



Age Friendly



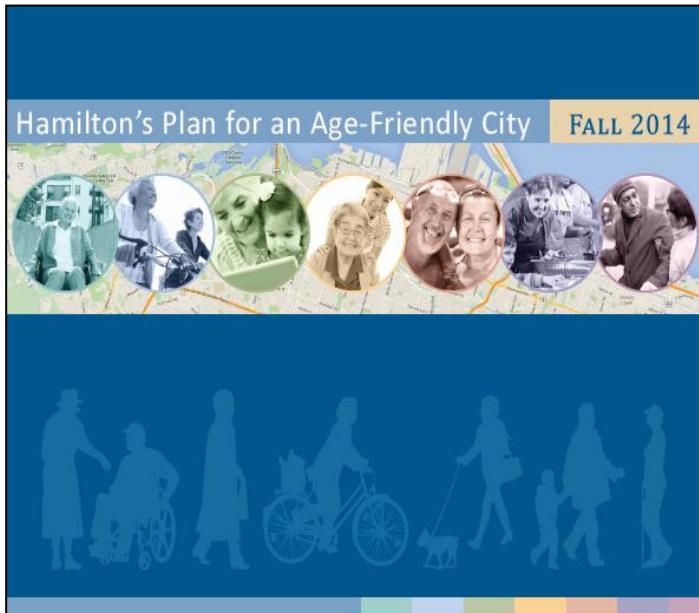
Hamilton



Let Get Moving!

Age-Friendly Seniors Summit, Nov 3 2017

Presented by: Margaret Denton, Ph.D
Chair, Hamilton's Age Friendly Governance Committee
Board Member, Hamilton Council on Aging &
Professor Emeritus, McMaster University



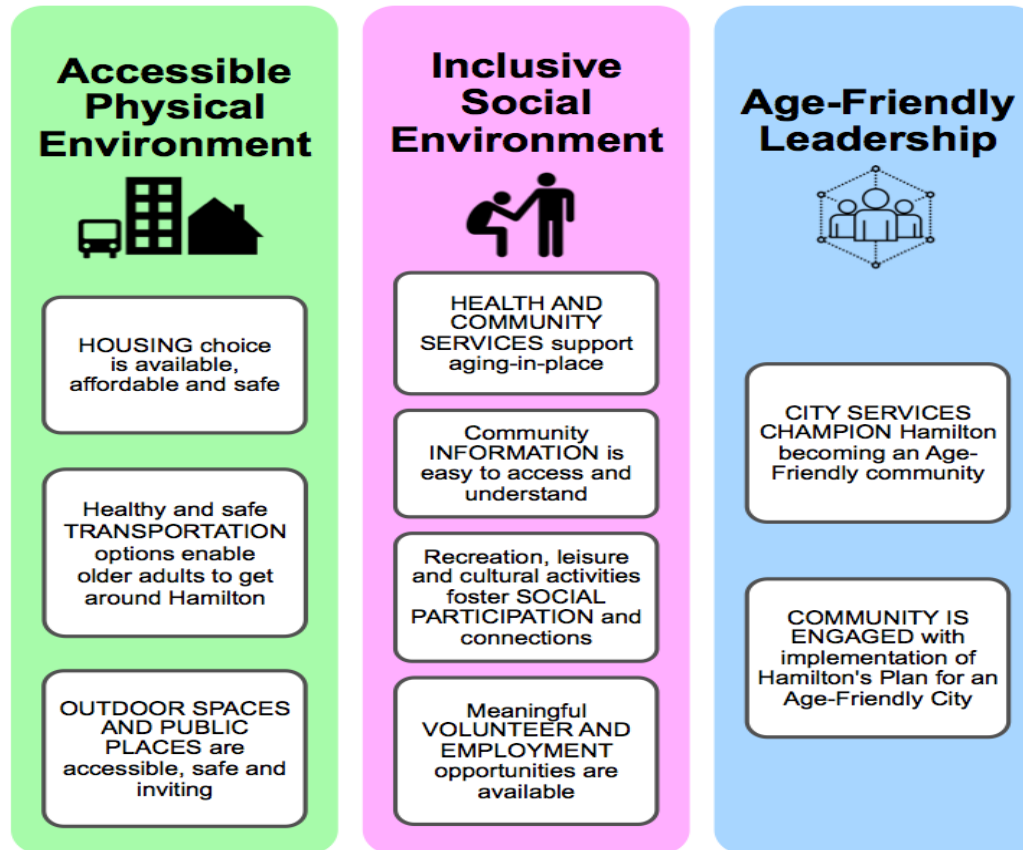
- ✓ Approved 2014
- ✓ 5-year Community Plan
- ✓ Partnership of HCoA, The City of Hamilton, and SAC, with leadership provided by a Collaborative Governance Committee
- ✓ 101 actions in 7 key areas
- ✓ **Currently we are implementing and evaluating our Plan**



