

Age Friendly Windsor Working Group
Meeting held October 10, 2024

A meeting of the Age Friendly Windsor Working Group is held this day commencing at 9:00 o'clock a.m. at the Optimist Community Centre, 1075 Ypres Avenue, there being present the following members:

Gerald Corriveau
Andrea Grimes
Cindy Matchett
Roxanne Tellier
Tom Wilson (arrives at 9:07 a.m.)

Regrets received from:

Larry Duffield

Also present are the following resource personnel:

Kara Kristof, Supervisor Community Programming
Cristina Ritorto, Client Support & Staff Development Coordinator
Karen Kadour, Committee Coordinator

1. Call to Order

Kara Kristoff, Chair calls the meeting to order at 9:01 o'clock a.m. and the Working Group considers the Agenda being Schedule A attached hereto, matters which are dealt with as follows:

2. Declaration of Conflict

None disclosed.

3. Adoption of the Minutes

Moved by Andrea Grimes, seconded by Roxanne Tellier,
That the minutes of the meeting of the Age Friendly Windsor Working Group held June 13, 2024 **BE ADOPTED** as presented.
Carried.

4. Business Items

4.1 National Senior's Day Review – October 1, 2024

The Chair advises that the Recreation Department held a free aquafit at the Windsor International Aquatic and Training Centre for National Senior's Day. She states that Mayor Drew Dilkens signed a Proclamation commemorating "National Seniors Day", **attached** as Appendix "A".

Roxanne Tellier remarks that a group organized seniors' walks across Ontario for National Senior's Day and suggests that the Working Group coordinate with this organization.

4.2 Update from Transit Windsor – Recommendations from Age Friendly Working Report

The Chair advises in speaking with Steve Habrun, Director, Operations and Planning, Transit Windsor the following remarks were provided:

- Transit Windsor is looking to service all residents, not only students and seniors.
- Looking to establish improved services and routes.
- Looking to ensure that all bus stops are accessible.
- All buses currently are up to AODA guidelines and are considered accessible for all residents.
- By year end, there will be an additional 18 new buses.
- New routes now connect riders to Amherstburg, Lasalle, and Leamington.
- The new routes allow for express transit which reduces the time to reach a destination.
- Building a new east end terminal.

Tom Wilson asks if Transit Windsor has done any surveys or studies on the age of the population of people who take the bus and if so, could this committee be provided with those stats. Secondly, knowing where senior apartments are located, is that information taken into consideration for their transit routes as this is a huge problem.

Cindy Matchett suggests that Transit Windsor consider more of a discount for seniors.

Roxanne Tellier expresses concern that bus service to Sand Point Beach (during the summer months) is not available.

Moved by Tom Wilson, seconded by Roxanne Tellier,
That Administration at Transit Windsor **BE REQUESTED** to review the following questions provided by the Age Friendly Windsor Working Group and to report back:

- Are there current studies or surveys identifying those who utilize the bus services

- Provide the population and age groups of those use Transit Windsor
- Does transit take into consideration the areas where seniors reside in terms of bus routes.
- Has an updated route for the Riverside area been established.
- Has consideration been given to reintroducing a “grocery run” for Seniors’ homes as an addition to the bus service.

Carried.

4.3 Presentation – Age Friendly Communities Outreach Program – Age Friendly 101

Cheryl Athersych, Knowledge Broker, Centre for Studies in Aging and Health at Providence Care appears before the Working Group virtually and provides the following overview:

- Recognizing the profound impact of large populations of older people on communities, the World Health Organization initiated the Global Age-Friendly Cities Project in 2005 to promote policies, services, settings and structures that enable older adults to actively age-in-place.
- The 8 domains of the age friendly communities (AFC’s) include:
- Physical Environment
 - Outdoor Spaces & Public Buildings
 - Transportation
 - Housing
- Social Environment
 - Social Participation
 - Respect & Social Inclusion
 - Civic Participation & Employment
- Personal Well-Being
 - Communication & Information
 - Community Support & Health Services

The Goals of the Ontario AFC Outreach Program are to:

Strengthen community capacity to implement, evaluate and sustain age-friendly activities

Increase collaboration by connecting people, ideas and resources

Raise awareness about AFC benefits, promising practices and planning principles

Age-friendly communities provide information about community events and services in accessible formats, i.e. newsletter, and resource guides, print materials

Ontario’s AFC Planning Guide has 4 interconnected steps:

- Define local principles
- Assess need

- Development Action Plan and Implement

The Presentation entitled “Age-Friendly Communities, Cheryl Athersych, The Centre for Studies in Aging at Providence Care” is **attached** as Appendix “B’.

Andrea Grimes agrees with establishing the low/high effort regarding what is attainable and what is a waste of resources.

