

Nackawic and Area Age-Friendly Action Plan (cont...)

Community Support and Health Services					
Action	Owner	Time Frame	Budget	Indicators	Status
1. Determine what health and wellness services are offered in Nackawic and Area	WC	6 months	N/A	–Consult with staff at Nackawic Health Centre and members of Nackawic and Area Wellness Committee –Prepare a list of services available in Nackawic and Area and provide it to the Health Centre to be shown on their Big-Screen TV. –Ensure that paper copies are available at health centre and town hall	Action Item Complete. Services form was created and is available at various locations.
2. Explore the possibility of having an after-hours clinic one night a week at the health centre.	WC	6 months	N/A	Hold discussion with Horizon Health	ongoing
3. Explore the possibility of providing consistent Dental Hygienist, Physical Therapist and other additional services in area	WC	3 months	N/A	Hold discussion with Horizon Health	
4. Develop a more cohesive Meals to Seniors Program	WC	12 months	\$500.00	Provide a mobile monthly meal to various seniors and gauge the interest in a Meals to Seniors Program	Action Item Complete. Meals 4 U (targets social isolation & food security)
5. Create a Service Provider list	WC AFC	12 months	\$150.00	Compile a list of individuals who provide various personal care home services and make list public	Action Item Complete. Services advertised on flyers on community bulletin
6. Initiate the development of a Food Bank for Nackawic and Area citizens	WC	3 months	N/A	Meet with Woodstock Food Bank to enlist support in delivering boxes to Nackawic and Area	Action Item Complete. Partnership with Valley Food Bank (delivering boxes once a month)

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Communication and Information						
Action	Owner	Time Frame	Budget	Indicators	Status	
1. Improve Communication efforts to all residents of Nackawic and Area	TN All community groups	Ongoing	\$150.00	-Make all public notices reader friendly. -Have the information available at public functions. -Designate individuals willing to take notices to surrounding communities.	Action Item Complete. Current means of communication include: The Key (local newsletter), River Valley Sun (local newspaper), area ambassadors on AFC Flyers/Pamphlets around town (community bulletin, churches, post office, pharmacy, Lions Club)	
2. Create a 1-page survey to find out how best to receive communication	AFC	6 months	\$25.00	AFC to develop new survey	ongoing	
3. Upgrade and expand the Community Resource Guide	TN CDO WC	12 months	\$1400.00	AFC to gather information needed to upgrade Guide	Ongoing, being reviewed	
4. Develop a Communication system that would allow information to be shared between various organizations in the area.	TN AFC	12 months	N/A	Contact various individuals or companies to learn about various Communication Systems	Ongoing, in contact with Servus (based in Fredericton)	
5. Make a list of clubs and organizations and advertise in public notices. EX: Wellness Newsletter	AFC	6 months	N/A	Ensure that all print information is; written in large font, has plenty of white space and contains pictures where possible. Also ensure that communications are written in Plain Language.	Action Item Complete. Included in The Key & RVS	

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Social Participation						
Action	Owner	Time Frame	Budget	AFC Lead	Indicators	Status
1. Offer transportation to those who do not have access.	WC AFC	3 months	N/A	All	-Invite a friend to go to different venues with you. -Encourage people to ask for help -Advertise on flyers for the event including a number to call for a drive.	ongoing
2. Encourage seniors to continue to participate in local events	AFC WC	Immediately	N/A	Gail	-Ensure all participants receive positive feedback about their attendance -Greeters at the doors upon entrances and exits	ongoing
3. Make events more intergenerational.	TN AFC	6 months	\$100.00	Joyce, Tina, Becky Bev and Gail	-Use a Tool Kit to help plan events that are intergenerational. -Use the word "intergenerational" in advertisements	
4. Encourage schools to inform all residents about school events.	AFC	1 month	N/A	Gail	-Write a letter to schools to encourage them to include all age groups when advertising. -Encourage schools to be aware of number of participants who attend each event and keep track of any increases	
5. Increase number of participants at local events	WC	6 months	N/A	Gail	Do an actual count of number of participants, maintain information and use to plan future events	ongoing
6. Do an exit survey as to how people respond to the activity	Event Organizers WC	1 months	\$50.00	Gail, Julie	Design an exit survey so that the same information is gathered from each event	Completed at some events, which informs next events and direction for new events.
7. Create new events and opportunities	WC Rec	6months	N/A	All	Use information from exit survey to develop new events	ongoing

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Respect and Social Inclusion						
Action	Owner	Time Frame	Budget	AFC Lead	Indicators	Status
1. Consult with citizens to obtain new ideas.	AFC	6 months	N/A	All	Maintain on-going consultation with seniors in order to find out what type of activities in which they would be willing to participate. (Exit Survey)	ongoing
2. Celebrate people in our communities - where they are from, what they do, secret talents etc.	WC AFC	Ongoing	\$180.00		Catch young /senior people doing good things for the community or for others.. Have a Volunteer of the Month listed in the wellness newsletter and/or in the <i>River Valley Sun</i> . Provide Bulk Buying Bag to recipient.	Volunteer of the month (partnership with Nackawic and Area Wellness Committee)
3. Have a session on social inclusion, its importance and what it means.	AFC	12 months			Invite someone to speak on this topic at a monthly Lunch and Learn session	Pending session Presentation developed

