>

### **Piercy Respite Hotel**

A government sponsored program in British Columbia. The Piercy Respite Hotel is an example of a facility that offers a safe, secure and supportive environment to guests, enabling their **caregivers** to have a period of rest and renewal. The dining room, enclosed garden, and fireside lounge provide a comfortable setting for social interaction. The hotel operates 24 hours a day, seven days a week. It is located on the main floor of the Hillside Seniors Health Centre at 1454 Hillside Avenue, Victoria, BC, three blocks from the Hillside Shopping Centre. Contact (250) 370-5641 during business hours, seven days per week

[http://www.viha.ca/hshc/piercy\\_respice\\_hotel.htm](http://www.viha.ca/hshc/piercy_respice_hotel.htm)

## **B.8. Training on Seniors Programming**

These program examples highlight the available resources for training professionals to understand the trends and how to engage seniors and how this may be different from other generations.

### **Home Support Exercise Program (Canadian Centre for Activity and Aging – CCAA)**

This evidence-based in-home exercise program consisting of 10 simple yet progressive exercises designed to enhance and maintain functional fitness, mobility, balance and independence. The four hour workshop is designed for front-line service providers, caregivers and family members to continue to support homebound older adults. An Alberta facilitator training program was just completed in spring 2013. CCAA <http://www.ccaa-outreach.com/courses/show,4.htm>

### **Finding Balance Alberta**

Finding Balance Alberta is a collaborative project coordinated by the Alberta Centre for Injury Control and Research. This organization provides resources for professionals and community leaders focused on fall prevention and supporting seniors to stay active in their homes and community. The website has tools and resources, program ideas and research in the field of fall prevention. <http://www.findingbalancealberta.ca>

### **Senior Citizens Bureau (US based association) SCB University**

The Senior Citizens Bureau now offers [SCB University](#) to its Members, Caregivers, and Professionals who work with mature adults the opportunity to learn more about the audience they serve. The SCB has created an online study course consisting of six study modules to remedy this dilemma. Contact [info@seniorcitizensbureau.com](mailto:info@seniorcitizensbureau.com)  
[http://www.seniorcitizensbureau.com/new/index.php?option=com\\_content&view=article&id=32&Itemid=49](http://www.seniorcitizensbureau.com/new/index.php?option=com_content&view=article&id=32&Itemid=49)

### **ALCOA – Leaders Tool Kit for Healthy Living Workshops for Older Adults.**

The order form is on the ALCOA web site <http://www.alcoa.ca/e/healthy-living.htm> and all the Tool Kit documents are also posted on both the English and French. The Toolkit is designed to provide information for leading workshops. The resource includes a step by step 6 week workshop template, course material, handouts, resources exercises, and videos. As the website states: “The Leaders Took Kit will provide you with everything you need to lead your workshop and help older adults achieve optimal health and the independence they value.”

Seven short Pod Casts for the leader to provide some background for each of the modules. They are posted on the ALCOA Canada You Tube channel. They also offer webinars for leaders. <https://www.youtube.com/user/ALCOACanada>.

## B.9. Lifelong Learning

### **Edmonton Lifelong Learners Association – ELLA (Partner with U of A)**

Historically this program was offered as an extension of the U of A Department of Extension however in 2000 the University had major budget cuts and this program was scheduled to close down. A group of seniors who had been engaged and participated in the program decided to take on the organizing role and formed a non-profit organization in 2002. Since then the programs are organized by a group of dedicated volunteers. **ELLA** partners with the University of Alberta, Faculty of Extension, to offer an annual 3-week Spring Session. Spring Session reflects the needs and interests with courses that are affordable, relevant, challenging and fun opportunities to promote mental and physical well-being, with no prerequisites or exams. (April 28 to May 16, 2014)

<http://web.extension.ualberta.ca/extcms/index.php/ella/>

### **Minerva Senior Studies Institute (MacEwan University – Edmonton)**

The mission of Minerva Senior Studies Institute is to provide learning opportunities for mature adults (50 plus) by developing, sponsoring, promoting, offering and participating in educational events designed to enhance seniors' intellectual pursuits that enrich their lives.

Minerva Senior Studies undertakes to:

- Promote lifelong learning;
- Extend educational access to seniors;
- Deliver a sound “senior friendly” volunteer program;
- Be innovative and responsive in program planning and evaluation;
- Be fiscally responsible; and
- Share expertise & demonstrate leadership in educational initiatives.

### **Contact Information – Minerva Senior Studies Institute**

<http://www.macewan.ca/wcm/SchoolsFaculties/HCS/CentresandInstitutes/MinervaSeniorStudiesInstitute/index.htm>.

## B.10. Program Leaders and Their Programs

### **Peer Leadership**

These programs highlight a number of different roles for volunteers as mentors or instructors. Seniors as mentors, instructor’s peers, support. Can also be the buddy programs for isolated seniors or seniors still living in their homes?

Volunteers who are active older adults are trained to make presentations; lead walking or exercise classes or act as ambassadors to motivate their peers to become more active and healthier. Peer leaders share their experience at least twice a year. Leaders mentor and support each other in their activities. Peer Leaders are trained older adults who can provide a fun interactive presentation that fits into your program. See Steppin’ Up & Steppin’ Out.

### **Manitoba Active Living Coalition for Older Adults**

[http://www.alcoamb.org/main.asp?cat\\_ID=2](http://www.alcoamb.org/main.asp?cat_ID=2) (see other program initiatives)

## **B.11. Technology-Based Programs**

Computer courses for seniors who are not comfortable with the technology are very common. The target groups may be seniors who have not had the opportunity to come into contact with computers during their work life. These courses may be taught by other seniors or computer instructors familiar with seniors. Use of the new technologies such as Smartphones, desk top computers or IPADs as tools for connecting to the “outside world” can be vital for isolated or homebound seniors. These tools can be used to connect seniors to their personal senior centres, to lifelong learning opportunities through universities and colleges, participate in fitness classes, just chatting with other seniors in groups. They can also act as safety tools, such as, early models like Lifeline phone systems.

### **Seniors Organizations using Social Media**

Seniors Bureau USA - <http://www.seniorcitizensbureau.com/new/>

### **Using technology for isolated seniors: Washington IPAD program for isolated seniors**

Connecting low income and socially isolated seniors through use of IPADs

<http://www.npr.org/blogs/alltechconsidered/2013/11/25/247173249/helping-low-income-seniors-build-a-social-web-online>

### **Older Seniors Using the Latest in Video Calling Technology**

Claris Healthcare recently announced the launch of [Claris Companion](#), an in-home communications system designed specifically for the 60 per cent of older seniors who have yet to adopt computer technology

<http://www.marketwired.com/press-release/older-seniors-using-the-latest-in-video-calling-technology-1856978.htm>

### **Transformative Technology for Seniors**

An elderly New Yorker named Milton still lives in the city but was sad because his health did not enable him to leave his apartment. In his words, he was “[waiting for his time to finish.](#)”

Technology has changed his view and engaged him with others

<http://www.forbes.com/sites/garyshapiro/2012/06/27/transformative-technology-for-seniors/>

### **Hamilton Older Adult Programs and Services Database**

An example of how to organize and present data to seniors, online. This Searchable database of programs for older adults in the Hamilton, Haldimand, and region is useful for searching examples of different types of facilities, centres and programming available from both the public and private sector. It is searchable by region and subject matter as well as keyword.