In response to a question asked by Roxanne Tellier regarding how their base was developed, i.e. newsletter, Cheryl responds that their newsletter goes out to organizations. She adds that many communities have their own resources that are sent frequently and indicates that phone numbers and addresses are requested at every event. She states that they have a print copy of events and services that is sent out on a regular basis to interested folks.

Andrea Grimes refers to the proliferation of scamming – phone, financial and intimacy scamming and suggests this is something that the Working Group can move on.

The Chair asks if most communities utilize digital marketing/newsletters or, do they use print. Cheryl Athersych responds that many communities use digital, and some communities focus on both due to a lack of access to computers.

Cheryl Athersych remarks that there are 6 free E-Learning Modules that address how to do age friendly work along with several webinars on their website. The Chair notes that the links will be shared with the Working Group.

Gerald Corriveau leaves the meeting at 10:25 o’clock a.m.

Tom Wilson states that he is interested in providing information to the group about programs and public engagements organized by Life After Fifty, and notes that there may be a conflict of interest in providing such information to the Age Friendly Working Group. No conflict is perceived, and the Chair agrees that the Working Group and Life After Fifty should collaborate more going forward.

4.4 Community Engagement Event Planning – Fraud Discussion

The Chair advises that the Fraud Discussion event has tentatively been scheduled for Thursday, November 14, 2024, from 10:00 a.m. to 12:30 p.m. at the Optimist Community Centre. She adds that Frank Fazio from CySAT Security Inc., will provide a PowerPoint Presentation followed by a question-and-answer period. A representative from Windsor Police may also be attending to speak to the fraud issue.

Moved by Cindy Matchett, seconded by Roxanne Tellier,
That **APPROVAL BE GIVEN** to an expenditure in the upset amount of \$2,000

for the Fraud Presentation to be provided by CySAT Security Inc. which will also include refreshments.

Carried.

5. Action Items

6. Date of Next Meeting

The next meeting will be held at the call of the Chair.

7. Adjournment

There being no further business, the meeting is adjourned at 11:55 o'clock a.m.



THE CITY OF WINDSOR

OFFICE OF THE MAYOR

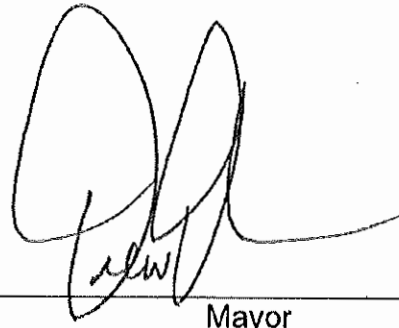
DREW DILKENS, DBA
MAYOR

PROCLAMATION

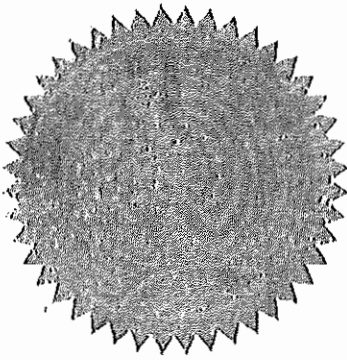
**"National Seniors Day"
October 1, 2024**

- WHEREAS:** National Seniors Day is an opportunity for Canadians to celebrate older adults throughout the country; and,
- WHEREAS:** Seniors contribute immensely to the life and vibrancy of our community by serving as active leaders, caregivers, volunteers, and more; and,
- WHEREAS:** The health and wellbeing of older adults is in the interest of all and adds to the health and wellbeing of our community; and,
- WHEREAS:** The knowledge and experience older adults pass on to us continues to benefit all; and,
- WHEREAS:** In June 2012, The City of Windsor became a member of the World Health Organization (WHO) Global Network of Age-Friendly Cities and continues to develop an Action Plan to enhance Windsor's status as an Age-Friendly community; and,
- WHEREAS:** The City of Windsor's Age Friendly Working Group would like to recognize October 1st as National Seniors Day;
- THEREFORE:** I, Drew Dilkens, Mayor of the City of Windsor, do hereby proclaim

October 1, 2024
"National Seniors Day"
in the City of Windsor.



Mayor



Age-Friendly Communities

Cheryl Athersych

The Centre for Studies in Aging & Health at Providence Care



Presentation Overview

Part 1: What are Age-Friendly Communities (AFCs)?

- 8 domains of age-friendly
- Community examples in each domain
- Benefits

Part 2: Age-Friendly Community Outreach Program

- AFC Planning Guide
- Supports

Part 3: Next Steps for Windsor

- Outreach strategies
- Q&A

Origins of the Age-Friendly Community Concept

- Recognizing the profound impact of large populations of older people on communities and community infrastructures, the WHO initiated the Global Age-Friendly Cities Project in 2005 to promote policies, services, settings and structures that enable older adults to actively age-in-place.



