



# age friendly **LONDON**

**Community Services Committee | October 22, 2012, 7:00 pm**



# Today

- Overview of Age Friendly London
- Presentation from the Age Friendly London Task Force
- Next Steps & Recommendations

# Overview

In 2010, London became the first city in Canada to join the World Health Organization's Global Network of Age Friendly Cities.

Membership in the Network represents Council's commitment to improve the City's age friendliness by:

- Establishing a way to involve older adults in the age friendly cities process
- Developing a baseline assessment of the age friendliness of the city, according to the eight key areas of the WHO framework
- Developing a three-year city wide action plan based on the findings of the assessment

# Overview

In September 2011, Council created the Age Friendly London Task Force. The Task Force included over 100 older adults, baby boomers, community stakeholders, service providers, care givers and anyone with an interest in aging. The Task Force met monthly from Sept. to June to develop a three year action plan.

In preparing this Plan, the Task Force also consulted with community partners and over 500 Londoners.

The Task Force is proud of their work and pleased to present you with their report, *Age Friendly London: A Three Year Action Plan*.





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## **Task Force Presentation**



# Our Task Force

- 100 older adults, baby boomers, community stakeholders, service providers, care givers and anyone with an interest in aging
- Represents over 3,000 years of London experience
- Consulted with community organizations and 500 Londoners

***“the Age Friendly London Task Force has met formally for more than 30 hours over the past year as well as countless hours of study and conversation around the issues and challenges of fostering a more age friendly London.”***

# Our Process

- Scanned what is already happening in London
- Reviewed current and future demographics
- Considered best practices
- Developed a vision
- Tested the vision
- Developed strategies
- Tested strategies
- Developed action steps
- Developed ***Age Friendly London: A Three Year Action Plan***

# age friendly LONDON



## A Three Year Action Plan

Developed by the  
Age Friendly London Task Force

Fall 2012



## age friendly LONDON

**Our Vision of an Age Friendly London**  
A diverse, vibrant, caring and healthy community  
which empowers all individuals to age well and  
have opportunities to achieve their full potential.

How will we make London more age friendly? Here are just a few ideas ...

- Implement an **Age Friendly Business** designation program
- Advocate City Council to advance the timing of multi-purpose **recreation facilities**
- Increase opportunities for **safe and active transportation**
- Develop a comprehensive document on **transportation supports** available
- Improve **amenities at bus stops**
- Ensure older adults are consulted in monitoring the **Community Housing Strategy**
- Improve awareness and choices of **housing options** for older adults
- Create a network of **neighbourhood hubs** to access information
- Increase the number of **intergenerational programs**
- **Change the stereotype of seniors and stop ageism**
- Engage more older adults in **civic affairs**
- Develop a program to educate older adults on **where to go for information**
- Improve awareness of and access to **home care supports** so more people can age in place
- Improve older adults' access and experience with the **healthcare system**

Learn more at [london.ca/agefriendly](http://london.ca/agefriendly)



What does an  
**age friendly  
LONDON**  
mean to me?



Ric Graham, 62, life long London resident

Find out at [www.london.ca/agefriendly](http://www.london.ca/agefriendly)



# **Our Vision for an Age Friendly London**

**A diverse, vibrant, caring and healthy community which empowers all individuals to age well and have opportunities to achieve their full potential.**

# Focus Areas

- Outdoor spaces & buildings
- Transportation
- Housing
- Social participation
- Respect & social inclusion
- Civic participation & employment
- Communication & information
- Community support & health services

# Outdoor Spaces & Buildings



- Multi-purpose recreation facilities
- Parks, trails and pathways
- Community gardens
- Walkability and safety
- Washrooms
- Seating
- Signage
- Age Friendliness of Businesses

# Transportation



- Awareness of existing supports
- Transit planning process
- Amenities at bus stops
- Access to public transit
- Safe and active transportation
- Parking

# Housing



- London's Community Housing Strategy
  - Older adult participation in implementation and updating
- Housing options
  - Housing Directory
  - Investigate best practices



# Social Participation



- Awareness of facilities
- Programming and socializing at the neighbourhood level
- Remove barriers to participation
- Network of neighbourhood hubs

# Respect & Social Inclusion



- Intergenerational programs
- Change the stereotype of seniors/stop ageism
- Recognition of older adults in the community

# Civic Participation & Employment



- Volunteer opportunities
- Employment opportunities
- Participate in civic affairs

# Communication & Information



- Source for all information
- Networking opportunities
- Age Friendly Accreditation program
- Engage media

# Community Support & Health Services



- Caregiver supports
- Home care supports
- Experience with the healthcare system
- Prevention and education programs



***“We are proud of our work. We do not see this report as the end of our task, but rather the beginning of the steps needed to succeed.”***

**We have shown a willingness to collaborate with Council and many, many partners in the community. We are confident that if we share this work and continue to collaborate with our community partners we will succeed in creating a London that is “Friendly” for everyone.**

# Our Recommendations

- Endorse the **Three Year Plan**
- **Submit our Plan** to the World Health Organization
- **Integrate** with other planning processes such as ReThink London
- Establish an **Age Friendly London Network**
- Begin **implementation**

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Council for London Seniors  
Diversicare  
Grandwood Park  
Hamilton Road Senior's Centre  
Helping Hands Plus London  
Horton Street Senior's Centre  
Housing Access Centre  
Independent Living Centre  
Kiwanis Senior's Centre  
LEADS Employment Services  
London & Middlesex Housing Corporation  
London Diversity & Race Relations Advisory Committee  
London Health Sciences, Geriatric Health Unit  
London Homelessness Coalition  
London Housing Advisory Committee  
London Middlesex Local Immigration Partnership  
London Intercommunity Health Centre (French Seniors, Senior's Wraparound Group)  
London Public Library

London Strengthening Neighbourhood Strategy  
Longworth Retirement Residence  
Meals-On-Wheels  
McGarrell Place  
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**An age friendly city  
is a people friendly city.**

**THANK YOU**