<http://www.rgpc.ca/oapsd/>

### **Seniors Centres Without Walls**

Senior Center Without Walls offers activities, friendly conversation, and an assortment of classes and support groups to homebound elders and others who find it difficult to go to a community senior center. Participants call from the comfort of home through telephone conference calls. No special equipment is needed and the calls are completely free. Oakland California  
<http://seniorcenterwithoutwalls.org/>

### **Seniors and Technology**

A few suggestions on teaching seniors basic computer skills  
<http://neighborhood.vivint.com/tech-neighbor/seniors-and-technology-helping-to-stay-connected/>

### **GrayPlay 101 Electronic Program Guide: Senior Living Magazine**

Senior Living is an online resource for seniors living in the greater Victoria area. This is an online magazine program guide and resource.  
<http://www.greyplay101.com/programs.php?cid=1075>

### **Connecting To Community**

Residents learn emailing skills with their neighbours  
<http://www.keloland.com/newsdetail.cfm/connecting-to-community/?id=154241>

### **Seniors' Isolation—A Silent Epidemic**

The urgency for getting seniors online! As Canada's baby-boomers head into retirement over the next two decades, social isolation is expected to be an increasingly pressing seniors' issue—an issue that touches on a range of policy areas such as healthy ageing, income security, care-giving, and elder abuse.  
<http://www.theepochtimes.com/n3/246350-seniors-isolation-a-silent-epidemic/>

### **Edmonton Seniors Coordinating Council**

If you are a senior and want to be kept up to date with the latest initiatives of the Council get connected to the Link-Letter by emailing [info@seniorscouncil.net](mailto:info@seniorscouncil.net)

### **Senior Net**

[SeniorNet](http://seniornet.org) is the nation's premier provider of computer education to those in need (seniors and underserved). Since 1986, we've opened up new worlds of information to more than a million people through our Learning Centers and online communities. People from across the country have benefited from SeniorNet's mission – enabling them to share and enjoy a world of wisdom through computers.  
<http://seniornet.org/blog/about-seniornet/#sthash.OJ5eIUXH.dpufhttp://seniornet.org/blog/about-seniornet/>

## B.12. Library Programs and Partnerships

### **Edmonton Public Library Designated Senior Friendly**

Edmonton public libraries are neighbourhood based with 17 locations around the city. <http://www.epl.ca/releases/2008-may-30>

### **Practical Aspects of Public Libraries and Older Adults/Seniors**

<http://www.epl.ca/>

Public Libraries offer a wide range of services for Older Adults/Seniors that include large print books, audio “tapes”, videos and a scope of reading content that would challenge a reader of any age. There are book clubs and volunteer opportunities and a place for doing research or creative writing. In addition there is free access to computers, high speed internet and computer classes. Libraries are all connected electronically and anyone can access the library resource catalogue from home which is an excellent service for homebound seniors.

**Home Service** - If a senior is unable to go to the library for over three months, the library will go to the senior. EPL provides home service “where you live” – whether that's an extended care facility, a seniors' lodge or your own home.

### **10 Ways to Make Your Library Age-Friendly**

<http://www.nyam.org/agefriendlynyc/docs/10-Ways-to-Make-Your-Library-Age-Friendly-02-22-11.pdf>

Establish citywide partnership between senior centers and libraries after a pilot program in 2009, the Department of Cultural Affairs (DCLA) and DFTA developed Seniors Partnering with Artists Citywide. (SPARC). SPARC places artists in residence at the City's senior centres- Recruit artists to conduct programs in senior centers

<http://www1.nyc.gov/assets/home/downloads/pdf/press-releases/2013/Age-friendly%202013%20Update%20Report.pdf>

**Resource Ideas** - Libraries are changing how they serve this population. They are adapting their programming and outreach strategies, developing senior-friendly spaces, and implementing adaptive technologies. In this section you will find lists of helpful suggestions, case studies of individual libraries, and internet resources to help your library provide better services to older adults and seniors.

<http://www.webjunction.org/explore-topics/older-adults.html>

## B.13. Volunteering as a Senior

The range of volunteer opportunities is endless but asking is the first step on both sides: seniors asking what needs to be done and programmers or organizers asking seniors if they can help out. The jobs for today's Boomers must be challenging; an opportunity for them to bring their skills to the table.

The range of volunteer opportunities ranges from the Community League in your own neighbourhood, hospitals in the City of Edmonton, sport, recreation, arts organizations, social service initiatives and many inner city agencies. The opportunities may be local, city wide, province wide, national or international.

The areas may range from baking, kitchen organization, greeting, instructing, governing, problem solving, budgeting, marketing, conducting surveys, newsletters, organizing events to general operational support.

### **Volunteer Canada (tools and Resources that look at engaging boomers and older adults as volunteers)**

Remaining active and staying connected to the community can have a tremendous positive impact on a person's social, physical and emotional well-being. Studies have found that older adults who volunteer have reduced stress-related illnesses and higher self-esteem and are less likely to feel isolated. Volunteering can also have a positive impact on lifestyle transitions in older adults as they retire, downsize their housing or deal with health issues. According to Statistics Canada, Canada's senior adults volunteer an average of 223 hours each year, more than any other age group.

Volunteer Canada has developed a number of tools and resources that explore the opportunities and barriers to effectively engaging boomers and older adults.

<http://volunteer.ca/content/volunteering-and-healthy-aging>

### **Volunteer Edmonton**

For Information about volunteering in Edmonton

<http://www.volunteeredmonton.com/>

### **Volunteer Alberta**

The volunteer picture in Alberta

<http://volunteeralberta.ab.ca/about-us>

### **Edmonton Chamber of Volunteer Organizations**

Volunteer organizations working together

<http://www.ecvo.ca/>

### **Edmonton United Way**

Volunteer and financial opportunities to participate

<http://myunitedway.ca/>

## **B.14 Rebranding**

Boomers that are not identifying themselves as seniors and are not gravitating to seniors centres have administrators looking at options such as rebranding seniors centres and rethinking the programs and services offered. A combination of rebranding, changing the program mix, neighbourhood partnerships and reaching out electronically are all things being considered to keep existing participants and bring new seniors to be physically active.

