# ADVISORY COMMITTEE ON AGING 

Age Friendly Work Plan 2018


Regional Municipality
of Wood Buffalo

## AGE-FRIENDLY NEEDS ASSESSMENT SUMMARY

In June 2017, the Advisory Committee on Aging (ACoA) initiated an Age-friendly Needs Assessment to help assess the conditions experienced by seniors in the Wood Buffalo region.

The World Health Organization (WHO) identifies seniors as those 60 and older. This represents $4.9 \%$ of the region's population. When you include citizens who are 50 years and older, this number jumps to $17.9 \%$ of the population.

The assessment focuses on eight domains of community life, as set out by the WHO's Checklist of Essential Features.

## WHO IS THE ADVISORY COMMITTEE ON AGING?

The Advisory Committee on Aging (ACoA) is a Council-appointed committee with the overarching goal of supporting aging with dignity in Wood Buffalo.


66We cannot access services that will allow us to stay in our homes. 9

66 There are no housing options for seniors with a range of wrap around services. 99

## AREAS OF GREATEST NEED

Community members in both urban and rural areas were asked to rate their satisfaction with the eight domains of community life in our region. Based on these ratings, the assessment was able to highlight the areas of greatest need for seniors in the region:

URBAN


RURAL


## WHO PARTICIPATED?

In addition to responses to the online survey, 121 community members attended meetings and interview sessions in the urban service and rural areas.

## SURVEY RESPONDENTS



## MOVING TOWARDS AN AGE-FRIENDLY COMMUNITY

Working to become a region that is more supportive and accessible for seniors benefits all residents. This report reminds us of what is currently being done for seniors and highlights areas that need to be strengthened or developed.

The ACoA calls upon the RMWB to respond to this report in order to truly make this an age-friendly regions for ALL residents.

The Advisory Committee on Aging (ACoA) was established by RMWB Council in 2014, with a mandate of making recommendations to them regarding issues affecting seniors. Working towards The Age-Friendly Cities and Communities designation with the World Health Organization (WHO), was approved by Council, and has been the focus of the work done by the ACOA. A consulting firm was hired to conduct a Needs Assessment in the region, as per the requirements of the WHO. This was completed in August of 2017. Questions in the survey were designed around the eight domains of the WHO:
Outdoor spaces and buildings
Transportation
Housing
Social participation
Respect and social inclusion
Civic participation and employment
Communication and information
Community support and health services

The two page summary document (included with this work plan) gives a snapshot of the Needs Assessment results. The full Needs Assessment can be found at RMWB/Acoa.ca. The results confirm that in some domains there is already good work being done. In other domains challenges and needs were exposed.

The RMWB Council received the results of the Needs Assessment at their meeting on November 14, 2017. At that same meeting, ACoA recommended that Age-Friendly be a part of the RMWB Strategic Plan and priorities, and that a work plan be developed to address the findings of the Needs Assessment. At the January 30, 2018 meeting, Council approved the 2018-2021 Strategic Plan which includes in \#1f: "identify and adopt aging with dignity practices in the region" and "track implementation of the guidelines set out by the WHO Age-Friendly Cities Designation." The work plan that follows is intended to give shape and direction for the types of things that need to be done to make our region more accessible and inclusive for all residents. As we seek to embed age-friendly practices, thinking, infrastructure, and services in our region, further areas of challenge and need may be exposed, so this work plan is intended to be a living document.

Success in being age-friendly will only occur when we move beyond checklists, to adopting and practicing age-friendly across all levels of thinking, governance, management and operations in the region. It is critical that this highly important work belongs to all of us. The ACoA looks forward to being part of the work so that the future promises "Aging with Dignity" for everyone in the region.

Linda Mywaart
ACoA Chair

## AGE FRIENDLY WORK PLAN - 2018

The following Advisory Committee on Aging's (ACOA) work plan is framed in alignment with the World Health Organization's Global Age-Friendly Cities Guide and the corresponding eight domains. The level of need is reported based on the findings of the 2017 Age Friendly Needs Assessment report ${ }^{1}$. There were significant differences between urban and rural responses and therefore the level of need for urban and rural are identified separately below.

