

2022 COMMUNITY PROGRESS REPORT

2021-2026

HAMILTON'S PLAN FOR AN AGE FRIENDLY COMMUNITY



“Consistent with our commitment to social inclusion, we are pleased to be one of the first cities globally to specifically integrate a dementia-friendly approach into our age-friendly plan”

DEMENTIA FRIENDLY COMMUNITIES TREAT PEOPLE LIVING WITH DEMENTIA WITH LOVE

LISTENING • UNDERSTANDING • VALIDATING • EMPOWERING



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A MESSAGE from the Chair, Age-Friendly Collaborative Governance Committee

Hamilton's 2021-2026 Plan for an Age-Friendly Community was published early in 2021, subsequently followed by the first year of the implementation plan. Highlights of year one Age-Friendly practices were captured in the 2021 Community Progress Report which also included recommendations for moving forward.

How things change in one year! As we emerge from the height of the pandemic, programs and services have gradually re-opened and many older adults are returning to in-person activities. While we continue to exercise caution, this re-opening is good news for older adults who may have experienced increased loneliness and social isolation during the past three years. It is within the context of our changed world that we are pleased to share the 2022 Community Progress Report with you.

What do we want to highlight as we wrap up year two and plan for year three? To begin, we can confidently say that awareness of being an Age-Friendly community and what constitutes Age-Friendly practices is truly gaining traction in Hamilton. This year, we received double the submissions from last year from local groups and organizations sharing their Age-Friendly programs and practices in our annual survey! While we know that what was reported is just a fraction of the outstanding Age-Friendly work going on, we are encouraged by our growing Age-Friendly community network. The sky is the limit, and we can only continue to grow from here. Here is a sample of some of the initiatives the Age-Friendly Collaborative Committee (AFCC) has in mind for year three.

- the development of an Equity Diversity Inclusion (EDI) framework for the Age-Friendly Collaborative Committee (AFCC).
- continued outreach to the not-for-profit, public and private sectors to both increase awareness about what it means to be Age-friendly and to encourage the integration of Age-Friendly practices in their work.
- increased focus on exploring ways to fully integrate dementia-friendly environments and opportunities into the overall Age-Friendly plan.
- continued commitment to ensuring that older adults are at the core of all we do and that they are fully involved in planning programs and services that matter to them.

It takes a village to plan an Age-Friendly community. and we don't want to inadvertently miss anyone. We would like to extend a heartfelt thank you to the 2022 AFCC members and goal champions, City of Hamilton partners, the Hamilton Council on Aging and the Seniors Advisory Committee.

In addition, I would like to thank all the organizations and groups that contributed by sharing their 2022 Age-Friendly practices. Thank you for your ongoing commitment to Hamilton's goal of being 'the best place to raise a child and to age successfully'.

Angie Armstrong

*Chair, Age-Friendly Hamilton
Collaborative Governance Committee*



Launch of the Everyone Rides Initiative Adaptive Bike Hub, Gage Park, June 2022

CONTEXT

Age-Friendly practices are those that “recognize the wide range of capacities and resources among older people; anticipate and respond flexibly to age-related needs and preferences; respect older people’s decisions and lifestyle choices; reduce inequities; protect those who are most vulnerable and promote older people’s inclusion in and contributions to all areas of community life.”

Source: World Health Organization

In 2013, the Hamilton Council on Aging partnered with the City of Hamilton, Seniors Advisory Committee, and the greater community to begin the development of Hamilton’s first joint Age-Friendly plan. **Hamilton’s Plan for an Age Friendly City** was endorsed by City Council in 2014 and in 2015, Hamilton became a certified member of the World Health Organization’s (WHO) Network of Age-Friendly Cities and Communities. In 2019, the Age-Friendly Hamilton Collaborative began the process of developing Hamilton’s second Age-Friendly Plan with a goal to identify the current needs and priorities of older adults and seniors living in Hamilton.

Hamilton’s 2021-2026 Plan for an Age-Friendly Community¹ was launched in April 2021. It includes 7 strategic goals, 21 objectives, 61 recommendations and are the foundation for creating and growing ongoing **Age-Friendly practices**.



¹ The 2021-2026 Hamilton’s Plan for an Age-Friendly Community can be found on the Hamilton Council on Aging website (www.coahamilton.ca) and City of Hamilton website (www.hamilton.ca/agefriendly)

PRINCIPLES

There are eight principles that provide a guide for developing the plan and offer a way to evaluate Hamilton's Age-friendly practices.