### **Beyond BINGO**

Marketing and programming for seniors nowadays is more rock climbing than rocking chairs

By Margaret Ahrweiler

[http://www.recmanagement.com/feature\\_print.php?fid=200205fe03](http://www.recmanagement.com/feature_print.php?fid=200205fe03)

### **How to Rebrand**

<http://www.wikihow.com/Rebrand>

### **A Rebranding Process**

[http://www.stealingshare.com/what\\_we\\_do/process.htm](http://www.stealingshare.com/what_we_do/process.htm)

### **Centres for Seniors Windsor rebrands itself Life After 50**

<http://blogs.windsorstar.com/2013/10/19/centres-for-seniors-windsor-rebrands-itself-life-after-50/>

### **Senior Centre Without Walls (Fairfax County's Burke/West Springfield Senior Center)**

<http://scwow.org/about/>

## **B.15. Research**

### **Social Media as a Tool for Inclusion**

The objectives of the study were to determine the extent, nature and benefits of social media used by five vulnerable populations – Aboriginal peoples, people with disabilities, recent immigrants, the homeless and seniors – and by the institutions that serve them.

[http://www.homelesshub.ca/ResourceFiles/Taylor\\_Social%20Media\\_feb2011%20\(1\)\\_1\\_2.pdf](http://www.homelesshub.ca/ResourceFiles/Taylor_Social%20Media_feb2011%20(1)_1_2.pdf)

### **Older adults and internet use (Pew Research USA)**

For the first time; half of adults ages 65 and older are online. Once online, most seniors make internet use a regular part of their lives.

[http://www.pewinternet.org/~media/Files/Reports/2012/PIP\\_Older\\_adults\\_and\\_internet\\_use.pdf](http://www.pewinternet.org/~media/Files/Reports/2012/PIP_Older_adults_and_internet_use.pdf)

### **Never call a baby boomer 'old'**

Presenting challenges to programmers and administrators. Not the stereotypical senior!

<http://www.marketwatch.com/story/never-call-a-baby-boomer-old-2013-06-17>

### **Recreation Benefits Hub**

A practical research tool for programmers and administrators. Helps find resources and make your case. <http://benefitshub.ca/>

### **B.16. Program Evaluation**

Reviewing what has been learned elsewhere or conducting an ongoing research agenda for Edmonton Seniors recreation programs is essential to maintaining quality and contributing to efficient use of resources.

**Development and Formative** Evaluation of the Centre for Activity and Aging  
Home support exercise program for Frail Older Adults

<http://www.uwo.ca/actage/publications/PDFs/HSEP%20Devel%20Eval.pdf>

**Monitoring and Evaluating Physical Activity Programs for Older Adults**

[http://www.alcoa.ca/research\\_u\\_docs/2003\\_03mar\\_en\\_update.pdf](http://www.alcoa.ca/research_u_docs/2003_03mar_en_update.pdf)

## B.17. Active Aging Programs and Resources: Saskatchewan Research

Consultant's Note: The following research report was prepared by the Parks and Recreation Association who commissioned a similar research project as the Edmonton Promising Practices Work. This is a comprehensive resource list of recreation and social programs and provides additional program and service programs that will enhance the findings of our report. There are some areas of duplication; however we chose to attach this summary as a whole document, without revisions.



### **Active Aging – Programs and Resources Saskatchewan Research**

#### **Introduction**

Over the past three decades, Canadian seniors have become more involved in aspects of active aging which include paid and unpaid work, housework and active pursuits such as fitness activities and sports, with a subsequent decrease in passive activities such as watching television and listening to cds. (Fast, Dosman, and Moran, 2006 ; Victorino and Gauthier, 2005). This has led to seniors actively participating in not only the recreational programming, but the development of programming, the design of the facilities they take place in and their administration. An example of this would be in Surrey BC, where the Sunrise Pavilion Centre was recently relocated to the new Chuck Bailey Recreation Centre. The commitment and input from the seniors representing the membership helped immensely to bring the design of the facility to the next level and keep the project on track. The seniors worked collaboratively with the construction team and project leads to ensure the end product met their needs. This kind of active participation is an important trend in the recreation sector.

Service providers are also forming new partnerships in order to properly service the 50+ sector. Specialty programming is being offered by municipal recreational facilities in partnership with doctors, cancer treatment centres and other non-profit organizations to provide a wide variety of programming to help not only help those dealing with chronic disease, but also to help prevent chronic disease.

Specialty sports are also being developed to serve this sector of the population. Examples include Pickleball and Gateball, sports that are lower impact but provide opportunities for both social interaction and physical activity.

But the biggest shift the recreation sector will see in the next 10 year will be the Baby Boomers. They are now entering their older adult years, and are being redefined as the “Zoomers”, with vastly different perceptions of, and expectations for their retirement years than the previous generation of older adults. On the whole, Zoomers are healthier, more affluent, more active, more technologically savvy, more culturally diverse, and ready to enter a new phase of life, free from full-time work obligations. They have interests in travel, lifelong learning, health and wellness, aging well, and staying physically active. There are

significant implications for leisure services. For example, Zoomers will avoid services and activities targeted towards “seniors”; on the whole, they will have disposable income and be willing to pay for programs and services that cater to their needs and are of high quality; they will seek out programs and experiences that are empowering, incorporate more opportunities to learn, help broaden horizons and help develop leadership and other skills; they will prefer flexibility in program options, and will be less likely to make a long-term commitment or pay membership fees; they are less likely to volunteer, but when they do, they will look for positions that match their level of skill, interests, schedules, and personal goals; they will focus on health and wellness and staying active; and will demand high quality, comfortable, welcoming facilities that meet a variety of interests and a range of needs.

This description of the older adult “Zoomer” is not only significantly different than the traditional senior, but is in many respects indistinguishable from the adult market. Indeed, it is probably most useful to think of the older adult market of tomorrow simply as an adult market. While there will be differences in program demand due to age and retirement (e.g. such as interest in daytime access – and slightly different program focus, such as a therapeutic rather than a conditioning focus) the Zoomer’s interests will largely be similar to those of the Boomer adults of today.

The resources included in this report offer a broad range of examples of active aging programming across the country. Also included are websites, blogs and other online resources that can assist the recreation practitioner in providing quality programming for those in the 50+ age range.

## **Bibliography**

DmA Planning and Management Services, 2009. City of Kitchener Older Adult Strategy.  
[http://www.kitchener.ca/en/insidecityhall/resources/Older\\_adult\\_strategy.Pdf](http://www.kitchener.ca/en/insidecityhall/resources/Older_adult_strategy.Pdf)

Fast, Janet, Dosman, Donna, Moran, Lori, Charchuck, Margo and Keating, Norah. 2006 Participation, Roles and Contributions of Seniors, Department of Human Ecology, University of Alberta.  
<http://www.rapp.ualberta.ca/en/Publications/~media/rapp/Publications/Documents/Mar2006seniorparticipation.pdf>

Fast, Janet, Donna Dosman, and Lori Moran. 2006. “Productive activity in later life: Stability and change across three decades.” *Research on Aging*.(26), pp.691-712.