Age Friendly Hamilton

Our Strategy

Hamilton's Plan for an Age-friendly City Evaluation Framework: Age-Friendly Directions and Outcomes



Hamilton's Plan for an Age-Friendly city seeks to implement 101 actions in seven goal areas. This evaluation framework summarizes the Plan's actions into three Age-Friendly Directions: an accessible physical environment, an inclusive social environment and development of age-friendly leadership. These Age-Friendly Directions will be measured by indicators in nine Outcome areas.

Credits: Icons from thenounproject.com (bus by Bernar Novalyi; buildings by Artsiom Labada; comforting by Luis Prado; team by Chameleon Design)

Neighbourhood Walkability

WALKABILITY IN
EIGHT HAMILTON
NEIGHBOURHOODS

2011 HCoA Report:
Walkability in Eight
Hamilton Neighbourhoods

www.coahamilton.ca



Visit Friendly Streets
Hamilton Interactive Map
to give feedback on
Hamilton's streets:
www.friendlystreetshamilton.wordpress.com

Let's Get Moving (2017-2019)

A Project of the Hamilton Council on Aging
In Partnership with the City of Hamilton Public Health,
Recreation, Seniors Advisory Committee, SOBI Hamilton, RTO,
and McMaster University Rehabilitation Sciences

Funded by the Ontario Sport and Recreation Communities Fund



Let's Get Moving Project – 2017-2019

Project Objectives

Let's Get Moving focuses on the lifelong enjoyment of sport and physical activity by:

- ✓ Educating older adults on the mutual benefit of various forms of active transportation as a means of getting around, and
- ✓ Encouraging older adults to stay active, engaged, and healthy as through the aging process.



Let's Get Moving Project – 2017-2019

Project Deliverables

Let's Get Moving is inspired, designed, and facilitated by older adults and includes the following deliverables:

- ✓ 10 Let's Take the Bus Workshops for up to 300 older adults
 - ✓ 10 Let's Take a Walk Workshops for up to 300 older adults
 - ✓ 10 Let's Ride Bike workshops for up to 300 older adults
- **Resource:** Age Friendly Hamilton 2018 Let's Get Moving Trail Guide
 - **Resource:** 2019 Walking and Cycling Groups for older adults in greater Hamilton





65+ GUIDE TO TAKING THE BUS IN HAMILTON

An Age Friendly Program of
the Hamilton Council on
Aging (HCoA)

Age Friendly



Let's Take the Bus Workshop for Seniors

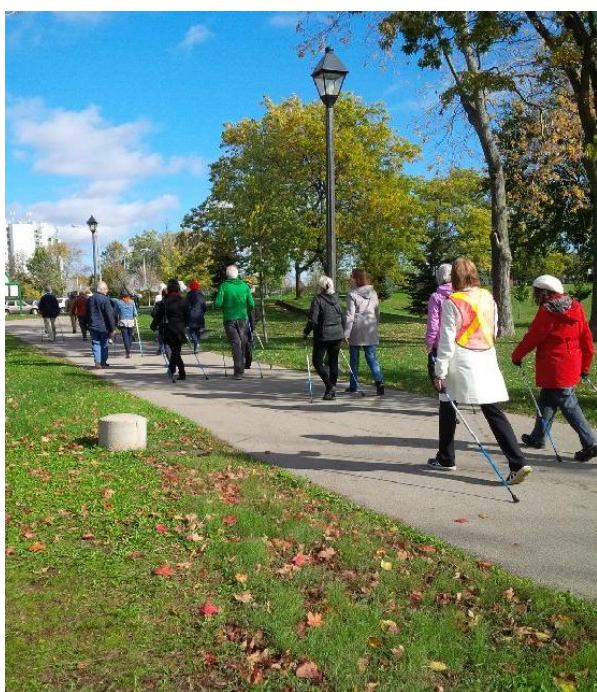
What A 3-hour workshop designed to introduce and reintroduce seniors to Hamilton's age friendly buses

Content About the HSR, Payment Options, Trip Planning, Benefits to using public transit, Other Transportation Options

Special Each Let's take the Bus Workshop Features _____ includes a live demonstration of accessible bus features, Ride on a chartered bus along a designated bus route & complimentary lunch!

