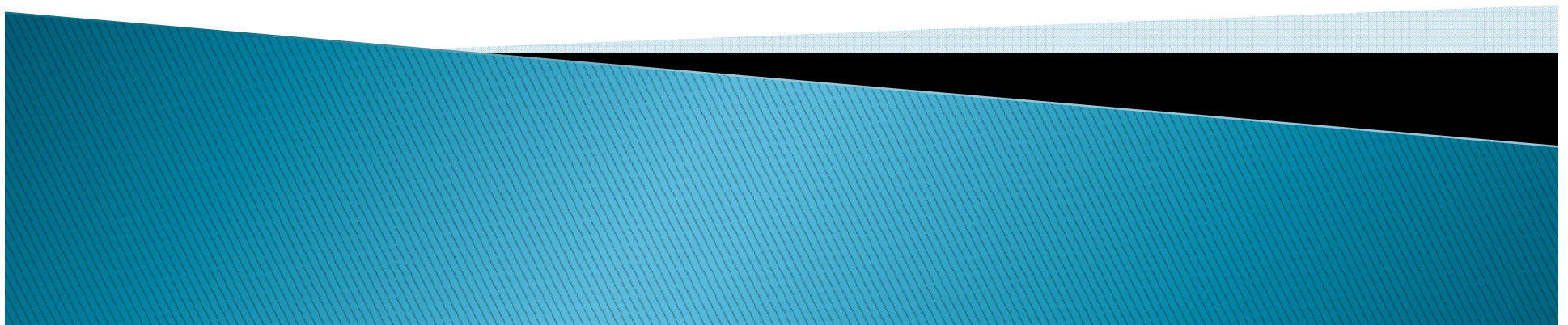


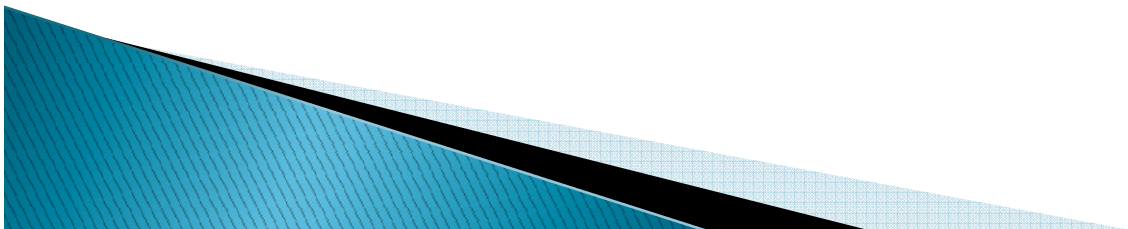
Age Friendly Hamilton: A City for ALL Ages

Dr. Margaret Denton
President, Board of Directors
Hamilton Council on Aging
& Professor, Department of Health, Aging & Society
McMaster University



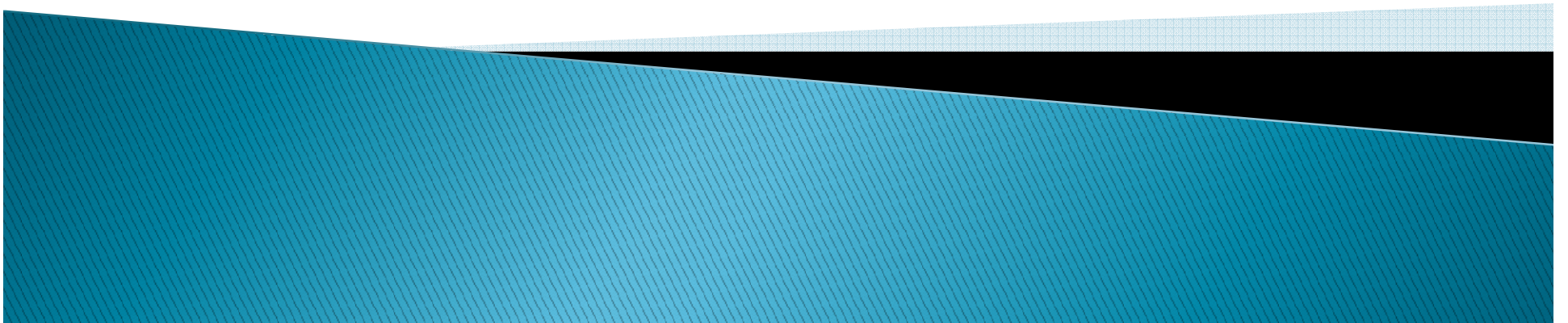
Overview of Presentation

- ▶ A History of the WHO Age Friendly Cities Program
- ▶ Hamilton Council on Aging
- ▶ Age Friendly Hamilton Project