Victorino, Charlemagne C., and Anne H. Gauthier. 2005. "Are Canadian seniors becoming more active? Empirical evidence based on time-use data." *Canadian Journal on Aging* (24), pp. 45-56.

## **Active Aging – Programs**

### **Active Living Program for Culturally Diverse Seniors**

<http://lin.ca/success-story-details/18423>

This program provides seniors with opportunities to improve the quality of their lives through Awareness and Active living educational workshops and also by participating in fun and fitness activities. A fitness instructor is hired to provide one-hour-per-week fitness class. Workshops are held as well on all aspects of healthy eating and active living.

### **Coronation 50 Plus Recreation Centre**

<http://lin.ca/success-story-details/18883>

Providing fitness classes for all levels: darts, crafts, Fun, Food and Film evenings, Sunday Social, live theater shows, potlucks, aqua fitness, VON clinic, Blood Pressure clinic, Tai Chi, yoga, line dancing, clogging, euchre, bridge, cribbage, shuffleboard, bingo, computer classes, digital photography club, music programs, Wellness Center, and more.

### **Dance Program for Seniors : Clogging**

<http://lin.ca/success-story-details/19474>

Clogging is a great aerobic activity both for the body and mind. No partner or special shoes needed. Some experience is needed. Clogging is described as "total exercise," meeting the five criteria for a well-rounded exercise program,

### **Forever...in motion**

<http://www.spra.sk.ca/programs-services/physical-activity/ForeverInMotion/>

This collaborative strategy focuses primarily on individuals living in seniors' congregate housing and condominiums or those that attend churches, day programs and community programs, to reach and improve health through physical activity for the older adult population. Saskatoon Health Region has been working on developing, implementing and evaluating the Forever...in motion program since 2002 as a way to make accessible physical activity opportunities available for older adults.

### **Fitness Forever (U.S.)**

<http://www.fitnessforever.com/>

A nationally recognized, hospital-based program featuring exercises, with big band music, that will enhance and maintain the good health and fitness of seniors. Follows the new American College of Sports Medicine Position and Recommendations, "Exercise and Physical Activity for Older Adults."

### **Langley Senior Resources Society (BC)- Recreation and Resources for adults age 50+**

<http://lsrs.ca/>

Regular recreation program includes yoga, osteo-fit exercises, Tai Chi, Chair Fit, other fitness classes. Also has an **Adult Day Program** for adults with diminished abilities, includes recreation and fitness activities such as bowling (adapted for wheelchair or seated if needed), carpet bowling, chair fitness, osteo-fit, interactive Wii games, gardening, etc.

### **Monterey Recreation Centre in Oak Bay (BC) – Fitness 50 Years & Over classes**

<http://oakbay.ca/parks-recreation/programs/50-years-over>

Offers various fitness class options, such as Boomer Boot Camp, Fall Prevention Balance Class, Fit For 50 +, Gym Basics, Pilates, Strength Training for Special Populations, Yoga.

### **A Summary of Seniors Service Models (compiled for Let's Get Serious about Seniors BCRPA Symposium 2012)**

[http://www.bcrpa.bc.ca/training\\_symposium/symposium/documents/2012PresentationsforWebsite/C6/Servicemodelsforseniors%5B1%5D.pdf](http://www.bcrpa.bc.ca/training_symposium/symposium/documents/2012PresentationsforWebsite/C6/Servicemodelsforseniors%5B1%5D.pdf)

### **City of Kamloops Active Aging Programming**

<http://www.kamloops.ca/activityguide/pdfs/11-27-ActiveAging.pdf>

Offers a variety of programming including aquafit, balance matters, circuit training, and specialty classes such as osteofit, fitness for those receiving cancer treatment and those at risk for chronic diseases such as heart disease and diabetes.

### **Older Adult Programs and Services Database**

<http://www.rgpc.ca/oapsd/>

An example of how to organize and present data to seniors, online. This Searchable database of programs for older adults in the Hamilton, Haldimand, and region is useful for searching examples of different types of facilities, centres and programming available from both the public and private sector. It is searchable by region and subject matter as well as keyword.

### **NWT Recreation and Parks Association Elders in Motion program**

[http://nwtrpa.org/rpa/?page\\_id=55](http://nwtrpa.org/rpa/?page_id=55)

Elders in Motion (EIM) is a series of fitness training programs that enable participants to develop community recreation or home setting programs for Elders. Elders in Motion aims to improve access to physical activity for Elders living in the NWT.

### **Recreation and Parks Association of the Yukon (RPAY), Active Yukon Seniors Days**

<http://www.rpay.org/content.php?id=56&s=elderactive#result>

The Canada Games Centre is open to Seniors 55 and over every Wednesday, for activities like Drop-In Carpet Bowling, Drop-In Shuffle board, Fill in Games, etc., in addition to the available activities in the Games Centre such as swimming, the fitness room, walking track, and virtually everything in the Centre which is offered by the City. Other options include Indoor Golf, fitness classes, walking on the indoor track and drop in sports which include basketball, tennis and soccer.

### **SAGE – Sage Advice and Gentle Exercise**

<http://www.community-care.on.ca/services/community-health-centre/exercise-for-seniors/>

Community Care's Sage Advice and Gentle Exercises for Seniors (SAGES) is a falls prevention program that focuses on gentle exercise and education to help limit risk of falling. Designed to improve strength and balance, this program will help to maintain independence.

### **The Seniors Active Maintenance (SAM) Program**

<http://www.samprogram.ca/>

This is a day program for seniors and adults with diminished abilities, and is offered in three community-based-centers. Activities are planned for the participants on a daily basis. Each day consists of a variety of activities that have been created to maintain and enhance the well-being of the participants/clients. Refreshments and a noon meal are also provided on a daily basis. The SAM Program is a not-for-profit organization serving Hamilton since 1981 and Halton since 1993. Includes resources such as **Stimulate-Activate-Motivate**, which has over 200 pages of fun activities, crafts and recipes!

### **The Intergenerational Way**

This intergenerational guide is based on the activities written by the SAM Program Therapeutic Recreationists in 1999. Over 130 pages of fun intergenerational activities, pictures and instructions. The cost is \$25.00 plus shipping and handling.

### **SAM S.T.E.P.S. To Exercise**

This manual and DVD was developed by Sandy Sheffield Young and the SAM Program staff based on the Exercise Program within the SAM Program. This resource can only be purchased with training. The cost is \$100.00. Training costs not included.

### **Sackville Hill Senior's Recreation Centre Dance Programs**

<http://lin.ca/success-story-details/18884>

Traditional Line, Belly, Tap, Zumba and Jazz are a few of the dance forms you can sign up for at Sackville Seniors Rec Centre.