## 1. OUTDOOR SPACES AND BUILDINGS

| Outcome | Potential Action | Measurement | Partners | Need | Phase |
| :---: | :---: | :---: | :---: | :---: | :---: |
| There are sidewalks linking residences and essential services in most or all areas | Partner with planning and development to encourage sidewalk development between residences and essential services | \# of sidewalks implemented between residences and essential services <br> Do a survey of residents assessing their view of sidewalk availability and access <br> Increase in survey respondents indicating sidewalks are available most of the locations | RMWB Planning and Development <br> RMWB Engineering <br> RMWB Public Works | Urban - Low <br> Rural - Med/High |  |
| Sidewalks in most or all areas of the community are wellmaintained and accessible to everybody | Curb cuts are added to all sidewalks when repairs/upgrades are needed and/or budget allows for | \# of sidewalks with curb cuts completed/vs not done <br> \# of sidewalks | RMWB Public works <br> RMWB Parks <br> RMWB <br> Communications | $\begin{aligned} & \text { Urban - Med/Low } \\ & \text { Rural - Med/High } \end{aligned}$ |  |

[^0]|  | Curb cuts to be <br> included in all new <br> development <br> Perform regular <br> repairs and <br> maintenance <br> maintained sidewalks | RMWB Roads |
| :--- | :--- | :--- | :--- | :--- |
| Improve visibility of all |  |  |
| signs where required |  |  |$\quad$| Partner with P and D |
| :--- |
| to implement best |
| practices for sidewalks |
| types (Universal |
| Design) |$\quad$| Promote benefits of a |
| :--- |
| shoveled community |
| Promote Snow Angels |


| There are enough street crosswalks in busy business, residential, and/or recreation areas | Complete a crosswalk audit in the urban area | \# of crosswalks absent from locations that would benefit from Them \# of cross walks completed/developed yearly | RMWB Planning and Development <br> RMWB Public Works <br> RMWB Parks | $\begin{aligned} & \text { Urban - Low } \\ & \text { Rural - Med/Low } \end{aligned}$ |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Crosswalks are accessible to everybody, including individuals with visual or mobility impairments | Curb cuts throughout the urban area where sidewalks exist <br> Increase walk time and provide audible and visible signs where crosswalks exist <br> Curb cuts to be included in all new sidewalk development | \# of seconds added to designated crosswalks <br> \# of curb cuts made | Partner with Regional Inclusive Committee <br> RMWB Planning and Development <br> RMWB Public Works <br> RMWB Parks | $\begin{aligned} & \text { Urban - Med/High } \\ & \text { Rural - Med/High } \end{aligned}$ |  |
| There are enough public washrooms in key areas | Public washrooms are recorded and indicated on the RM website and apps | Information available on RM website <br> Information available on RM apps | RMWB Parks <br> RMWB Planning and Development <br> Regional Inclusive Committee <br> RMWB Geographic Information Systems | Urban - High <br> Rural - High |  |
| Public washrooms accommodate people with | Regional Inclusive Committee accessibility audit | \# of washrooms are wheel chair and stroller accessible AND operational | RMWB Public Service <br> RMWB Parks | $\begin{aligned} & \text { Urban - Med/High } \\ & \text { Rural - Med/High } \end{aligned}$ |  |


| wheelchairs and strollers | Include in Planning and Development practices/standards |  | Chamber of Commerce <br> Regional Inclusive Committee |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Most or all business and public buildings are easily accessible to everybody | Identify how many public buildings are accessible to those with mobility issues <br> Future buildings in the RM utilize Universal Design or Barrier free for building codes | \# of buildings that are Universal Design or Barrier Free <br> Bylaw to outline universal design and/or barrier free | RMWB Planning and Development <br> RMWB Engineering <br> Chamber of Commerce <br> Reginal Inclusive Committee | Urban - Med/Low <br> Rural - Med/High |  |
| Public facilities (recreation, transportation systems, parks and outdoor spaces) are accessible | RIC accessibility audit | \# of facilities that are accessible and functional | RMWB Space <br> Planning <br> RM Planning and Development <br> RMWB Parks <br> Reginal Inclusive <br> Committee <br> Chamber of <br> Commerce | Urban - Med/Low <br> Rural - Med/High |  |

