



# Steering Committee

2018-2019 Report to the Community

More Calgarians are living longer, healthier lives. To meet this new reality, we need to find innovative approaches to deliver on the opportunities and challenges of an aging population.

## Progress on Seniors Age-Friendly Strategy 2015-2018

Considerable progress has been made across each of our six priority areas – with 40 actions completed and another 39 actions in progress! Highlights include:

### New Age-Friendly Calgary Logo

The new logo depicts a thriving person as the central focus. This person is supported by the six identified priority areas represented by six different colours. Age-Friendly Calgary community partners are using this new visual identity to help raise awareness of the initiative as a cohesive group.

### Promoting an Age-Positive Culture Shift

Our Calgary Meetup group regularly hosts discussions about what it means to age in our society and activate the community to challenge perceptions of aging.

### Active Aging

Calgary Recreation is collaborating with post-secondary institutions on six research projects to support high quality recreation programming and address continued service delivery improvements for older adults.

### Intergenerational Play Initiative

Age-Friendly Calgary was a signatory of Calgary's Play Charter and supported the "Good Old Days of Play" initiative. Older adults were asked to recall the games they played themselves as children. These games have been compiled into a playlist, which will be shared on YYC Plays and in intergenerational settings.

### Information Resources for Seniors

Age-Friendly Calgary is working with service providers to better understand each other's services so they can work together to achieve shared goals. Together, they have created an essential phone number list for seniors, which is currently in distribution.

### Prevention and Response to Elder Abuse

The Elder Abuse Action Team has published a brochure in 10 languages to help people identify the signs of elder abuse and where to find help.

### Missing Seniors/Silver Alert

Silver Alert systems engage the community in locating missing older people who have cognitive challenges. The Action Team created materials to help the public know how to respond when a senior goes missing.

### Older Adult Employment

The Mature Worker Action Team received funding for promoting and educating employers on the value of hiring and retaining older adult workers and supporting older adult job seekers to re-enter and/or retain employment.

### Housing Options Guide

Age-Friendly Calgary has created a guide to help older adults, caregivers and service providers navigate the older adult housing system and identify what resources and support is available to them.

## Looking Ahead

The Age-Friendly Calgary Steering Committee has developed a Seniors Age-Friendly Implementation Plan for 2019-2022. This will continue to focus on our six priority areas as well as the vision, principles and community-wide indicators identified in the 2015-2018 plan. The Steering Committee structure has been revised and a new Older Adult Advisory Table will be established. Recruitment for these groups will take place in late 2019.

## Aligned Projects

Although these projects and achievements were not led by Age-Friendly Calgary, they contribute to Calgary becoming a more age-friendly city:

- In June 2018, Dementia Network Calgary held an event called Dementia Reimagined to facilitate discussions about excellence in person-centred care and find ways to support people living with dementia to live full lives.
- The THIRD ACTION Film Festival is in its second year and showcases films about aging. This festival ran from June 7-9, 2019.

## What can you do?

1. Increase the font size on your letters, emails and other documents to make them easier to read.
2. Learn how you can prepare your home to be accessible for older family members – and yourself as you age.
3. Volunteer your time and skills throughout your life. It's a good way to meet people, learn new things and make a difference for others.
4. Find out where to go for help if you or someone you know is experiencing elder abuse.
5. Sign up to the Changing Perceptions of Aging Meetup Group, attend monthly meetings to learn more about aging and ageism.

**Call 311 for more information**

## Visit [calgary.ca/AgeFriendly](http://calgary.ca/AgeFriendly) to:

- Read the Seniors Age-Friendly Strategy and Implementation Plan 2015-2018 and the revised 2019-2022 implementation plan.
- Sign up for the Age-Friendly Calgary email newsletter and learn about opportunities to be involved in Age-Friendly Calgary initiatives, including the Older Adult Advisory Table recruitment process.
- Gain access to Age-Friendly Calgary resources and project updates.



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