

Hello Michael and Florencia,

I hope you are both having a lovely summer. I am writing to ask for your and the AAC's help to recruit older adults for a focus group on the age-friendliness of London.

As you know, the AFLN is currently conducting an evaluation of our Three Year Action Plan to determine the impact of our work and to gain insight into what still needs to be done. As part of this process, we will be conducting a series of focus groups with older adults in London to capture their experiences with and opinions on various aspects of age-friendliness such as housing, transportation, social participation, and community supports and health services.

I am looking to recruit older adults age 55 and older to participate in these focus groups, which I am hoping to schedule in September. We are trying to recruit from specific sub-populations of seniors such as recent newcomers and immigrants, low income seniors, and urban Indigenous seniors. We want to hear specifically from older adults with disabilities, and thus are applying a "disability lens" to all of the focus group sessions. The focus groups will be an hour and a half and we will arrange for interpreters as needed. Transportation and refreshments will also be provided.

Do you have any suggestions for how I can reach individuals who may like to participate in this focus group? Also, do you know of other groups that I may wish to contact? Any information you can share would be greatly appreciated. If so, please contact me by phone or email.

Thank you for your time.

Regards,

Michelle

**Michelle Dellamora**  
Supervisor, Age Friendly London  
Neighbourhood, Children, and Fire Services  
City of London

151 Dundas Street, P.O. Box 5045, N6A 4L6  
P: [519.661.2500 x 7208](tel:519.661.2500) | Cell: [226.927.8045](tel:226.927.8045) | Fax: [519.930.7220](tel:519.930.7220)  
[mdellamo@london.ca](mailto:mdellamo@london.ca) | [www.london.ca](http://www.london.ca)