8 Domains of AFCs (WHO, 2007)

Physical Environment	<ol style="list-style-type: none">1. Outdoor Spaces & Public Buildings2. Transportation3. Housing
Social Environment	<ol style="list-style-type: none">4. Social Participation5. Respect & Social Inclusion6. Civic Participation & Employment
Personal Well-being	<ol style="list-style-type: none">7. Communication & Information8. Community Support & Health Services

1. Outdoor Spaces & Public Buildings



- Safe and accessible neighbourhoods encourage outdoor activities and engagement with the community.
- Example Strategies:
 - Stop Gap Ramps
 - Installation of benches
 - Extending time of cross-walk signals
 - Age-Friendly Parks Checklist, Benches & Signage in London

2. Transportation



- The condition and design of transportation-related infrastructure affect personal mobility.
- Access to public transit becomes increasingly important when driving becomes challenging, or when the privilege of driving is no longer available as an option.
- Example strategies:
 - Cycling safety workshops
 - Training for older adults on how to use public transit
 - Driving safety clinics

3. Housing



- The availability of a range of appropriate, affordable and supportive housing options that incorporate flexibility through adaptive features and offer a choice of styles are essential for an AFC.
- Example strategies:
 - Homesharing programs
 - Housing directories
 - Home safety programs

4. Community Support and Health Services



- Access to and awareness of services and mental and physical health programs contribute to quality of life and age-friendliness
- Example strategies:
 - Fall prevention classes
 - Cooking programs
 - Community paramedicine

5. Social Participation



- Social participation involves the level of interaction that older adults have with other members of their community
- Example strategies:
 - Physical activity programs
 - Arts-based programming
 - Tea and talk educational and social sessions

6. Respect and Social Inclusion



- Community attitudes, such as a general feeling of respect and recognizing the role that older adults play in our society, are critical factors for establishing an inclusive and age-friendly community
- Example strategies:
 - Senior of the Year Award
 - Intergenerational Programming
 - Age-Friendly Business Programs

7. Civic Participation and Employment



- Civic engagement includes older adults' desire to be involved in aspects of community life
- The ability of an older adult to remain employed or find new employment provides economic security.
- Example strategies:
 - Support for voting
 - Volunteer fairs
 - Age-friendly employment programs

8. Communication and Information



- Age-friendly communities provide information about community events and services in accessible formats.
- Example strategies:
 - Newsletter
 - Resource Guides
 - Fairs or expos

Benefits of Age-Friendly Communities

- *Individual Benefits*
 - Increased healthy behaviours
 - Supports aging-in-place
 - Increased opportunities for social interaction and connection
 - Improved awareness of community and health services



Benefits of Age-Friendly Communities

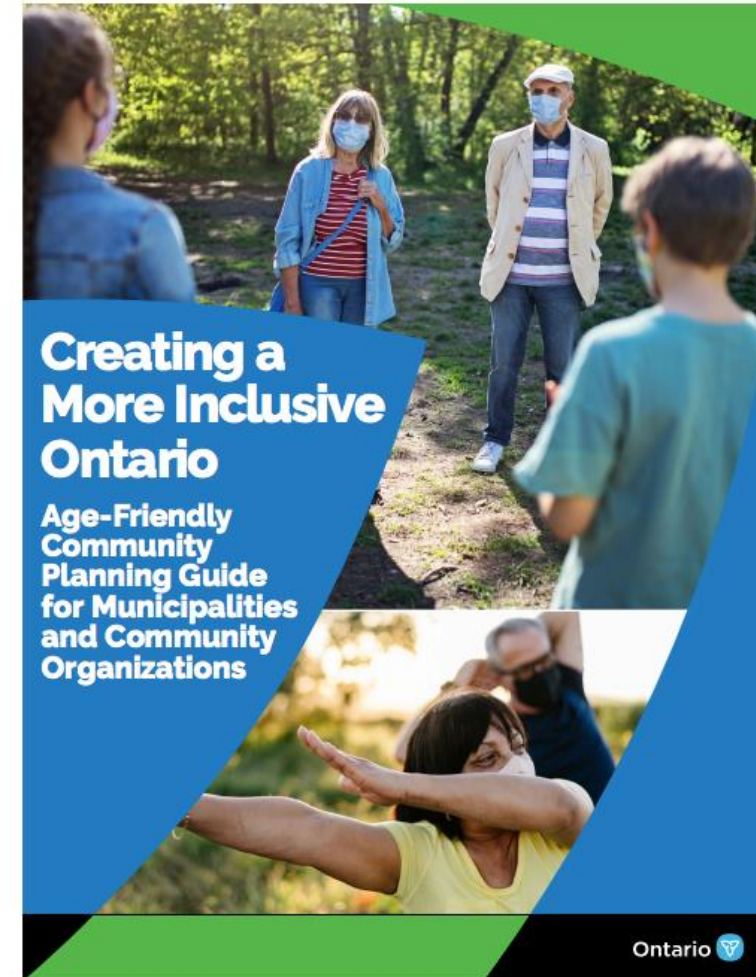
- *Community Benefits*
 - Economic (retention, tourism)
 - Volunteerism
 - Fosters intergenerational connections
 - Increased housing options
 - Improved accessibility