- 1. Creating supportive and enabling environments** where hospitality is practiced, and accessibility is the norm.
- 2. Optimizing opportunities for health, participation, security and life-long learning** across the life cycle. Health refers to physical, mental, social and spiritual well-being.
- 3. Equity, inclusion and respect;** recognizing the diversity of older adults including their wide range of interests, cultural practices, capacities and resources while reducing barriers to social connectivity that result from differences.
- 4. Building a dementia-friendly community** in which dementia-friendly environments, opportunities and supports for individuals living with dementia and their care partners are understood and fully integrated into the overall Age-Friendly Plan.
- 5.** An informed community that practices **accountability and transparency** while facilitating personal, social and system **connectivity**.
- 6. Community and neighbourhood** capacity building.
- 7. Effective public service,** delivered with integrity, that is adaptive, dynamic and uses an equity and inclusion lens and that is responsive to individual and collective needs as well as emerging opportunities while delivering value for money spent.
- 8. Community engagement,** where people have meaningful opportunities to have a say in designing services and influencing decisions that affect them.



STRATEGIC GOALS

In addition to the foundational principles, 7 strategic goals guided the development of the plan and the resulting objectives and recommendations.

Seven strategic goals



The AFCC acknowledges and celebrates the reality that multiple organizations and stakeholders in the not-for-profit, private and public sectors, as well as individual citizens, have much to contribute to the implementation of the recommendations outlined in the 2021-2026 Hamilton's Plan for an Age-Friendly Community. Cross sector outreach and collaboration continues to be an important focus of the committee's outreach efforts to learn about Hamilton's Age-Friendly practices and how to support them.

In designing a process and the questionnaire to capture Age-Friendly practices in year two of the plan's implementation, the AFCC took lessons learned in year one into consideration. This included more intentionally reaching out to the private sector and continuing to emphasize the importance of including older adults in planning programs and services. While many programs and organizations resumed at least some in person activity, the lingering impact of the pandemic was noted.

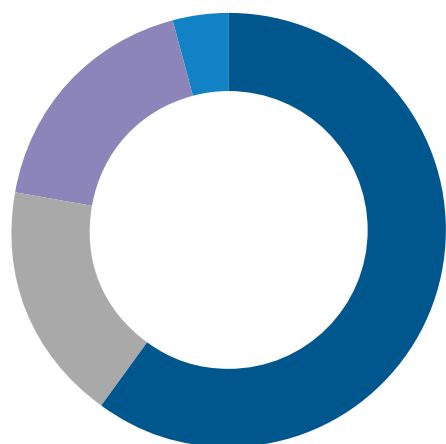
RESULTS

The 2022 results demonstrate an increase in the number of Age-Friendly practices that were reported when compared to the number of submissions from year one. For example, in 2021, the reported total number of people positively impacted by Age-Friendly practices was 9,360. In 2022, the reported number increased to 48,874. A more complete portrayal of select quantitative results is outlined in the following ‘Data at a Glance’ infographic.

Data at a Glance

TOTAL NUMBER OF SUBMISSIONS	50
TOTAL NUMBER OF DIFFERENT ORGANIZATIONS	39
TOTAL NUMBER OF AGE-FRIENDLY PRACTICES IN PROGRESS	37
TOTAL NUMBER OF AGE-FRIENDLY PRACTICES COMPLETED	13
TOTAL NUMBER OF AGE-FRIENDLY PRACTICES THAT INVOLVED OLDER PEOPLE IN AT LEAST ONE STAGE OF PLANNING/IMPLEMENTATION:	43
TOTAL NUMBER OF PEOPLE POSITIVELY IMPACTED	48,874
TOTAL NUMBER OF MONETARY AND FINANCIAL CONTRIBUTIONS	8,737,296