Age Friendly Cities

Inclusive urban environment that promotes
active ageing



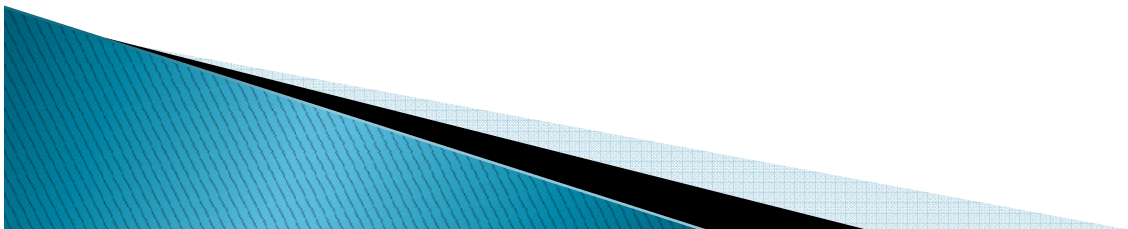
Where did it begin?

Key Note Address by Dr. Alex Kalache, Director,
Ageing and Life Course Programme, WHO

At the XVII International Association of
Gerontology and Geriatrics (IAGG) in Rio de
Janero, Brazil in June 2005

Based on “Active Ageing A Policy Framework”
(WHO, 2002)

- “Active Ageing is the process of optimizing for health, participation and security in order to enhance quality of life as people age”



An Age Friendly City

- ▶ Recognizes the great diversity among older persons
- ▶ Promotes their inclusion and contribution in all areas of community life
- ▶ Respects their decisions and lifestyle choices, and
- ▶ Anticipates and responds flexibly to aging-related needs and preferences

Principals of Age Friendly Movement

- ▶ Emphasis is on enablement, rather than disablement
- ▶ Healthy older persons are resources to their families, to their community and to their society
- ▶ By investing in active ageing the whole community gains





Americas

Argentina, La Plata
 Brazil, Rio de Janeiro
 Canada, Halifax
 Canada, Portage la Prairie
 Canada, Saanich
 Canada, Sherbrooke
 Costa Rica, San Jose
 Jamaica, Kingston
 Jamaica, Montego Bay
 Mexico, Cancun
 Mexico, Mexico City
 Puerto Rico, Mayaguez
 Puerto Rico, Ponce
 USA, New York
 USA, Portland

Africa

Kenya, Nairobi

Eastern Mediterranean

Jordan, Amman
 Lebanon, Tripoli
 Pakistan, Islamabad

Europe

Germany, Ruhr
 Ireland, Dundalk
 Italy, Udine
 Russia, Moscow
 Russia, Tuymazy
 Switzerland, Geneva
 Turkey, Istanbul

UK, Edinburgh
 UK, London

South-east Asia

India, New Delhi
 India, Udaipur

Western Pacific

Australia, Melbourne
 Australia, Melville
 China, Shanghai
 Japan, Himeji
 Japan, Tokyo

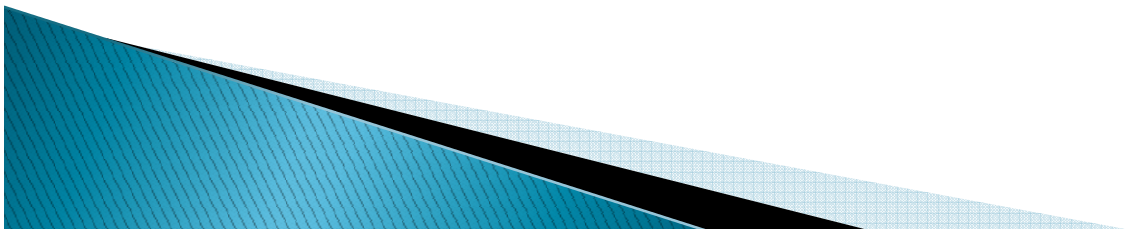
WHO

Age Friendly Cities

A global consortium of 33 cities from 22 countries came together in Phase 1.