Ontario's AFC Planning Guide

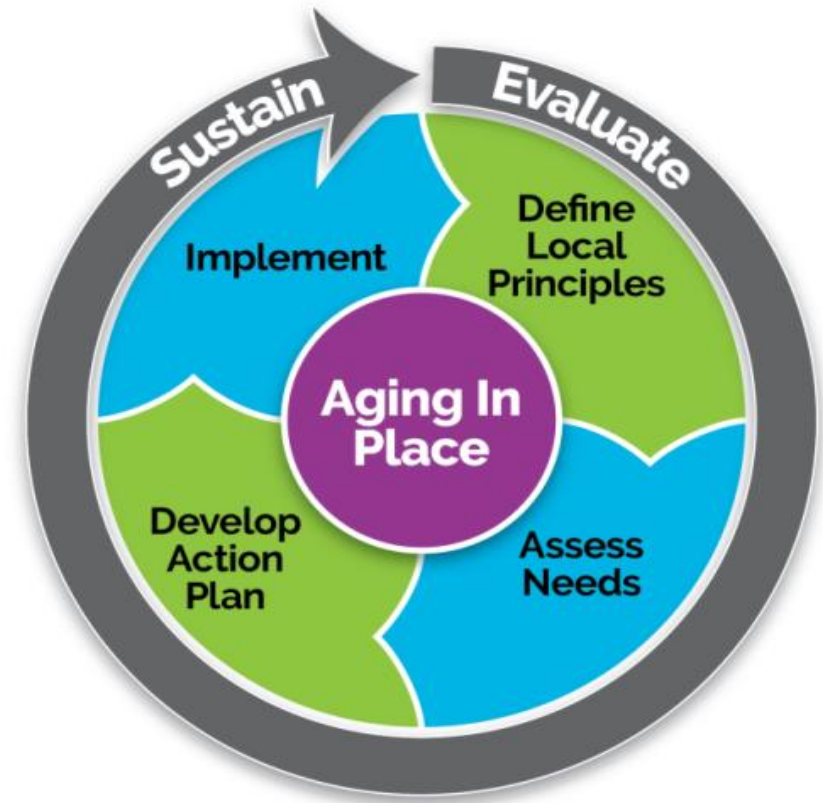
Creating a More Inclusive Ontario: Age-Friendly Community Planning Guide for Municipalities and Community Organizations

- Diverse populations addendum
- AFC planning toolkit



Ontario's AFC Planning Guide

- 4 interconnected steps:
 - Define Local Principles
 - Assess Need
 - Develop Action Plan
 - Implement
- Evaluation as integral and ongoing activity throughout



Graph courtesy of *Creating a more inclusive Ontario: age-friendly community planning guide for municipalities and community organizations*.
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AFC Process: Define Local Principles

Governance:

- Steering committee
- Roles, responsibilities
- Infrastructure
- Funding

Vision:

- Guiding principles
- Goals

“Peterborough is a thriving region that is inclusive, respectful, and accessible to people of all ages and abilities.”

“We are committed to building an Age-Friendly Ottawa that maximizes opportunities for healthy and active aging.”

“Durham Region is a community where all residents – regardless of age, ethnicity, race, gender or ability – feel included, respected, and enjoy a high quality of life.”

AFC Process: Assess Needs

- Collection of information
 - Surveys, interviews, focus groups
- What is the community doing well?
- What can be improved?