## 2. TRANSPORTATION

| Outcome | Potential Action | Measurement | Partners | Phase |  |
| :--- | :--- | :--- | :--- | :--- | :--- |
| The road signs are <br> easy to read and <br> large enough for <br> older drivers | Identify any signs that <br> could pose a problem <br> to seniors or those <br> with slightly impaired <br> eye sight | \# of signs identified as <br> being inadequate that <br> are modified or <br> changed | Government of <br> Alberta | RMWB Roads | Rrban - Med/Low |
| Roads are in good <br> repair and are well <br> maintained | Audit of all road <br> conditions in the <br> region | \# of repaired and <br> constructed roads | RMWB Roads | RMWB Engineering |  |


|  |  |  | Golden Years Society <br> Wood Buffalo Senior Resource Committee |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Roads and parking areas are promptly cleared of snow and ice | Promote Snow removal in media and social media <br> Enforcement of bylaws | \# of complaints of snow and ice issues on RM roads to PULSE \# of tickets issued for non-compliance | RMWB Roads <br> RMWB Public Works RCMP | Urban - Med/High <br> Rural - High |  |
| Affordable and accessible transportation options are available for those who do not drive to facilitate access to necessary services and opportunities for social and recreational wellbeing | Promote what services are available and at what cost <br> Free transit by seniors 65 and older <br> \$1.25 one-way for Specialized Transportation ride | \# of accessible transit buses in operation and what hours \# of Specialized <br> Transportation vehicles \# of bookings on Specialized <br> Transpiration Vehicles \# of declined bookings | RMWB Transit <br> RMWB <br> Communications <br> Organization Social <br> Media <br> St. Aidan's Resource Guide | Urban - Med/Low Rural - High |  |
| Public transportation is reliable and frequent, including at night and on weekends/holidays | Promote hours/routes on social media and print advertising <br> Have RM Transit continue to have a seat at the Wood Buffalo Senior | \# of accessible transit buses in operation \# of Specialized <br> Transportation vehicles \# of bookings on Specialized Transpiration Vehicles | RMWB Transit <br> RMWB <br> Communications <br> Regional Inclusive <br> Committee | Urban - Med/High <br> Rural - High |  |


|  | Resource Committee table <br> Increase designated drops and pick-ups for people with mobility issues | \# user data tracked across board, broken down by age, nonsenior, or senior, w/bicycle, wheelchairs |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Public transportation is easy to navigate, with accessible routes, and can accommodate people with hearing, visual or mobility impairments or strollers | Provide <br> transportation across <br> all media platforms information in formats easily understood by seniors <br> Have RM Transit continue to have a seat at the Wood Buffalo Senior Resource Committee table (data) | \# of accessible transit buses in operation and what hours <br> \# of Specialized <br> Transportation vehicles <br> \# of bookings on <br> Specialized <br> Transpiration Vehicles <br> \# of denied requests for <br> Specialized <br> Transportation <br> Data should be collected and documented | RMWB Transit <br> RMWB Comms <br> Wood Buffalo Senior <br> Resource Committee <br> Regional Inclusive <br> Committee | Urban - Med/High Rural - High |  |
| Persons with disabilities can access reliable and affordable transportation | Continue to maintain accessible transit for seniors and the disabled <br> Continued to maintain Specialized Transportation for seniors and the disabled | \# of accessible transit buses in operation during what hours <br> \# of Specialized Transportation vehicles and hours available <br> \# of bookings on Specialized | RMWB Transit <br> RMWB <br> Communication <br> Regional Inclusive Committee | Urban - Med/High Rural - High |  |