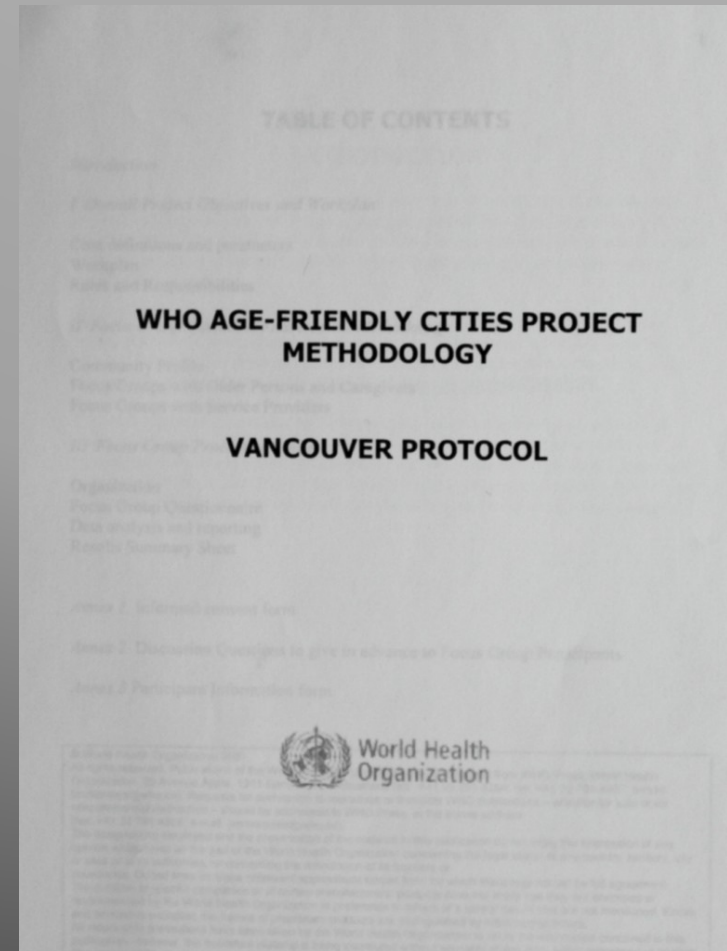
Development of Age Friendly Communities in Canada: Phase 1

- ▶ Canada provided significant leadership through WHO, Public Health Agency of Canada and the provinces of BC (Sannich), Manitoba (Portage la Prairie), Quebec (Sherbrooke) and Nova Scotia (Halifax)
- ▶ Spring 2006. Vancouver hosted a research development meeting that led to the research protocol–Vancouver Protocol, 2007
- ▶ Pretested in Ottawa



Based on a Common Methodology

- ▶ Bottoms up participatory approach—involve older people as full partners in all stages
- ▶ Qualitative
 - Focus groups methodology
 - Older persons
 - Caregivers
 - Service providers
- ▶ Assessment of city's strengths and gaps
- Suggestions for change and improvement
- Participation in implementing improvement projects