### **SMART: Seniors Maintaining Active Roles Together**

<http://lin.ca/success-story-details/12128>

Functional exercise program for older adults taught by trained volunteer instructors. Fitness classes are designed to improve well-being, promote healthy aging, maintain independence and decrease the risk of falls. The program addresses health issues such as osteoporosis, arthritis, stroke, diabetes and stress. Volunteer instructors are trained through the VON SMART education program

## **Active Aging - Resources**

### **Age-Friendly Communities**

Making cities and communities age-friendly is one of the most effective local policy approaches for responding to demographic ageing. The physical and social environments are key determinants of whether people can remain healthy, independent and autonomous long into their old age. (World Health Organization)

### **Public Health Agency of Canada – Age-Friendly Communities**

<http://www.phac-aspc.gc.ca/seniors-aines/afc-cao-eng.php>

The Public Health Agency of Canada not only provides a broad overview of what an age-friendly community consists of, but also provides resources and the opportunity to become part of the Pan-Canadian Age-Friendly Communities Network. The network provides publications, information and resources, promising practices for implementing the age-friendly communities' model, share experiences from communities across Canada and invitations to free interactive online webinars.

### **WHO Age-friendly Environments Programme**

[http://www.who.int/ageing/age\\_friendly\\_cities/en/](http://www.who.int/ageing/age_friendly_cities/en/)

The World Health Organization Age-friendly Environments Programme is an international effort to address the environmental and social factors that contribute to active and healthy ageing. This website provides resources as well as an opportunity to join the Global Network of Age-Friendly cities and communities. With the Network, WHO provides a global platform for information exchange, and mutual support through the sharing of experiences. Furthermore, WHO provides guidance and promotes the generation of knowledge on how to assess the age-friendliness of a city or community, how to integrate an ageing perspective in urban planning and how to create age-friendly urban environments.

### **Global age-friendly cities: a guide**

[http://www.who.int/ageing/age\\_friendly\\_cities\\_guide/en/index.html](http://www.who.int/ageing/age_friendly_cities_guide/en/index.html)

The purpose of this guide is to engage cities to become more age-friendly so as to tap the potential that older people represent for humanity. It describes the converging trends of rapid growth of the population over 60 years of age and of urbanization, outlines the challenge facing cities, and summarizes the research process that led to identifying the core features of an age-friendly city.

### **Age Friendly Communities – Tools for Building Strong Communities**

<http://afc.uwaterloo.ca/>

The University of Waterloo has developed a comprehensive website with tools and resources to help guide communities towards developing solutions to become more age friendly – in a way that best suits your community's unique needs.

### **Age-Friendly Manitoba Initiative**

<http://www.agefriendlymanitoba.ca/>

Launched in March 2011, the Age-Friendly Manitoba Initiative Web site is an online, one-stop resource centre that will provide Age-friendly communities with information, discussions, resources, and identify key persons to assist communities in becoming more age-friendly.

### **Gender Specific**

#### **Canadian Association for the Advancement of Women in Sports**

[www.caaws.ca/women55plus](http://www.caaws.ca/women55plus)

CAAWS has various programs and resources for women age 55 and up.

#### **The CAAWS 55 to 70+ PROJECT for ‘young senior’ women**

Focus groups and national research resulted in the development of new resources, delivery of workshops and training of Master Trainers throughout Canada.

Numerous regional workshops across Ontario have taken place and 35 pilot projects are currently underway. These pilot projects are aimed at starting or enhancing sport and physical activity opportunities for women 55-70+ for things like soccer, pickle ball, nordic pole walking, synchronized skating and so much more. The idea is for women 55-70+ to not only participate but lead these activities for themselves, their peers and their communities... as many have said... “we’re just getting started!”

#### **Tools and resources from CAAWS**

<http://www.caaws.ca/women55plus/resources.cfm>

Examples include:

- **Making the Case: Physical Activity and Women 55-70+** - a business case document that builds the rationale for stakeholders to seek funds/commitments from decision-makers to develop initiatives specifically targeted for women 55-70+
- **Women 55-70+ in Sport & Physical Activity Images** - a DVD of 230 physical activity photos of women 55-70+ to use on marketing materials, websites or other communications- cost \$10 plus \$3 shipping
- **Women 55-70+ and Physical Activity Fact Sheets** - a series of fact sheets with helpful hints and examples, based on what women told us, e.g., Building Capacity to Deliver Physical Activity Programs, Services and Environments for Women 55–70+, Marketing and Communicating Physical Activity Initiatives to Women 55–70+, and others

**E-Newsletter** for which you can select “News on Physical Activity and Women 55 to 70”

<http://www.caaws.ca/email/new/index.cfm>

#### **ProMOTION Plus – Girls and Women in Physical Activity and Sport**

<http://www.promotionplus.org/content/home.asp>

ProMOTION Plus is the British Columbia organization for girls and women in physical activity and sport. The organization offers a grant program developed to provide opportunities to participate in sport for non-active women age 55 and over in all regions of BC.

#### **Égale Action**

<http://www.egaleaction.com/>

Le seul organisme dédié exclusivement à la cause de tous les femmes dans le sport et l’activité physique.

### **Associations**

**Active Living Coalition for Older Adults (ALCOA)**

<http://www.alcoa.ca/e/index.htm>

ALCOA “strives to promote a society where all older Canadians are leading active lifestyles that contribute to their overall well-being.” Resources here include: Active Living Tip Sheets; Aerobic Fitness for Older Adults; The Power of Strength Training for Older Adults; Ageism and Active Living: Recognizing Social Barriers to Older Adult Participation; ICAA Strategy Session 2005: Motivation and Reward Systems That Encourage Activity - Post-Event Summary Report (This report presents three priority issues related to physical activity among older adults, listing barriers and solutions for each); and, many more.

### **Alberta 55 Plus**

<http://www.alberta55plus.ca/default.aspx>

“We promote participation and action and have generated a unique spirit of cooperation across the province. The association believes that sport and recreation development for mature adults is a provincial issue. It has a direct bearing on the quality of life in this province and it can become a way of life for the individual and the province as a whole.”

This organization promotes the Alberta 55+ games, and publishes a tri-annual newsletter *Senior Moments* to inform about sporting events, workshops and sport clinics, events, competitions and social happenings around the province.