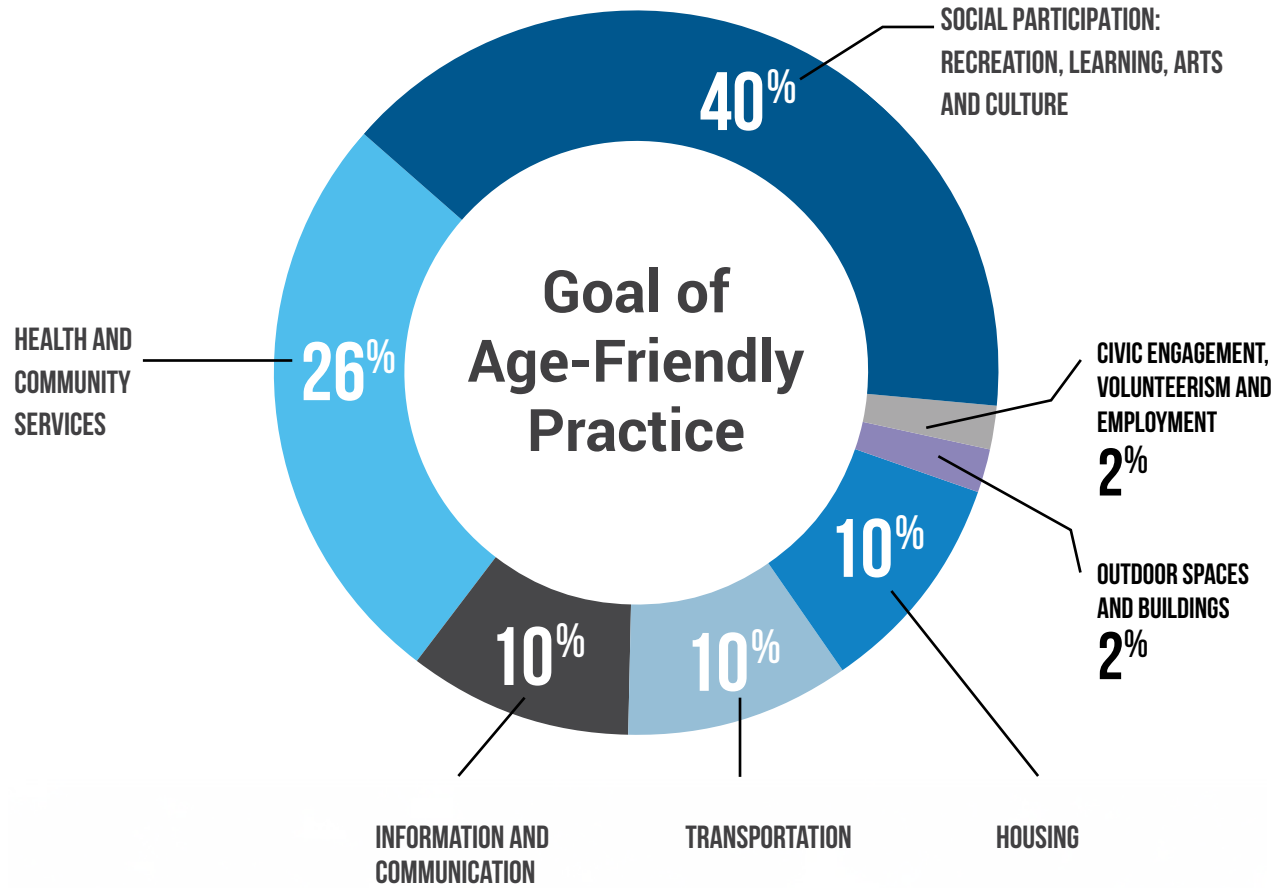
Response



%		#
60	Not-for-profit/Voluntary Sector	30
18	Public Sector - City of Hamilton	9
18	Public Sector - Other (e.g. Health, Education)	9
4	Private Sector (e.g.: business)	2
TOTAL	100	50


HAMILTON'S 2022 AGE-FRIENDLY PRACTICES



The Age-Friendly practices submitted align with all strategic goals of Hamilton's 2021-2026 Plan for an Age-Friendly Community. By comparison, in 2021, there were submissions related to four of the goals.



THANK YOU TO THE FOLLOWING ORGANIZATIONS FOR YOUR 2022 CONTRIBUTIONS!

Please visit the Hamilton Council on Aging website (www.coahamilton.ca) or City of Hamilton website (www.hamilton.ca/agefriendly) to read more about 2022 age friendly practices submitted by the listed organizations and groups in Hamilton.

GOAL 1 Housing 	
City of Hamilton, Housing Services Division	Launch of City of Hamilton's Ontario Renovates Secondary Suites Forgivable Loan Program
Hamilton Community Legal Clinic	Free legal advice for senior tenants
Housing Services	Homelessness Services to support homeless and precariously housed seniors
St. Matthew's House	Building 15 affordable housing units geared to Black and Indigenous seniors
West Hills Co-operative Homes	Installation of accessibility supports for seniors

GOAL 2 Transportation 	
Hamilton Bike Share Inc.	Adaptive Bike Hub & cycling education for 55+ 
City of Hamilton, Transportation Planning Division	Complete Streets Design Manual was approved by City Council
DARTS	Specialized transit for those unable to use a private car or public transit
Flamborough Connects	Volunteer driving to appointments and social outings for seniors
Hamilton Council on Aging	Let's Get Moving Workshops strengthen the safety and well-being of older adults to get around

GOAL 3 Information & Communication



Hamilton Police Services	Traffic Safety Video for older adults
Jamaica Foundation Hamilton	Social program for older adults to stay connected
Occupational Therapy Program, McMaster University	Student project: Developing a dementia friendly recognition program
Regional Geriatric Program Central	New Navigation Tool: Care for Older Adults, Where to Start
Seniors Advisory Committee	Enhanced City of Hamilton webpage to better navigate seniors' programs and services