AFC Process: Develop Action Plan

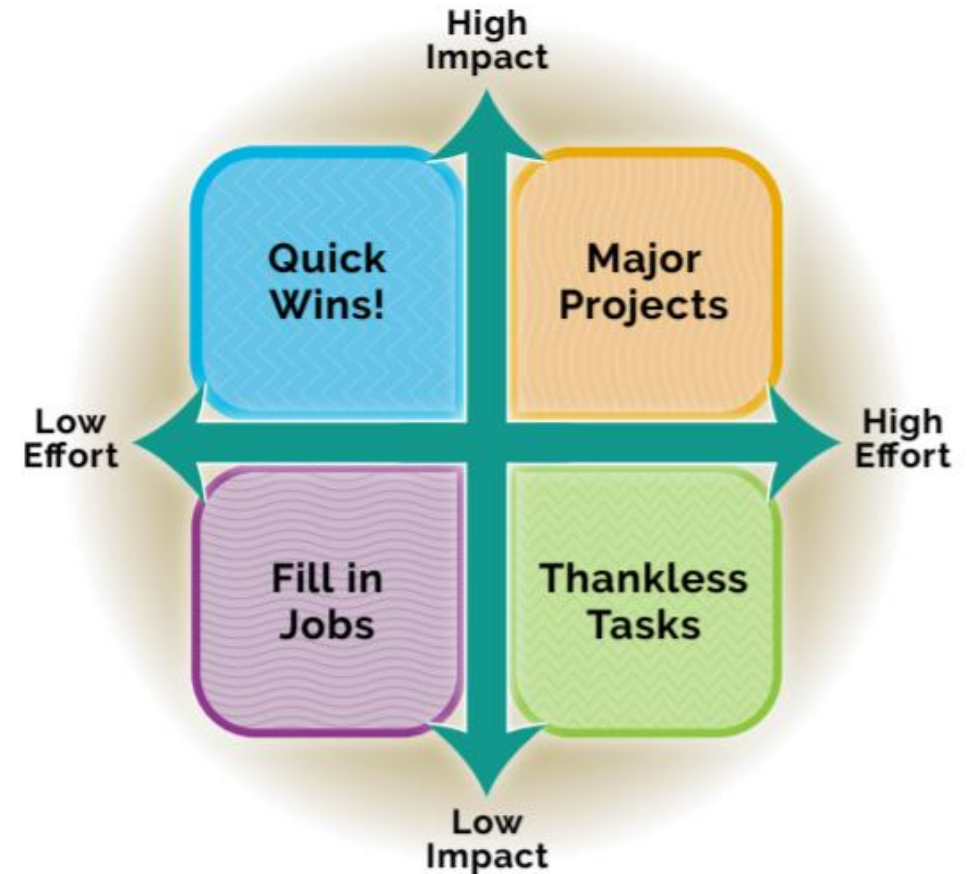
- Select priorities and develop short and long-term strategies that address gaps identified in needs assessment
- Structured along the 8 domains



AFC Process: Implement

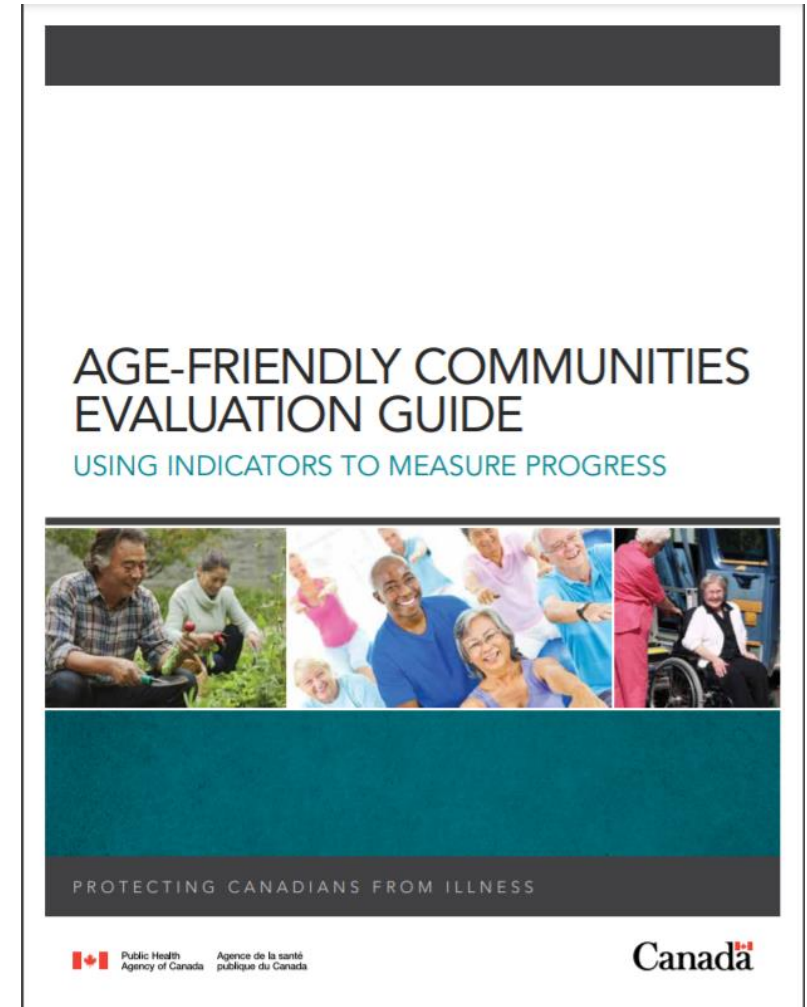
- Capitalize on 'Quick Wins'
 - Low effort, high impact
- Leverage Funding Opportunities
 - Municipal, provincial and federal government grants