### **Alberta Centre for Active Living**

<http://www.centre4activeliving.ca/category.cgi?c=1>

Many resources available for both fitness and wellness, some for download, and others to be ordered. Some examples (and there are many more):

- **Acting Our Age: Older Adults Engaged in Physical Activity** - a binder that contains a VHS video and a discussion guide booklet. "Acting our Age will deepen your understanding of the successes, barriers, and challenges faced by older adults around physical activity." (26 min. video)
- **Ever Active Adults: Facilitator's Manual - Opportunities for Active Aging Through Education and Policy** - addresses the significant gap in the training required by Activity Coordinators working with older adults in lodge settings as well as outline the basic components of physical activity programming.
- **Guides and booklets** relating to PA and older adults
- **Home Support Exercise Program (HSEP) in Alberta** – an evidence-based exercise program for home bound older adults that contributes to independent living and fall prevention. Facilitator training in Alberta is supported by the Alberta Centre for Active Living.
- **Physical Activity Counselling Toolkit** - various plain language resources you can use as handouts when counselling clients about different aspects of physical activity. In addition, you can also look up references and follow helpful links to other practical resources.

### **Canadian Centre for Activity and Aging**

<http://www.uwo.ca/actage/>

Promotes physical activity and the well-being of older adults through a combination of basic and applied research, educational resources and community-based programs. Basic and applied research activities are the foundation of the CCAA’s community-based physical activity classes for seniors and the leadership training courses for individuals who work with the aging population. The Centre’s website contains a variety of tools and training products for those working with seniors. Their publications’ section contains comprehensive project reports, newsletters and a collection of research papers published in various scientific journals.

One of the most significant resources available on this site is the report entitled “**Best and Leading Interventions in Physical Activity Programming for Older Adults**”.

<http://www.uwo.ca/actage/pdf/2011-BPP%20Report%20Web.pdf>

In November 2010 the Public Health Agency of Canada (PHAC) contracted the Canadian Centre for Activity and Aging (CCAA) to review and recommend evidence-based physical activity programs and interventions for older adults for inclusion on the Canadian Best Practice Portal. The Portal is a “virtual front door to community and population health interventions related to chronic disease prevention and health promotion”. (More information on the portal can be found under the section Government and Government Agencies) Access to these evidence-based and successful interventions will help to improve the health and quality of life of older Canadians. Physical activity providers and older adults alike will have access to interventions that can be replicated in order to promote positive changes in health of older Canadians.

### **Canadian Association for Retired Persons (CARP)**

<http://www.carp.ca>

Although this organization’s prime mandate is advocacy for retired persons, they do offer access to discounted health benefits for their membership including discounts for health clubs and access to a personal health concierge.

### **Réseau FADOQ**

<http://www.fadoq.ca/en/>

The largest association of Quebecers over 50 and THE reference in terms of quality of life for Quebec seniors. This organization runs the Quebec Senior Games where winners go on to compete nationally and internationally. There are opportunities to play hockey, tennis, curling, golf and cycle against Quebecer from across the province. The association also produces a set of simple illustrated exercise guides.

### **Go Ahead Seniors Inc**

<http://www.ainesnbseniors.com/en/index.html>

Go Ahead Seniors Inc. is a provincial (New Brunswick), bilingual, non-profit organization incorporated in 1996. Their mandate is to empower older adults to take actions that will lead to a better quality of life, help maintain independence and effectively promote positive changes. The Healthy Active Living Program is an innovative bilingual program aimed at helping New Brunswick older adults make more informed choices about their health and well being through health education, personal empowerment and prevention.

Older adults gain information and discuss areas of concern through eight central themes including: Understanding Aging, Healthy Aging, Wise Use of Medication, Stress Reduction, Physical Activity, Healthy Eating, Falls Prevention, Personal Safety & Housing Considerations, Understanding Hearing Loss, Seniors and Fraud and Senior Abuse & Neglect. All sessions are free of charge.

### **Government and Government Agencies**

#### **The Canadian Best Practices Portal – Public Health Agency of Canada**

<http://cbpp-pcpe.phac-aspc.gc.ca/>

This enhanced Portal provides resources and solutions to plan programs for promoting health and preventing diseases in communities across Canada. The site consolidates multiple sources of trusted and credible information in one place, making it a one-stop shop for busy health professionals and decision-makers.

#### **Seniors and Healthy Aging Secretariat – Manitoba**

<http://www.gov.mb.ca/shas/index.html>

**Seniors and Healthy Aging** is part of the department of Healthy Living, Youth and Seniors. The website contains resources for seniors on all aspects of community living. There is a specific resource manual for recreation access as well as a section on the Age-Friendly Manitoba Initiative.

### **Seniors and Healthy Aging – New Brunswick**

[http://www2.gnb.ca/content/gnb/en/departments/social\\_development/seniors.html](http://www2.gnb.ca/content/gnb/en/departments/social_development/seniors.html)

A variety of resources for Seniors and their service providers. Included are healthy aging tips for seniors and access to a public service campaign entitled Active Living Never Gets Old.

### **Recreation Nova Scotia – Connecting Seniors to Active Living and Physical Activity**

<http://www.recreationns.ns.ca/resources/connecting-seniors/>

Connecting Seniors to Active Living Project is the combined effort of Recreation Nova Scotia, Nova Scotia Department of Health Promotion & Protection and the Nova Scotia Department of Seniors. This project represents a commitment to the first steps toward improving active living and physical activity levels of older adults in Nova Scotia.

### **Canadian Physical Activity Guidelines for Adults 65 and older**

From the Canadian Society for Exercise Physiology (CSEP)

<http://www.csep.ca/CMFiles/Guidelines/CSEP-InfoSheets-older%20adults-ENG.pdf> - English

<http://www.csep.ca/CMFiles/directives/CSEP-InfoSheets-older%20adults-FR.pdf> - French

A one-page brochure outlining the recommended amounts of physical activity, levels of intensity, benefits of PA, and tips to get moving.

### **BC Recreation and Parks Association – Active Aging**

[http://www.bcrpa.bc.ca/recreation\\_parks/active-aging](http://www.bcrpa.bc.ca/recreation_parks/active-aging)

The BCRPA offers a few resources on active aging including a Move for Life DVD, an Active Communities Initiative Consultation Report and Literature Review and a Planning for Healthy Aging Literature Review.

### **PEI Department of Health and Wellness – Living a healthy life**

<http://www.gov.pe.ca/health/livingahealthylife>

This site provides an array of general resources and links. The most valuable to the 50+ market would be the Living a health life program. This is specifically designed for people with ongoing health conditions overcome daily challenges and maintain active, fulfilling lives.

### **Go4Life – The National Institute on Aging (U.S.)**

<http://go4life.nia.nih.gov/>

*Go4Life*, an exercise and physical activity campaign from the National Institute on Aging at NIH, is designed to help you fit exercise and physical activity into your daily life. Motivating older adults to become physically active for the first time, return to exercise after a break in their routines, or build more exercise and physical activity into weekly routines are the essential elements of *Go4Life*. *Go4Life* offers exercises, motivational tips, and free resources to help you get ready, start exercising, and keep going. The *Go4Life* campaign includes an evidence-based exercise guide in both English and Spanish, an exercise video, an interactive website, and a national outreach campaign.