RESOURCE: [65+ Guide to Taking the Bus in Hamilton \(available in 10 languages\)](#)

- ❖ **10 Let's Take the Bus Workshops will be offered for up to 300 seniors from 2017-2019.**



Let's Take a Walk Workshop for Older Adults

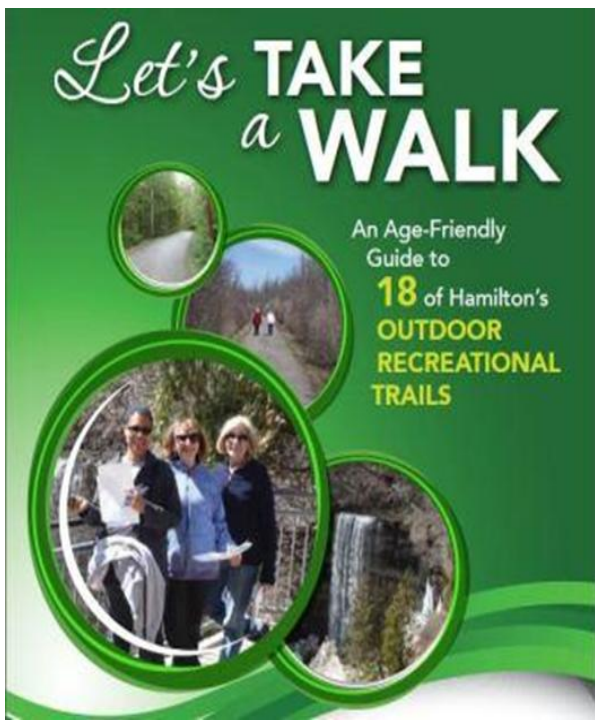
What A 3-hour workshop designed to introduce older adults to Hamilton's Age Friendly Trails

Content Benefits of Walking, Introduction to Let's Take a Walk Trail Guide, Guided Walk along one of Hamilton's Age Friendly Trails

Special Features We work with community partners and fitness instructors to design a special walk for each workshop (ex. QR exercises). Each workshop includes a complimentary lunch.

RESOURCE: *Let's Take a Walk: An Age Friendly Guide to 18 of Hamilton's Outdoor Recreational Trails*

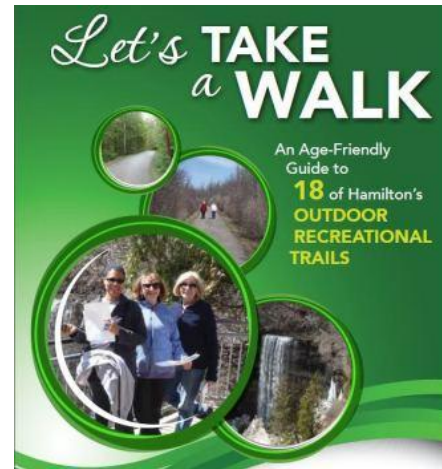
❖ 10 Let's Take a Walk Workshops will be offered for up to 300 seniors from 2017-2019.












Resource:

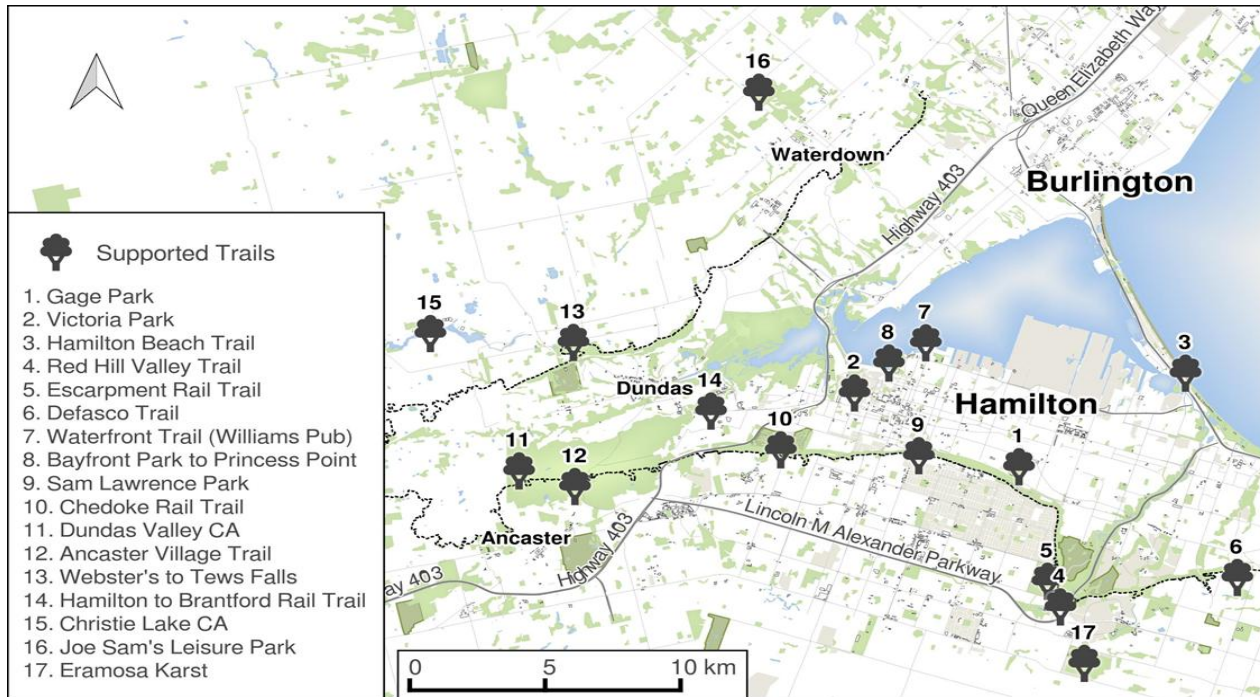
Let's Take a Walk: Age Friendly Hamilton Trail Guide