Released Oct 1, 2007 on the International Day of Older Persons

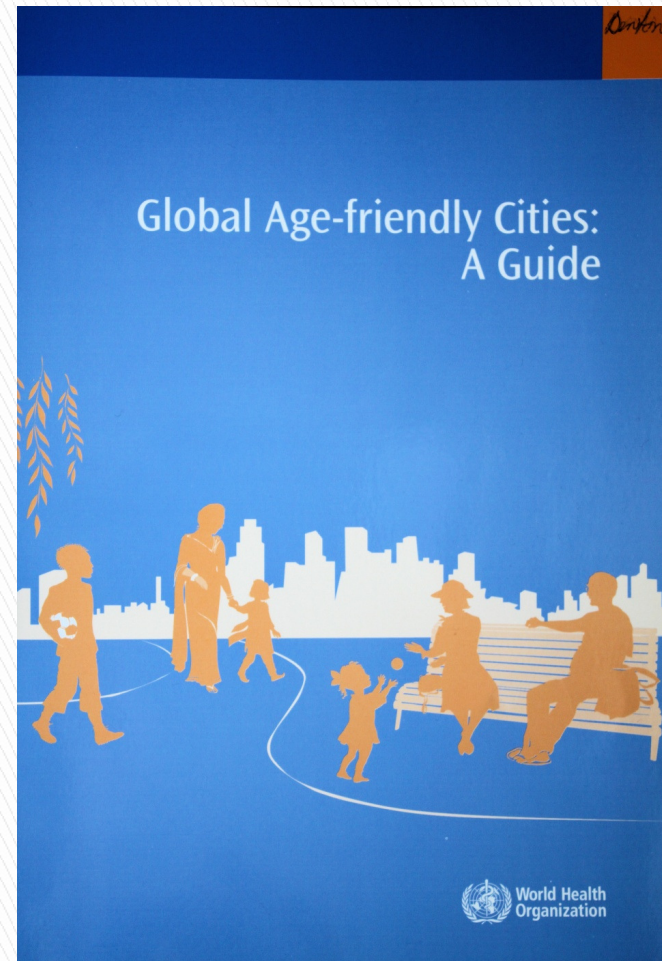
Support from: WHO, Public Health Canada, UK Help the Aged.

Background leading to the guide:

33 cities conducted 158 focus groups involving

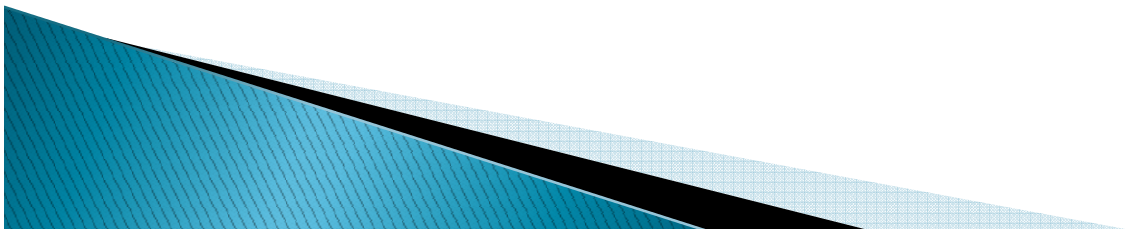
- 1 500 older adults 60+
- 250 care givers
- 550 service providers

• Explored 8 discussion topics (identified in previous studies on the characteristics of an elderly friendly communities, (AARP, 2005))



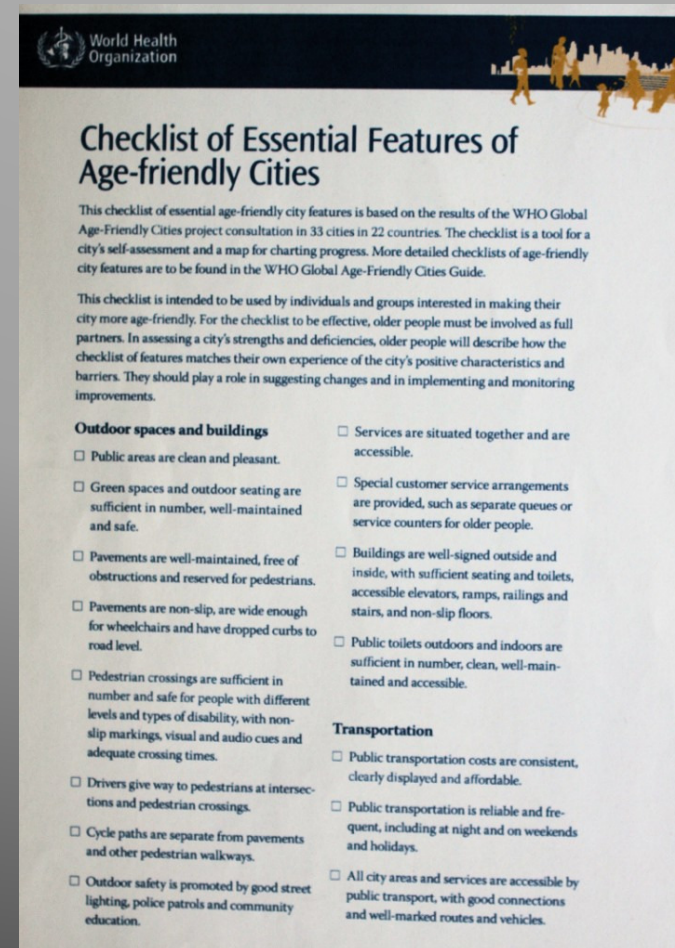
Core Age Friendly Features

1. Outdoor spaces and buildings
2. Transportation
3. Housing
4. Social participation
5. Respect and social inclusion
6. Civic participation
7. Communication and information
8. Community support and health services