Impact-Effort Matrix



AFC Process: Evaluate & Sustain

- Process Evaluation
 - Monitoring implementation
- Outcome Evaluation
 - Measures results
- Quality Improvement
- Sustainability strategies



Ontario AFC Outreach Program

- Established in 2015
- Managed by the [Centre for Studies in Aging and Health at Providence Care](#) in partnership with Queen's University
- Funded by the Government of Ontario through the [Ministry for Seniors and Accessibility](#)

Ontario
Age-Friendly
Communities



Outreach Program

Ontario AFC Outreach Program

- Provincial Knowledge Translation and Exchange program designed to support AFC development in Ontario
- Goals are to:
 1. **Strengthen community capacity** to implement, evaluate and sustain age-friendly activities
 2. **Increase collaboration** by connecting people, ideas and resources
 3. **Raise awareness** about AFC benefits, promising practices and planning principles

Ontario AFC Outreach Program: Core Facilitation Strategies

1. Knowledge Broker
2. Collaborative Networks
3. Monthly e-Newsletter
4. Webinars
5. Website
6. Interactive Maps
7. Community Profiles
8. Annual Provincial Survey

1. Knowledge Broker

- Ask questions
- Get connected (to people, resources etc.)
- Consult
- Request presentations
- Update online profile
- Ask for a letter of support

2. Collaborative Networks

- Regional Age-Friendly Networks
 - Connect with other AFC Initiatives in your region
 - Bi-monthly virtual meetings
 - Northern, Eastern, Central, Southwestern
- Age-Friendly Businesses Working Group
- Community of Interest on Social Isolation and Loneliness



3. Monthly e-newsletter

- News stories
- Events
- Funding announcements
- Resources
- Spotlight



Dear <<First Name>>.

I hope you are enjoying the spring weather! I am excited to share two upcoming events in the month of May:

- On May 18 from 11:30 a.m. - 1:00 p.m. (EDT), the Ontario Age-Friendly Communities Outreach Program will be participating in a webinar hosted by [Health Promotion Ontario](#) on the topic of *Intersectoral Collaboration: Coming to the Table*. Register [here](#).
- On May 30 from 10:00 - 11:30 a.m. (PDT), [Grandpals](#), a program managed by the [Centre for Studies in Aging and Health](#), will be participating in a webinar hosted by the United Way of British Columbia on *Intergenerational Programs*. Register [here](#).

Keep reading for a selection of age-friendly news, events, research, and reports.

Kind regards,
Emily

—

Emily Mullins
Age-Friendly Communities Knowledge Broker
mullinse@providencecare.ca

4. AFC Webinar Series

- Webinar series about AFC planning, implementation, evaluation, promising practices and emerging trends.



