



Age-Friendly Calgary

Calgary's population is aging. To prepare for this demographic change, The City of Calgary partnered with older Calgarians, other levels of government, and members of the health, post-secondary, non-profit, and private sectors to develop a community-wide plan.

The **Seniors Age-Friendly Strategy** was approved by Calgary City Council in June 2015.

The Seniors Age-Friendly Strategy identifies six local priority areas:

- 1. Access to information and services**
- 2. Community support and health**
- 3. Housing**
- 4. Participation and inclusion**
- 5. Prevention of and response to elder abuse**
- 6. Transportation and mobility**

Everyone has a part to play in helping make age-friendly communities. Is there something you can help with in this list to help make Calgary a great place to live and age?

For more details, download the **Seniors Age-Friendly Strategy and Implementation Plan 2015-2018** from calgary.ca/agefriendly.



Participation and Inclusion

Many older adults stay active and engaged by participating in physical, social, intellectual, and cultural opportunities. However, a significant number of Calgarians experience social isolation in their older years. An age-friendly community is welcoming and inclusive of the diverse needs and preferences of community members as they age.

What we want to see:

- Older adults feeling welcomed and valued in Calgary.
- Older adults who are socially, physically, and intellectually active.
- Older adults contributing to the well-being of the community.
- Older adults who want to, or need to work are being employed.

What we are doing:

- Encouraging formal and informal opportunities for physical, social, and intellectual opportunities to be offered in local community hubs.
- Establishing a framework of best practices.
- Increasing older adult participation in physical, social, and creative activities through The City of Calgary's Active Aging Strategy.
- Promoting opportunities to contribute to the community.
- Promoting opportunities for civic literacy and engagement.
- Promoting the value of employing older adults.
- Educating employers about age-friendly workplaces.
- Supporting the ongoing education, coaching, and access to resources that support older adults seeking employment, including self-employment.

What you can do:

Is there something in this list that your organization or business can adopt to help an Age-Friendly Calgary.

Visit calgary.ca/age-friendly or call **311** to connect with current initiatives in the area of Participation and Inclusion.