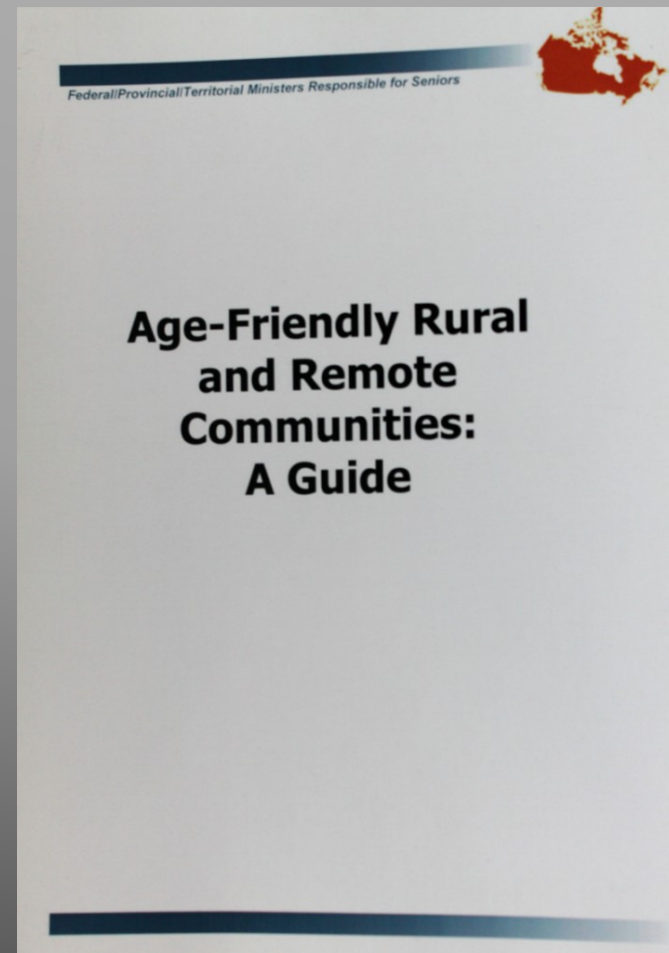
Heart of the Guide is the Age Friendly Checklist

- ▶ Tool for self assessment and a map to chart progress. Going beyond the checklist is possible.
- ▶ Participants are asked to access the city's strengths and gaps.
- ▶ Provide suggestions for change.



The Canadian Rural and Remote Age Friendly Communities Initiative

- ▶ A large proportion of older people live in rural and remote areas.
- ▶ They face different social and environmental challenges.
- ▶ Need for action to understand how to create more supportive environments.
- ▶ Implementing a project in 11 rural communities across Canada.