Exploring the Intersections between Caregiving and Age-Friendly Communities



The Centre for Studies in Aging &...
499 subscribers

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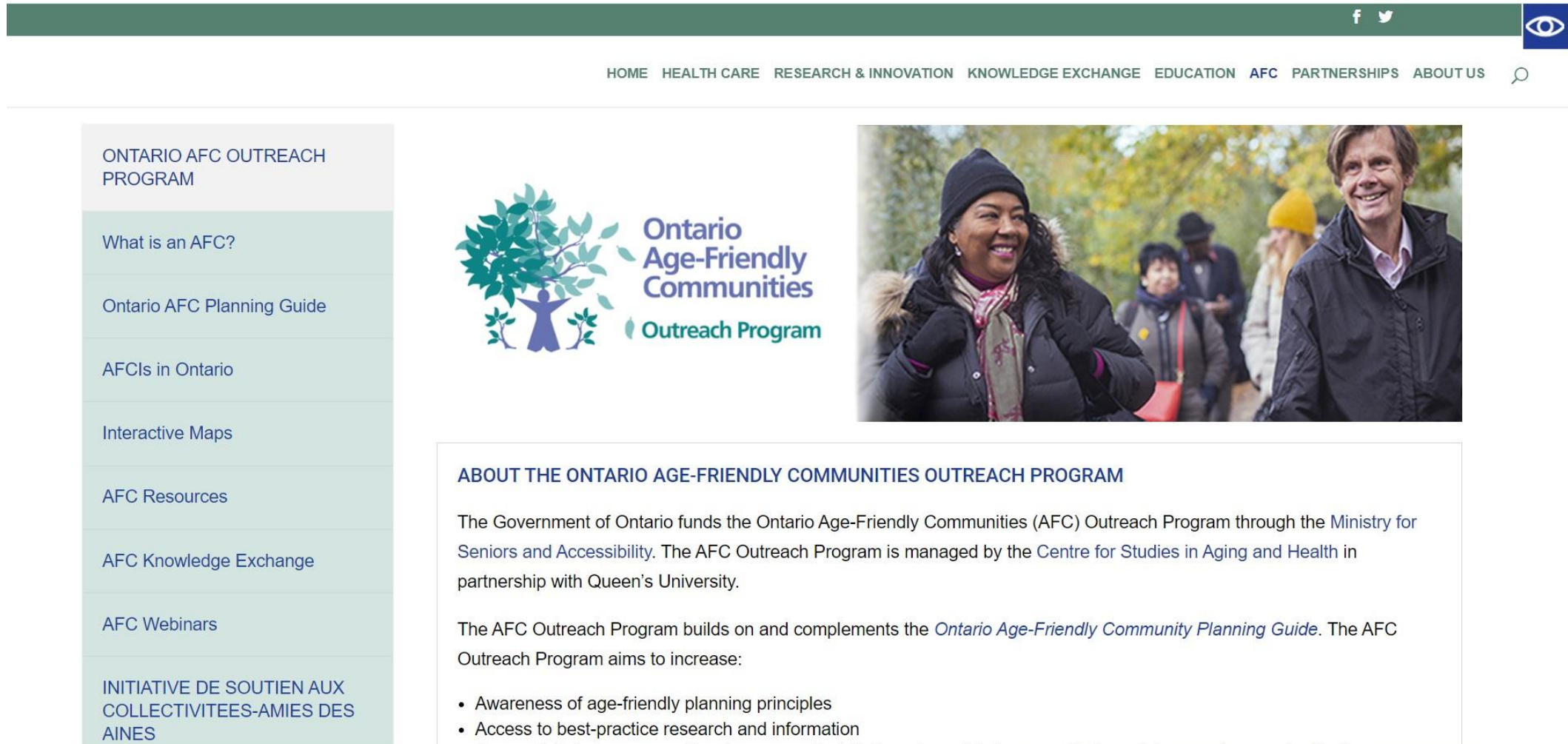


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5. Website: www.agefriendlyontario.ca




HOME HEALTH CARE RESEARCH & INNOVATION KNOWLEDGE EXCHANGE EDUCATION AFC PARTNERSHIPS ABOUT US

ONTARIO AFC OUTREACH PROGRAM

- What is an AFC?
- Ontario AFC Planning Guide
- AFCs in Ontario
- Interactive Maps
- AFC Resources
- AFC Knowledge Exchange
- AFC Webinars
- INITIATIVE DE SOUTIEN AUX COLLECTIVITEES-AMIES DES AINES

