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# Newsletter

## Fredericton - A Community for All Ages

Do you sometimes wish the walk light cycle was just a little bit longer? Would you welcome more park benches along our walking trails? Do you think that parking meters should be cleared of snow and thus more accessible in winter?

Then you should know there's a social movement afoot to make Fredericton more senior-friendly — and by extension more inclusive of ALL age groups — parents pushing strollers, children on trikes and bikes, people using crutches or walkers, or people of any age out for a stroll.

But there's much more to it than that. It's also about being sensitive to barriers to social participation whether physical, financial, or linguistic. It's about making everyone feel at home and included in the city's civic governance, recreation, and celebrations, regardless of age, background, or other special circumstances.

### The Fredericton Age-Friendly Community Advisory Committee

In 2010 the World Health Organization (WHO) established its Global Network of Age-Friendly Cities and Communities connecting cities, communities, and organizations worldwide with the common vision of making their community a great place in which to age. The network focuses on actions



at the local level that foster the full participation of older people in community life and promote healthy and active ageing.

Recognizing an opportunity, Fredericton City Council formed the Fredericton Municipal Seniors Committee in 2012. In November of that year two information sessions were held to explain the concept to interested parties. The City developed an application process to recruit/select committee members and released its initial membership list in January 2013.

The committee first met in February, changed its name to 'The City of Fredericton Age-Friendly Community Advisory Committee', and appointed Councillor Eric Megarity as its first committee chair.

## What we do:

- Advise City Council on matters presently under consideration by City staff and Council that impact the quality of life of seniors in Fredericton;
- Work cooperatively with Council by providing advice and information on the City's policies, programs and service delivery that affect seniors, e.g. recreation, access to municipal services, healthy aging, municipal planning, etc.;
- Encourage and facilitate dialogue throughout the community regarding municipal matters that directly impact seniors;
- Act as a forum for feedback from seniors on municipal matters that directly impact their daily lives; and
- Are guided by the WHO's framework for age-friendly cities which focuses on:
  - Respect and social inclusion
  - Safety
  - Outdoor Spaces
  - Buildings
  - Transportation
  - Housing
  - Communications and Information
  - Social Participation
  - Civic Participation and Employment Opportunities
  - Community Support and Health Services
  - Universal Design as it applies to buildings, public spaces, events, programs, and services

## Accomplishments:

In September 2014 the Committee hosted its World Café public engagement symposium entitled "Congress towards an Age-Friendly Future for Fredericton" to collect input from citizens from all walks of life.

In the spring of 2015 the Committee published its Fredericton Directory of Services for Seniors. This well-received reference book is a compilation of services and resources for seniors available from various public organizations. It is still available electronically through the internet on the City's web page.

## The Future:

Based on the September 2014 Congress, the Committee has formed an action plan with three emerging priorities:

- 1) A Vulnerable Persons Registry,
- 2) Encouraging the use of Universal Design in buildings, and
- 3) A Good Neighbour Initiative

You can have your say in what the Committee will be doing by voicing your concerns, ideas, and comments to the Committee through any Committee member, or by contacting the Committee at: [agefriendly@fredericton.ca](mailto:agefriendly@fredericton.ca)

For more information please visit: [City of Fredericton Age-Friendly web page](http://www.fredericton.ca/en/citygovernment/AgeFriendlyCommunityAdvisoryCommittee.asp)

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