|  |  | Transportation Vehicles vs \# of requests <br> \# of bookings that were not accepted due to capacity issues |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Affordable transportation services are available where public transportation is limited | Support the potential development of volunteer driver service for seniors <br> Partner with AMA to supplement services offered by RMWB transit/specialized transportation in both urban and rural areas <br> RMWB Transit to keep current costs for senior transportation (free transit and \$1.25 each way for Specialized Transportation | \# of meetings around volunteer driver programs to build capacity <br> \# of seniors' trips in alternate transportation programs | Alberta Motor Association (Driver Angels) <br> Explore the possibility of working with a local agency to develop a volunteer driver program <br> RMWB Transit <br> Athabasca Tribal Council <br> Metis (locals) <br> Aboriginal groups | Urban - High <br> Rural - High |  |
| Information about transportation services is available | Publish information about transportation in Seniors Guide <br> Promote in print and social media | \# of digital and print informational ads/brochures <br> \# of informational pieces made available on the RMWB website | RMWB Transit <br> St. Aidan's Senior Resource Guide <br> Chamber of Commerce <br> Indigenous Groups | $\begin{aligned} & \text { Urban - Med/Low } \\ & \text { Rural - High } \end{aligned}$ |  |


|  | Use larger fonts for all <br> information aimed at <br> a senior population | Regional Recreation <br> Corporation |  |
| :--- | :--- | :--- | :--- | :--- |

## 3. HOUSING

| Outcome | Potential Action | Measurement | Partners | Need | Phase |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Appropriate and affordable housing is available in areas that are safe and close to community services and amenities which help people stay connected | Wood Buffalo Housing Development Corporation to do housing needs assessment | Results from housing assessment being completed and published <br> \# of affordable units available for seniors <br> \# types of housing for seniors vs housing needs assessment results | Wood Buffalo Housing Development Corporation <br> Advisory Committee on Aging <br> RMWB Planning and Development <br> Alberta Seniors and Housing <br> Keyano College | Urban - High <br> Rural - High |  |
| Affordable housing options are available for people with a wide range of economic circumstances | Wood Buffalo Housing Development Corporation to do housing needs assessment <br> Promote and advertise available housing options, both digital and in print | \# of options or affordable and social housing <br> \# of housing options <br> Keyano <br> Information made available on social media about housing options | Wood Buffalo Housing and Development Corporation <br> Property <br> Management <br> Companies <br> Keyano <br> Alberta Seniors and Housing | Urban - High <br> Rural - High |  |


| Appropriate and affordable home maintenance and support services are available | Explore potential organizational supported volunteer programs (to benefit seniors) | \# of hours donated to seniors via volunteer program | RMWB <br> Small business owners (contractors) <br> Chamber of Commerce | Urban - High <br> Rural - High |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Information about how housing needs can change with age is available | Publish housing information in print ad/materials <br> Promote and advertise Wood Buffalo Housing Development Corporation' senior housing options | Count website hits <br> Inclusion of information in St. Aidan's Society Senior Resource Guide | Wood Buffalo Housing and Development Corporation <br> St. Aidan's Senior Resource Guide <br> Alberta Health Services Home Care <br> Alberta Seniors Communities and Housing Association <br> Alberta Seniors and Housing | Urban - High <br> Rural - High |  |

## 4. SOCIAL PARTICIPATION

| Outcome | Potential Action | Measurement | Partners | Nhase |  |
| :--- | :--- | :--- | :--- | :--- | :--- |
| There are <br> opportunities for <br> people of all ages to <br> be socially active | Support creation and <br> development of <br> volunteer programs | \# of known seniors <br> volunteering | St. Aidan's Society | Urban - Med/Low |  |
| \# of volunteering <br> opportunities for <br> seniors | Wood Buffalo Senior <br> Resource Committee | Rural - Med/High |  |  |  |


|  |  |  | Keyano College |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- |
| There are a wide <br> variety of activities <br> offered to appeal to <br> a diverse population <br> of people, including <br> older people and <br> people with <br> disabilities | Collect and promote <br> activities offered <br> within the community <br> Provide information <br> about religious <br> activities and <br> opportunities for <br> socialization | \# and type of activities <br> that are accessible for <br> people with disabilities <br> and of interest to a <br> diverse aging <br> population | Regional Recreation <br> Corporation | Keyano | Urban - Med/High |
|  |  | McMurray All <br> Connected Calendar | Rural - High |  |  |


| that are comfortable <br> and safe for older <br> people and people <br> with disabilities |  | \# of post event surveys <br> indicating accessibility <br> and safety | Wood Buffalo Senior <br> Resource Committee |  |
| :--- | :--- | :--- | :--- | :--- |