Ontario Age-Friendly Communities Outreach Program



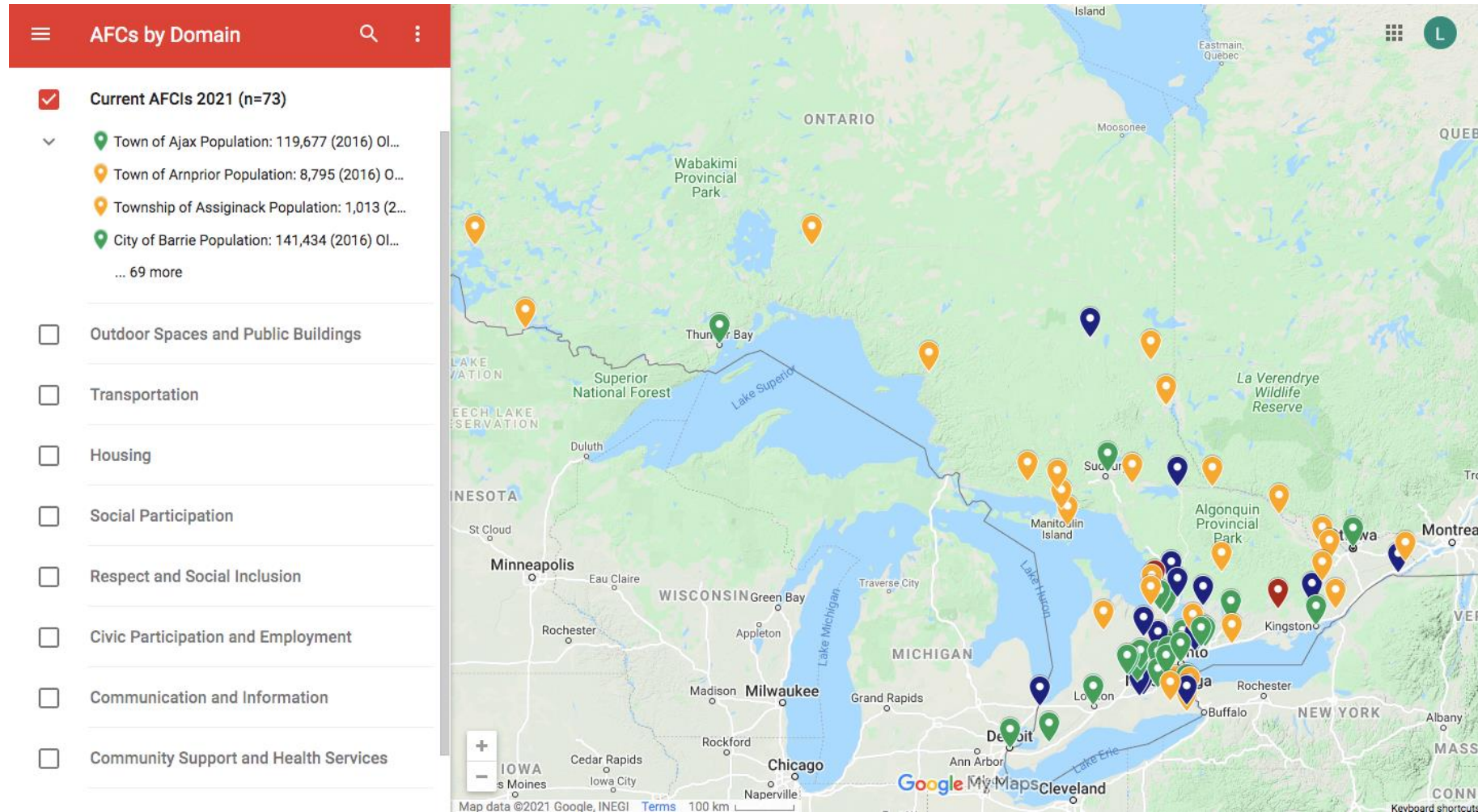
ABOUT THE ONTARIO AGE-FRIENDLY COMMUNITIES OUTREACH PROGRAM

The Government of Ontario funds the Ontario Age-Friendly Communities (AFC) Outreach Program through the Ministry for Seniors and Accessibility. The AFC Outreach Program is managed by the Centre for Studies in Aging and Health in partnership with Queen's University.

The AFC Outreach Program builds on and complements the *Ontario Age-Friendly Community Planning Guide*. The AFC Outreach Program aims to increase:

- Awareness of age-friendly planning principles
- Access to best-practice research and information

6. Interactive Maps



7. Community Profiles

- Contact information
- Funding sources
- Current and completed projects
- Community Documents

Waterloo, City of

AFC Communities - West, Age-Friendly Communities, Age-Friendly Communities Outreach

COMMUNITY PROFILE

Name of Committee: Age-friendly Waterloo multi-agency committee

Population: 134,600

Contact:

- Website: www.waterloo.ca/en/living/agefriendlycity.asp
- Email: Jenny Flagler-George (Chair, Age-friendly multi-agency committee) jflagler@uwaterloo.ca

Funding:

- New Horizons Grant
- In-kind funding from the City of Waterloo

This profile was updated July 2018.

AGE-FRIENDLY PROGRAM DESCRIPTION

CURRENT AND COMPLETED AFC PROJECTS, PROGRAMS AND INITIATIVES

COMMUNITY DOCUMENTS

8. Annual Provincial Survey

- Monitor and evaluate AFCl implementation, sustainability, enablers, challenges, and outcomes
 - Results over time, regional, provincial, size
- Get feedback and inform the Outreach Program's ongoing activities and supports offered
- Report findings and key takeaways to stakeholders, including MSAA partners

Next Steps

1. Steering committee
2. Define Roles and Responsibilities
3. Create an Age-Friendly Community Profile
4. Needs Assessment
5. Consider Funding
6. Join our distribution list
7. Visit our website to see other community examples and resources

Outreach strategies

- Piggyback on other services (meals on wheels, church services, local walking clubs, libraries etc.)
- Print materials left in public places
- Print media
- Radio and local television announcements
- Solicit contact information at other events

Questions? Get in touch!

- Cheryl Athersych, Knowledge Broker, Centre for Studies in Aging and Health at Providence Care
 - Email: athersychc@providencecare.ca
 - Website: www.agefriendlyontario.ca