### **Courses for Trainers/Fitness Instructors of Older Adults**

#### **Older Adult Fitness Specialist program from Canadian Fitness Professionals (CanFitPro)**

<http://www.canfitpro.com/en/types-of-certifications/older-adult-fitness-specialist-oas>

A comprehensive program designed to provide fitness and health professionals with education to help them make safe and effective decisions when developing and delivering activity and exercise programs for the older adult. It includes the **Older Adult Fitness Specialist Course Manual**, which is used for the Older Adult Fitness Specialist course and certification exam. CanFitPro worked with renowned Canadian

and International authors to create a cutting edge resource that captures all the necessary components of fitness for older adults.

### **YMCA Fitness Education Centre courses**

<http://www.ymcaywca.ca/Adults/educationcentre/> - this one is in the Ottawa area

After a participant has completed a Basic Theory course, covering an introduction to anatomy, nutrition, training and types of fitness leadership, they can specialize in various areas including Older Adult Specialization. This program is designed to build on your knowledge of fitness for the aging population. It includes physiology of the “wise age,” aerobic components, ball stability, strength and conditioning.

### **Seniors Fitness Instructor Course (SFIC) – through the University of Western Ontario**

<http://www.ccaa-outreach.com/courses/show,1.htm>

This is a certification program for anyone (older adults, young adults and volunteers) who wants to learn how to design and lead effective fitness classes for seniors. This comprehensive course consists of 36 hours of in-class training (16 hours of in-class training for the shorter Fast Track).

### **International Curriculum Guidelines for Preparing Physical Activity Instructors of Older Adults Through the Active Aging Community Center**

<http://www.humankinetics.com/aacc-policies-and-guidelines/aacc-policies-and-guidelines/international-curriculum-guidelines-for-preparing-physical-activity-instructors-of-older-adults>

The purpose of the International Curriculum Guidelines for Preparing Physical Activity Instructors of Older Adults is to: ensure safe, effective, and accessible physical activity and fitness programs for older adults; develop competent physical activity instructors of older adults;

- provide more consistency among instructor training programs preparing physical activity instructors of older adults; inform administrators, physical activity instructors, and others about the minimum training guidelines recommended by the profession when recruiting physical activity instructors of older adults;
- clarify the definition and role of a physical activity instructor for older adults;
- establish the level of expertise required to help protect instructors and other facility staff from litigation (lawsuits).

### **Grand Prairie Regional College - Active Aging Fitness Practitioner - Certificate Program**

<http://www.gprc.ab.ca/programs/details.html?ID=304>

The certificate program is designed to enhance a degree in Bachelor of Physical Education, Bachelor of Science in Kinesiology or Bachelor of Science in Nursing. Courses in the program can be taken on a full-time or part-time basis either on-line or in a class room setting.

### **Fitness and Wellness Tips/Blogs/Newletters**

#### **New Brunswick forever in motion physical activity and healthy eating resource guide for older adults**

<http://hepac.ca/2011/07/new-brunswick-forever-in-motion-physical-activity-healthy-eating-resource-guide-for-older-adults/>

This guide is a reference for ideas to get older adults in motion. New Brunswick *in motion*, the Healthy Eating Physical Activity Coalition of New Brunswick(HEPAC) and the Senior and Healthy Aging Secretariat have worked together to produce this guide. This guide is also useful to health care practitioners who wish to prescribe physical activity to their clients/patients as part of their overall health care plan.

#### **50Plus.com**

<http://www.50plus.com/category/home/>

This site includes fitness, wellness, lifestyle, and more tips for adults 50+

<http://www.50plus.com/category/health/tag/fitness/>

This section of the site posts news items specifically related to fitness for older adults.

### **Growing Stronger - Strength Training for Older Adults**

<http://www.cdc.gov/physicalactivity/growingstronger/index.html>

An on-line program for older adults from the Centers for Disease Control and Prevention, based upon sound scientific research involving strengthening exercises—exercises that have been shown to increase the strength of muscles, maintain the integrity of bones, and improve balance, coordination, and mobility. It includes sections on benefits, tips, preparation, intensity information, illustrated exercises, tips on progressions and for staying on track.

### **International Council on Active Aging (Vancouver Head Office)**

<http://www.icaa.cc/>

Many resources here, including an **annual conference** (just completed, Dec), a **Changing the Way We Age® Campaign**, an **Active Aging Week**, which has locally planned events that focus on healthy lifestyles, exercise, strength training, health and fitness assessments, and more. It also has a **Welcome Back to Fitness toolkit** <http://www.icaa.cc/welcomeback.htm> which includes tips, facility checklist, etc. One of the items in the toolkit is an **age-friendly equipment features checklist** <http://www.icaa.cc/welcomeback/equipment.pdf>. There are also guides on choosing personal trainers and fitness facilities.

Its **Walking center** section <http://www.ipfh.org><http://www.thorlo.com> provides many resources on scientifically based walking information and programs.

### **Books, Videos etc**

#### **Human Kinetics**

**Books, videos, articles, online courses, software, studies, etc., and other links**

<http://www.humankinetics.com/activeaging>

Many physical activity, fitness, and wellness resources for purchase and some to download in the Active Aging section. Examples include Fitness and Nutrition, Senior Sports, Instruction and Programming for Older Adults, Exercise Programming for Patients with Alzheimer, and many more.

#### **SPRA Resource Centre**

<http://www.spra.sk.ca/resources-and-advocacy/information/>

**Resources Available:**

#### **Functional Fitness assessment for adults over 60** By Roy J. Shepard

Uses current information for non-invasive assessment of the older adult that can be conducted in a field based setting using large numbers of individuals. Comparisons can be made to age and sex related norms.

**Healthy happy aging : a positive approach to active living/** Yvonne Wagorn, Sonia Theberge, William A.R. Orban

#### **Active older adults: Ideas for Action**, edited by Lynn Allen

This manual is for activity directors and program administrators who work with older adults. It contains 15 award-winning fitness programs for seniors, with directions for implementation.

**Armchair Fitness for Seniors: Dance Aerobics, & Strength Improvement** by Betty Switkes (DVDs)

Safe exercises for people who do not want to exercise standing unaided. Benefits of this program used 2-3 times a week include strengthened heart and lungs; lower blood pressure; improved circulation, flexibility and coordination; increased stamina and muscle strength; stabilized blood sugar for diabetics; and enhanced sense of well-being and reduced susceptibility to depression.

**Healthy seniors [compact disc] :** for seniors, aqua, step, dance / Fitness Beat

**Jumpstart for Seniors**

A selection of piano music suitable for low-impact fitness routines. Includes a 30-min Program I and a 15-min Program II.