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Outdoor Spaces and Buildings						
Action	Owner	Time Frame	Budget	AFC Lead	Indicators	Status
1. Send letter from committee to the Dollar Store to ask if they would consider putting up a sign for public washroom	TN	1 month	\$75.00	Julie, Gail	Compile letter with explanation about the need for the sign and the washroom.	Action Item Complete. Request was denied.
2. Create Senior parking spaces at the Mall	TN AFC	6 months	\$500.00	Joyce	Connect with businesses and the town for permission	Action item was discussed, researched and dropped from committee's mandate.
3. Inform local businesses, churches and the Lions Centre about Universal Design	AFC	6 months	N/A	Julie	Send local businesses information about Universal Design	pending
4. Improve and update accessibility for all public buildings in the area. Ex: <ul style="list-style-type: none"> • Wider door spaces • Ramps where required • Automatic door openers 	TN AFC	18 months	N/A	Julie	<ul style="list-style-type: none"> -Work with clubs and businesses to ensure that premises are physically accessible. -Inform them that Accessibility NB can be invited to visit and discuss needed changes. -Look into financial opportunities to support efforts through fund raising events and grants. -Phone Accessibility NB to find out if they could come to community to advise about regulations. 	Letter written to Loblaws from Independent Grocer and AFC Committee asking for public washroom designation and automatic door openers. Awaiting reply.

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Transportation							
Action	Owner	Time Frame	Budget	AFC Lead	Indicators	Status	
1. Expansion of the <i>Wheels to Wellness</i> initiative.	TN WC	Immediately	\$50.00	Gail	-Network with Transportation Pod -Advertise the service. -Have no charge for drives within the town limits. -Recruit more volunteer drivers	Action Item Complete. <i>Wheels to Wellness</i> is ongoing; the service has expanded; volunteer drivers needed	
2. Consider the development of a plan for transportation to Frederickton or Woodstock for shopping at no charge.	TN WC	3 months	N/A	Linda, Gail	-Communicate that Cal's independent Grocery Store will do home deliveries. -Look at <i>Wheels to Wellness</i> Model and develop plan for <i>Wheels to Shopping</i>	Action Item Complete. <i>Wheels to Shopping</i> happens once a month, as requested.	
3. Maintain a spreadsheet to monitor ridership	WC	Immediately	N/A	Linda	Create a spreadsheet to keep track of <i>Wheels to Wellness</i> usage.	Action Item Complete.	
4. Gain ideas to improve/gauge potential future use of <i>Wheels to Wellness</i> service.	WC AFC	Immediately	\$150.00	Bev	Seek input from <i>Wheels to Wellness</i> Coordinator	Action Item Complete. Coordinator was consulted.	
5. Expand the distribution of information about <i>Wheels to Wellness</i>	WC	3 months	\$150.00	Gail	Develop a plan for distribution	Action Item Complete. Write up in The Key (local newsletter) and River Valley Sun (local newspaper). Pamphlet displayed at various locations in Nackawic and surrounding areas	

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Legend: Town (TN), Age Friendly Committee (AFC), Wellness Committee (WC), Community Development Officer (CDO), Corporate Executive Officer (CEO)

Age Friendly Action Plan developed and approved by AFC Committee December 2018; Status column updated January 2020

Action	Owner	Time Frame	Budget	Housing		Status
				AFC Lead	Indicators	
1. Get information about support for an initiative to erect senior living spaces within the town and in one or two of the outlying areas.	TN CAO	6 months	N/A	Barb, Randy, Brian	Talk to Marina Hull about her experience in Millville. Find out if Nackawic is on the list Contact NB Housing: 506-453-2001	-Town of Nackawic has created a Committee to create senior Housing opportunities in Nackawic. -CEO of Revitalization Nackawic has been hired -Housing is no longer part of the AFC mandate
2. Seek out companies and investors who do this type of work.	TN CDO	6 months	N/A	Marina	Seek the names of potential developers who have worked in other communities to establish senior housing	
3. Consult with Government agencies whose mandate is to support seniors and their quality of life needs.	TN	12 months	Paper and copies \$120.00	Bev	-Create a list of local service providers and funding sources make it available to seniors. -Invite agencies to speak at the Kirk senior's dinner	

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Housing (continued..)							
Action	Owner	Time Frame	Budget	AFC Lead	Indicators	Status	
4. Hold a Public Meeting regarding the housing needs of seniors in Nackawic and Area.	AFC	6 months	Food and honorarium \$200.00	Committee	-Gather information and share with potential developers -Develop questions and a process for gathering information from seniors	Action Item Complete. AFC hosted a Senior Housing Forum in November 2019; Information from 58 seniors gathered	
5. Identify available spaces for development in the town and surrounding areas.	TN CDO	6 months	N/A		Create a map showing where available spaces are located.	-Town of Nackawic has created a Committee to create senior Housing opportunities in Nackawic. -CEO of Revitalization Nackawic has been hired	
6. Review current zoning bylaws and town policies in order to integrate different types of affordable housing and support Universal Design for housing.	TN CAO	12 months	N/A		Review current zoning bylaws and town policies	-Housing is no longer part of the AFC mandate	
7. Make information on rent subsidies available to seniors	AFC	6 months	\$30.00		Get information from Government departments and distribute to seniors		
8. Determine what kind of housing is of importance to seniors if forced to move from their homes	AFC	6 months	Survey and mail-out \$150.00		Create a survey to gather information	Action Item Complete. AFC hosted a Senior Housing Forum in November 2019; Information from 58 seniors gathered	