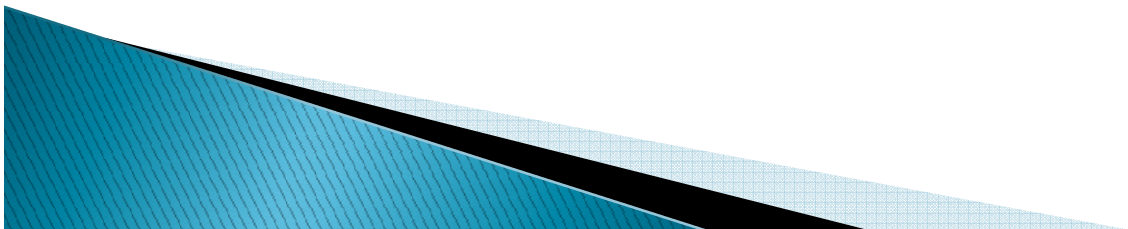


Canada Phase 2

Major Initiatives in Quebec, Manitoba, BC

Ontario Regional Forums, Seniors Secretariat
hosted 7 forums

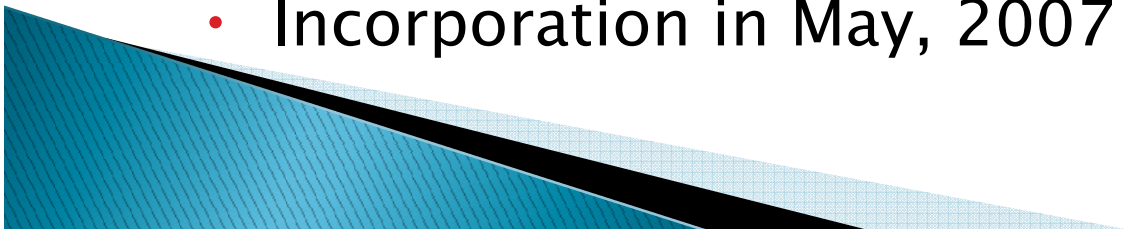
- Tools for Building Strong Communities
 - <http://afc.uwaterloo.ca>
 - *Hamilton initiative (first to get Trillium grant)*
 - *London has designated status*
- Other Cities currently doing assessments (Ottawa, Niagara, Burlington, Waterloo, Thunderbay etc.)*



Hamilton Council on Aging

History of the Council

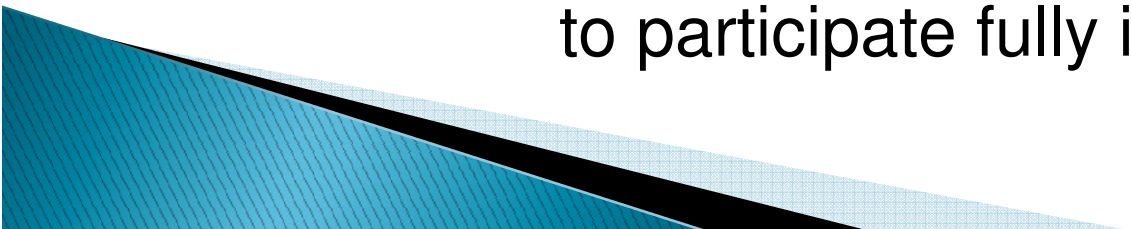
- Working group – formed between 2005–2006
- Feasibility grant from Hamilton Community Foundation
- Community Consultation/Focus Groups
- Visioning
- Planning retreats
- Incorporation in May, 2007



Hamilton Council on Aging

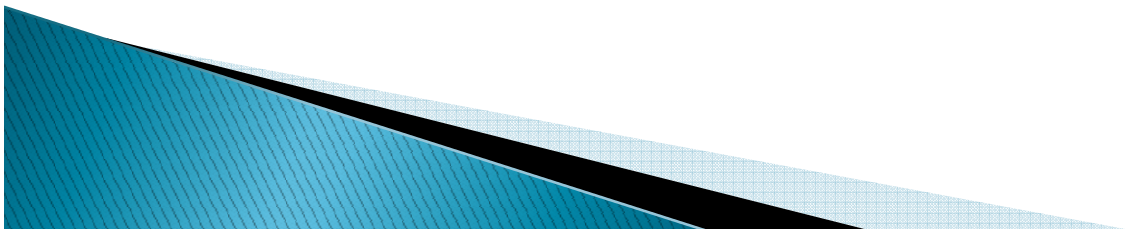
To educate and advocate for improved aging experiences for older adults through a collaborative network of individuals and organizations.

The Hamilton Council on Aging envisions a community that respects, values and empowers its older adult population, and provides older adults with the opportunity to participate fully in society.