**Kathy Smith's WALKFIT for a better body / Kathy Smith with Susanna Levin.** Book:

This is a complete program based walking. From warm-up stretches to sure-fire techniques for building speed, strength, and endurance, this book is designed for seniors, teens fitness buffs, the overweight, expectant and news moms.

**Medicine Ball for All Training Handbook**

Complete medicine ball training guide for youth, adults, and seniors. Begins with the basics of medicine ball training and continues through advanced program design considerations. Covers potential health and fitness benefits, how to choose the right medicine balls, safety considerations, training principles, program variables, individual evaluation, program prescription, warm-up and warm-down exercises, lower and upper body, specialty, reaction, stability, core, and flexibility exercises, samples workouts, etc.

**Strong and Safe: Body strength Workout** by Cindy Kozacek – DVD

Toning/balance workout. Focuses on range of motion and functional fitness - moves you use in everyday activities. Demonstrates a variety of modifications and intensities (seated, easier, harder variations) A fast-paced warm-up, then a medley of multiple-muscle-group exercises (e.g. a lower-body squat combined with an upright arm row). Requires 2 to 5 lb. dumbbells and an X-ertube

**Super Seniors** with Megan McCracken DVD

A comprehensive program that incorporates the three basic fitness elements: cardio, balance and toning. Starts with fat-burning, heart-strengthening aerobics, followed by rotations and stretches in the balance and flexibility segment and ends with classic muscle toning moves like leg lifts and bicep curls (both standing and seated in a chair). Has modifications for seniors-specific conditions and includes a pre-workout tutorial. 2 to 5 lb. ankle weights are suggested.

**Walkaerobics for seniors** [VHS videorecording] : the first step to fitness / Stash Furman and Norma Goodridge Furman.

Specially designed for seniors, with various levels of difficulty.

**YogaFit Seniors** by June Shaw – video

Includes variety and modifications, and offers an individualized safe and effective workout for seniors at any fitness level.

**Strong Seniors**

<http://www.strongerseniors.com/>

Senior Exercise DVD Programs Designed to Enhance Your Life

The Stronger Seniors Program focuses on improving the Body, Mind, and Spirit of senior citizens, those with limited mobility or recovering from injury or illness.

### **FITBRIT Seniors Home Workout** [http://www.fitbrit.com/senior\\_home\\_workout\\_beginner.php](http://www.fitbrit.com/senior_home_workout_beginner.php)

Home workout video for seniors. Also a great resource for recreation professionals as it has a four step program that can easily be brought to the recreation centre.

### **Generations Being Active Together: Guidelines for Intergenerational Physical Activity Programs** <http://lin.ca/resource-details/12810>

Includes nine key guidelines to address in the design, implementation and evaluation of intergenerational physical activity programs. What is essential to all IGPA programs is that there is an opportunity for fun, safe and active participation by all. Also includes activity examples.

### **Helpguide.org – Senior Exercise and Fitness Tips**

[http://www.helpguide.org/life/senior\\_fitness\\_sports.htm](http://www.helpguide.org/life/senior_fitness_sports.htm)

Includes steps for getting started and to create a balanced exercise plan. Also includes tips on how to continue your plan when your routine is disrupted by vacations, caring for an infirmed spouse etc.

### **Senior Exercise - Daily Routine for Strength and Balance**

<https://www.youtube.com/watch?v=ok1gB28LaWs>

TaiChiHealthProducts.org presents an 8-minute daily movement routine. Join in with Instructor, Don Fiore. TaiChiHealthProducts.org specializes in Senior Health and Exercise Programs with DVDs, a Meditation CD, and other materials in the works. Used by people with physical challenges, such as Parkinson, and those recovering from surgery, a stroke, heart ailments and stress.

### **Dealing with Difficult Participants by Dave Arch**

[http://books.google.ca/books/about/Dealing\\_with\\_Difficult\\_Participants.html?id=uOgNAAAACAAJ&redir\\_esc=y](http://books.google.ca/books/about/Dealing_with_Difficult_Participants.html?id=uOgNAAAACAAJ&redir_esc=y)

If you deal with difficult participants in your training sessions, you know the destructive effect they can have on their own learning, as well as on the group's learning process. This helpful guide book provides you with the knowledge and skills needed to deal with almost any difficult participant. You'll learn first how to identify the types of difficult participants, and then how to decide which technique (127 in all) is best suited for dealing with that individual. Finally, you'll learn the steps of each technique and how to achieve maximum results.

### **How to Deal with difficult participants**

<http://hqweb.unep.org/ieacp/iea/training/guide/default.aspx?id=1206>

Although like the resource above, this is not older adult specific, it does include some great advice on how to work with difficult people. It was also developed for a very trusted organization, the United Nations. Also available is a section entitled [Participants who create problems: how to deal with them.](#)

## **Equipment**

### **Parent Giving Store – The Ultimate Senior Care Resource**

[http://www.parentgiving.com/shop/staying-fit-261/c/#buyer\\_guide](http://www.parentgiving.com/shop/staying-fit-261/c/#buyer_guide)

The buyers' guide offers a brief description of various equipment ideal for seniors physical activity and training. Equipment includes the Exercise Peddler, Heart Rate Monitor, Pedometer, Resistance exercise bands and cuff weights.

### **Livestrong.com – Exercise Equipment for Seniors**

<http://www.livestrong.com/article/17947-exercise-equipment-seniors/>

This blog article discusses ideal exercise equipment for seniors including cushioned step machines and pool noodles.

### **General Links**

#### **Provincial, Territorial and Regional Recreation Associations**

[Alberta Recreation and Parks Association](#)

[Association des travailleurs et travailleuses en loisir du Nouveau Brunswick](#)

[Association Quebécoise du loisir municipal](#)

[British Columbia Recreation and Parks Association](#)

[Newfoundland and Labrador Parks and Recreation Association](#)

[Northwest Territories Recreation and Parks Association](#)

[Parks and Recreation Ontario](#)

[Recreation PEI](#)

[Recreation and Parks Association of the Yukon](#)

[Recreation Connections Manitoba](#)

[Recreation New Brunswick](#)

[Recreation Nova Scotia](#)

[Saskatchewan Parks and Recreation Association](#)

[North Eastern Ontario Recreation Association \(NeORA\)](#)

[YRAC \(York Region Aquatic Council\)](#)

#### **Canada 55+ Games and Provincial Counterparts**

[Canada 55+ Games](#)

[Alberta Senior Citizens Sport & Recreation Association](#)

[ALCOA-MB](#)

[British Columbia Senior Games](#)

[FADOQ](#)

[New Brunswick 55+ Games](#)

[NWT Seniors Society](#)

[Nova Scotia 55+ Games](#)

[Ontario Senior Games Association](#)

[PEI 55 Plus Senior Games Society](#)

[Saskatchewan Senior Fitness Association Inc.](#)

[Yukon Elder Active Recreation Association](#)