GOAL 4 Health & Community Services



Banyan Community Services	Grocery shopping service to support seniors
Blackheath Binbrook Lions Club	Supports for seniors to age in the community
Cancer Assistance Program	Free accessible services and supports for cancer patients
Central Clinical Intake, Regional Geriatric Program	Central Clinical Intake Referrals to improve access to specialized medical care
Dementia Friends in our Community - Hamilton	Individuals living with Alzheimer's Disease launched a newsletter to change the way people understand dementia
Dundas Community Services	Meals on wheels and transportation services to support older adults aging in the community
Dundas Weight Loss Clinic	Weight management and health promotion for older adults
Service Canada	Information about government programs, services, and benefits for older adults
Glanbrook Community Services	Information & referral, nutrition, and fitness to support older adults age in the community

GOAL 4 Health & Community Services



Glanbrook Community Services	Meal delivery to support residents age 55+
Hamilton Urban Core Community Health care	Removing barriers to access health, dental and social services for seniors
Lions Club Zone 25	Creating an accessible and supportive community for seniors
Thrive Group	Senior Friendly Assessment for healthcare organizations

GOAL 5 Social Participation



Art Gallery of Hamilton	Artful Moments: Arts-experiences for specialized audiences
Cactus Festival of Dundas	Free social programming for older adults at the Dundas Cactus Festival
City of Hamilton, Recreation Division	Social Participation Resource Guide for Older Adults 55+ living in the City of Hamilton
Computer Help for Adults	Technology accessibility to support participation of older adults
Dundas 55+ Group	Affordable and accessible social programs for residents age 55+
Hamilton Aging in Community	Learning opportunities related to resilient aging
Hamilton Bike Share Inc.	Removing barriers to cycling through adaptive bikes & cycling workshops
Hamilton Council on Aging	Seniors4Change Positive Aging Education Series
Hamilton Council on Aging	Faces of Dementia Campaign to create dementia-friendly communities



Faces of Dementia event, Sackville Seniors Centre, October 2022

GOAL 5 Social Participation



Hamilton Jewish Family Services	Social programs to support older adults to age well in the community
Hamilton Literacy Council	iPad and computer basics training for older adults
Hamilton Public Library	Return to in-person programming to enhance social opportunities and inclusion for older adults
McMaster Institute for Research on Aging	Meet My Hamilton: An Intergenerational Program
McMaster University	The EMBOLDEN study: Enhancing physical and community MoBility in OLDER adults with health inequities using commuNity co-design
McMaster University Office of Alumni Engagement	Lifelong Learning Programs
McMaster University Reading Lab	Bringing hope and well-being to community-dwelling older Ontarians in the pandemic world through creative writing and digital literacy learning
Neighbour to Neighbour Centre	Cost-free to promote wellness for older adults
Stoney Creek Historical Society	Historical meetings organized and facilitated by older adults
The Gilbrea Centre for Studies in Aging	The Gilbrea Centre SHARE Group Is supporting McMaster to become age inclusive
The Muslim Association of Hamilton	Social programs and connections keep seniors active in the community



GOAL 6 Civic Engagement, Volunteerism and Employment



City of Hamilton, Seniors Advisory Committee (SAC)

Senior citizens engaging and advocating for an Age-Friendly Hamilton and informing citizens about the purpose of SAC



International Day of Older Persons event, City Hall, October 2022

GOAL 7 Outdoor Spaces



City of Hamilton, Parks and Cemeteries Division

Public parks improve accessibility through pathway resurfacing



AFCC COMMUNITY FORUM — GROWING AN AGE-FRIENDLY HAMILTON

The number of organizations submitting and contributing their Age-Friendly practices, which are captured in the annual community progress reports continues to increase. To recognize and celebrate contributors and to facilitate connections, the AFCC hosted a community forum for organizations and groups who submitted their Age-Friendly practices.

Forum objectives included the following:

- To facilitate learning and sharing of Age-Friendly Hamilton activities and success stories
- To facilitate opportunities for collaboration among Age-Friendly Hamilton collaborators
- To provide a sense of community, shared ownership and encourage continued work among stakeholders to continuing to grow Age-Friendly Hamilton

At the forum, participants were invited to respond to these questions:

- What are the opportunities for collaboration?
- What if any, are the barriers to collaboration? How can we overcome them? Let's focus on solutions.
- What would help you to grow Age-Friendly initiatives in your own organization?

The community forum discussions will help to shape the kinds of outcomes the AFCC hopes to see in 2023.

CALL TO ACTION

The challenge is on! At the community forum, each participant was invited to reach out to at least one other group or organization in 2023 to encourage them to launch and/or revitalize their own Age-Friendly practices.

Our hope is that, when reporting progress in 2023, we see another increase in the number of contributors to the report. Growing Age-Friendly practices in Hamilton is gaining momentum and the future is bright.

CONTACT US

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“An authentic age-friendly vision can only be generated and sustained by the widest possible ownership of it”

Dr. Alex Kalache, President, ILC-Brazil



www.hamilton.ca/agefriendly



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