Four Strategic Areas

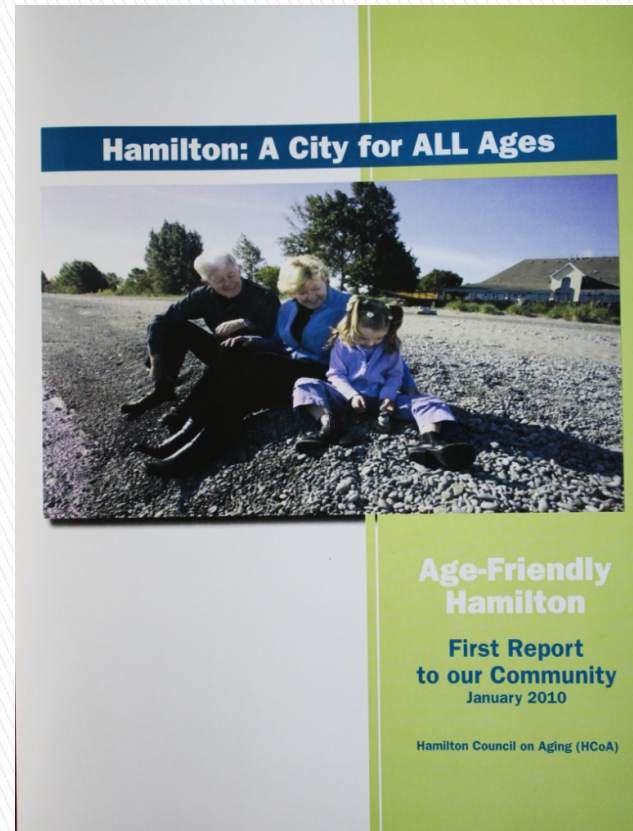
- ▶ Age-friendly Hamilton
- ▶ Tackling Poverty Among Seniors
- ▶ Increasing Access to Services for Members of Diverse Communities
- ▶ Prevention of Abuse of Older Persons



Year 1 Accomplishment

Hamilton: City for ALL Ages

- ▶ Used Vancouver Protocol
- ▶ 15 focus groups with 130 older adults in Hamilton
- ▶ 92 recommendations to make Hamilton age-friendly
- ▶ Strategy to have Hamilton designated by WHO (4 steps)

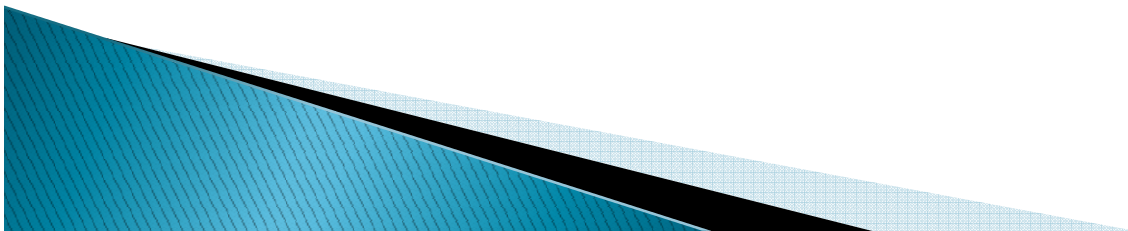


With support from the Ontario Trillium Foundation

www.coahamilton.ca for a copy of the report

Year 2 Accomplishments

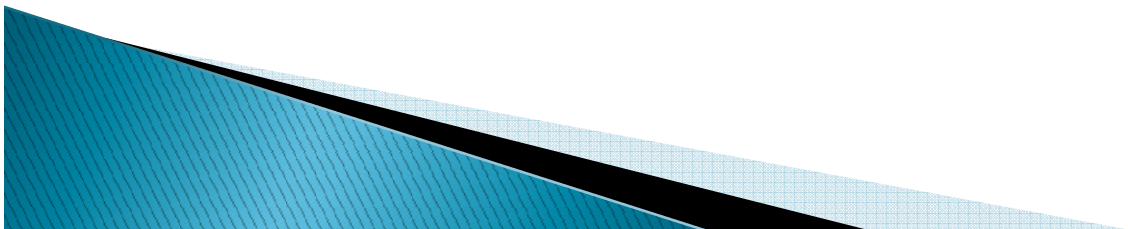
1. Seniors Planning Collaborative
2. Transportation Issues Addressed
3. Walkability Studies of 8 Neighbourhoods
4. Raising the Profile of Age Friendly Hamilton Initiative



Second grant from Ontario Trillium Foundation to continue Age-friendly Hamilton (2011–2013)

Under this grant we will work towards:

- ▶ Expanding our partnerships to work on specific projects to improve the aging experiences of older adults;
- ▶ Implement recommendations for the strategic plan to make Hamilton an age friendly community;
- ▶ Educate for improved experiences of older adults by attending meetings or planning groups that have the ability to implement positive change for seniors;
- ▶ Build membership and volunteers to support the continued operations of the Council on Aging.