## 5. RESPECT AND SOCIAL INCLUSION

| Outcome | Potential Action | Measurement | Partners | Need | Phase |
| :---: | :---: | :---: | :---: | :---: | :---: |
| There are opportunities for people of all ages to be socially active in the community | Create awareness of existing programs and activities with print media, social media and informal and formal senior networks <br> Create specific intergenerational activities | \# of participants at senior activities <br> \# of different senior activities identified | McMurray All Connected <br> Wood Buffalo Senior Resource Committee <br> St. Aidan's Society 2018 Senior Resource Guide <br> Golden Years Society <br> Wood Buffalo Senior Support Society <br> RMWB | Urban - Med/High <br> Rural - High |  |
| Older people and persons with disabilities are recognized in their | Continue with Senior Male and Female of the Year awards | Male and Female Senior of the Year <br> \# of nominations | Wood Buffalo Senior Resource Committee | Urban - Med <br> Rural - Med |  |


| community for their <br> past and present <br> contributions |  | Advisory Committee <br> on Aging |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- |
| Schools provide individuals <br> opportunities to <br> recognized | Create partnerships <br> with the 4 school <br> and older people, <br> and involve older <br> people in school <br> activities | \# of intergenerational <br> programs created <br> workshops on aging <br> and programs led by <br> or involving seniors | Fort McMurray Public <br> School District \#2833 | Urban - Low |
| Adopt a |  |  |  |  |


|  |  |  | Keyano <br> Regional Municipality <br> of Wood Buffalo |  |
| :--- | :--- | :--- | :--- | :--- | :--- |

## 6. CIVIC PARTICIPATION AND EMPLOYMENT

| Outcome | Potential Action | Measurement | Partners | Need | Phase |
| :---: | :---: | :---: | :---: | :---: | :---: |
| There are opportunities for people of all ages to participate in suitable volunteer, civic and employment positions | Create a central entry point for those interested in volunteering <br> Create and provide presentation to the Chamber of Commerce promoting the value of senior workers, as volunteer workers and community members | \# of senior volunteers <br> \# of participants | Fort McMurray Chamber of Commerce <br> Service Alberta <br> Keyano Sports and Wellness <br> Wood Buffalo Regional Library <br> Wood Buffalo Food Bank <br> Fuse Social <br> Day Cares and PreSchools | Urban - Med/High <br> Rural - Med/Low |  |
| The skills and attributes of older employees and persons with | Create a Public Service Announcement | \# of ads <br> \# of social media likes | Fort McMurray Chamber of Commerce | Urban - High <br> Rural - Med/Low |  |


| disabilities are well <br> promoted |  | School Districts |  |
| :--- | :--- | :--- | :--- | :--- |


| private and voluntary <br> sectors encourage <br> and facilitate <br> membership for <br> older people | committees to include <br> seniors in their <br> membership |  | Wood Buffalo Senior <br> Resource Committee | Rural - Med/Low |
| :--- | :--- | :--- | :--- | :--- |
| RMWB - all |  |  |  |  |
| Hommittees and Ad |  |  |  |  |$\quad .$|  |
| :--- |

## 7. COMMUNICATION AND INFORMATION

| Outcome | Potential Action | Measurement | Partners | Need | Phase |
| :---: | :---: | :---: | :---: | :---: | :---: |
| The community has a basic, effective communication system that reaches community residents of all ages | MAC <br> Radio <br> Newsletters <br> Newspapers <br> Mailouts | \# of listings on McMurray All Connected <br> \# of radio ads <br> \# of printed articles | McMurray All Connected <br> Regional Municipality of Wood Buffalo Communications <br> Golden Years Society <br> St. Aidan's Society | Urban - High <br> Rural - High |  |
| Information is readily available on community events, activities and opportunities | Promote McMurray All Connected (MAC) <br> Various formats of coordinated communication be promoted | \# of activities displayed on the MAC calendar <br> \# of formats providing this information | St. Aidan's Society <br> RMWB <br> Communications <br> Golden Years Society <br> Wood Buffalo Senior <br> Support Society | Urban - Med/High <br> Rural - High |  |