Updated Guide will be available in 2018!



MAP LEGEND

-  Main Trail
-  Bruce Trail
-  Cycle Path
-  Parking
-  Bus Stop
-  Restroom
-  Information
-  Escarpment
-  Waterfall
-  Picnic Area
-  Viewpoint
-  Beach
-  Baseball
-  Soccer
-  Tennis
-  Playground
-  The Hermitage



Partnering Organizations:



COMING IN 2018

Let's Ride a Bike Workshop for Older Adults



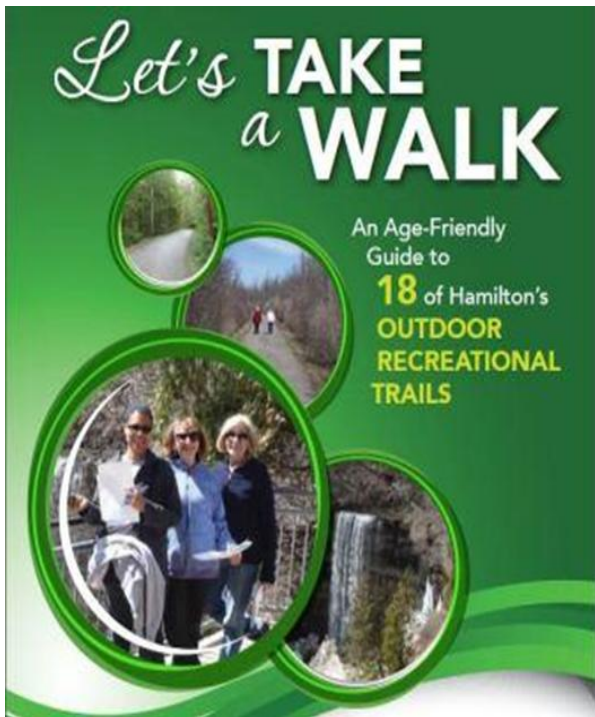
What A 3-hour workshop designed to introduce older adults to riding a bike

Content HCoA will be working with City of Hamilton Recreation, Public Health, New Hope Bicycles, and McMaster University Rehabilitation Sciences Program to design an introductory cycling workshop for older adults.

Special Workshops will take place on an Features outdoor trail. SOBI bikes will be available for workshop participants. All workshops will include a complimentary lunch.

RESOURCE: [*Let's Take a Walk: An Age Friendly Guide to 18 of Hamilton's Outdoor Recreational Trails \(updated guide\)*](#)

❖ **10 Let's Take a Bike Workshops will be offered for up to 300 seniors from 2018-2019.**





Thank you and Questions

Margaret Denton, Ph.D
Chair, Age Friendly Hamilton Governance Committee
Board Member, Hamilton Council on Aging
Professor Emeritus, McMaster University
mdenton@cogeco.ca

HCoA

Hamilton Council
on Aging

10 years
and growing stronger

Contact Us

Shelagh Kiely
Project Coordinator
Age Friendly Hamilton,
Let's Get Moving
Hamilton Council on Aging
905-777-3837 ext. 12238
kielys@hhsc.ca

Lisa Maychak
Project Manager
Age Friendly Hamilton
City of Hamilton
905-546-2424 ext. 1721
Lisa.maychak@Hamilton.ca

www.coahamilton.ca