Planning Table

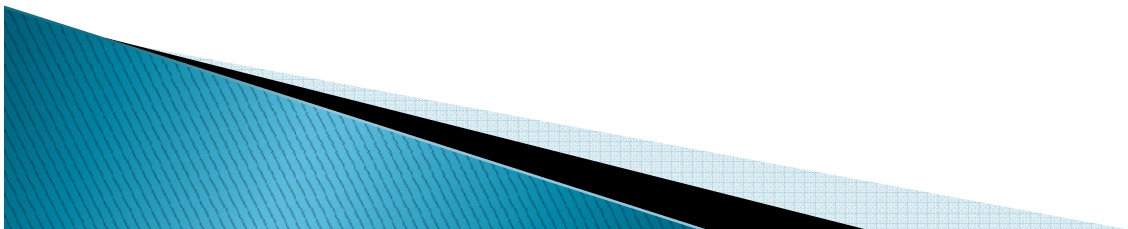
Partnerships:

- ▶ Hamilton Council on Aging;
- ▶ United Way of Burlington and Greater Hamilton,
- ▶ Social Planning and Research Council of Hamilton;
- ▶ City of Hamilton Seniors Advisory Committee

Focus on 3 Main Areas

1. Policy and planning development for seniors
2. Who Age Friendly City designation
3. Community Engagement and Social Inclusion

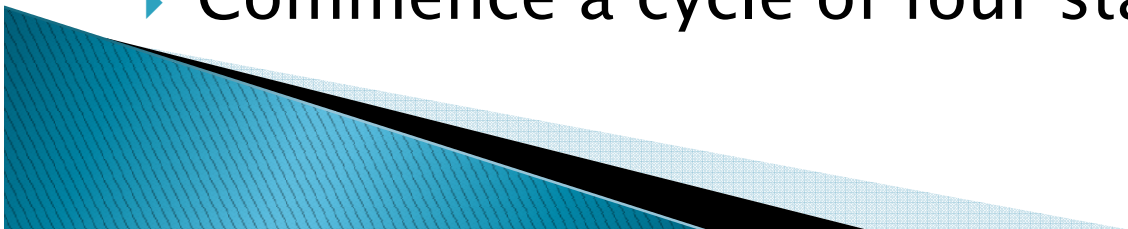
Model: The Playbook: A Framework for Human Services
Planning in Hamilton



To Join the WHO Global Network of Age-friendly Cities

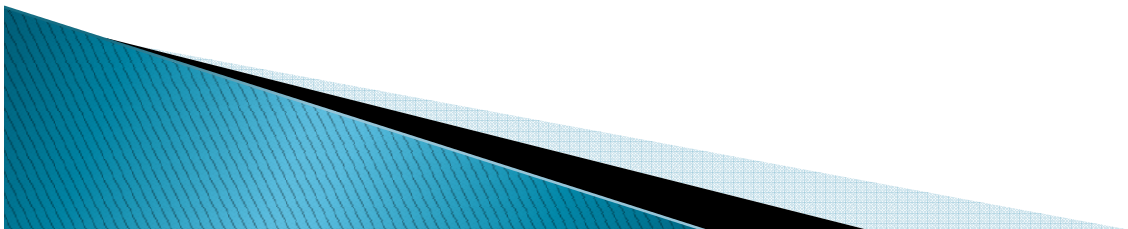
The City of Hamilton must:

- ▶ Complete an application form available at www.who.int/ageing/age_friendly_cities/en/index.html
- ▶ Submit a letter from the Mayor and municipal administration to WHO indicating their commitment to the Network cycle of continual improvement
- ▶ Commence a cycle of four stages



4 Steps to An Age-Friendly City

1. Planning (Year 1–2):
 - Establish mechanism to involve older people
 - Baseline assessment
 - Develop a 3-year city wide action plan
 - Identification of indicators to monitor progress
2. Implementation (Year 3–5)
 - Submit action plan to WHO for review and endorsement
3. Progress evaluation (end of year 5)
 - Submit a progress report based on indicators identified in phase 1
4. Continual improvement (repeat the cycle)



Thank you

For more information please contact:

Dr. Margaret Denton
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Hamilton Council on Aging
mdenton@mcmaster.ca

www.coahamilton.ca