| There is affordable and accessible access to computers and the internet | Promote access at library for computer use <br> Create computer literacy classes | \# of senior signed up for classes <br> \# of classes offered to seniors | Wood Buffalo Regional Library <br> Golden Years Society Keyano <br> Wood Buffalo Senior Resource Committee <br> St. Aidan's Society <br> RMWB <br> Communications <br> Wood Buffalo Senior Support Society | Urban - Med/High <br> Rural - High |
| :---: | :---: | :---: | :---: | :---: |
| People at risk of social isolation receive needed information and access to services | Distribute St. Aidan's Senior Resource Guide <br> Disseminate the work of CARE (Connect, Access, Refer and Engage) | \# of new seniors reached and documented | AHS Home Care <br> Wood Buffalo Senior Resource Committee <br> Advisory Committee on Aging <br> Senior Service Providers <br> CARE Wood Buffalo <br> RMWB <br> Communications <br> Golden Years Society | Urban - High Rural - High |

$\square$
8. COMMUNITY SUPPORT AND HEALTH SERVICES

| Outcome | Potential Action | Measurement | Partners | Need | Phase |
| :---: | :---: | :---: | :---: | :---: | :---: |
| There is an adequate range of health and community support services offered for promoting, maintaining and restoring health | SWOT analysis <br> Partner with AHS and PCN to discuss challenges and opportunities <br> Identify gaps <br> Conduct a gap analysis <br> Tele-Health in rural communities | Action plan completed <br> Plans and services are updated, and information is available to the public | Alberta Health Services - Seniors (Carolyn Evancio) <br> Primary Care Network <br> Alberta Health Services - Home Care | Urban - Med/High <br> Rural - High |  |
| Older adults are supported in staying physically active and safe | Promote senior physical activities <br> Promote Golden Years <br> Society (activity center) <br> Promote activities like Walk on the Island | \# of newly created senior physical activities <br> \# of seniors participating in physical activities | Golden Years Society <br> Wood Buffalo Senior Resource Committee <br> Wood Buffalo Regional Library <br> Regional Recreation Corporation <br> Primary Care Network <br> Keyano | Urban - Med/High <br> Rural - High |  |


|  |  |  | Wood Buffalo Senior Support Society |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Affordable services to help seniors and persons with disabilities, such as snow removal or lawn care, are available | Promote Snow Angels <br> Promote and educate community about the importance of being good neighbors <br> Help create a lawn care program for seniors | \# of new sign-ups for Snow Angels <br> \# of programs of this type of service <br> \# of seniors signed up for the program <br> \# of volunteers supporting the program | Senior service providers <br> Chamber of Commerce <br> Ministerial Association | Urban - High Rural - High |  |
| Local health care services meet the needs of older citizens | Promote what services do exist, how and where to access <br> Keep a comprehensive accessibility list <br> Advocate and lobby for required health services | \# of new services for seniors <br> Ensure access to medical care | Alberta Health Services - Seniors (Carolyn Evancio) <br> Primary Care Network <br> Home Care | Urban - High Rural - High |  |
| Community emergency planning considers the needs of older citizens and | Create Vulnerable Person's Registry | Media attention to the subject <br> \# of posts | RMWB Fire and Rescue | Urban - Med/High Rural - High |  |


| persons with disabilities | Promote disaster planning for service providers and the public specific to seniors <br> Teach seniors to develop 72-hour emergency evacuation kit <br> Review and update personal evacuation plans and readiness for emergencies <br> Communicate plan on various platforms to public/seniors | \# of new releases <br> (on disaster relief for seniors and disabled people) | RMWB Emergency Social Services <br> RMWB <br> Commuications <br> Interagency <br> RCMP |  |
| :---: | :---: | :---: | :---: | :---: |


[^0]:    ${ }^{1}$ Respondents indicated in the Age Friendly Needs Assessment the extent to which an outcome is available most of the time. The level of need indicated in the work plan is associated with the following percentages of responses which indicated the outcome is available most of the time: High 0\%-20\%, Med/High $21 \%$ 40\%, Med/Low 41\%-60\%, Low 61\%-80\%, Not a Need 80\%-100\%.

