



**CARP: A New Vision of Aging for Canada
Chapter #36 Barrie and Surrounding Area**

September 11, 2013

Attendees

Mayor Jeff Lehman
Ross Cotton, Planning Dpt
Shelley Raymond, Owner/President, Solterra
Gwen Kavanagh, Chair, CARP Chapter 36
Molly Malcolm, Senior, Member of CARP and proponent of Co-housing

1. Purpose

To propose that the City of Barrie create a *Senior Advisory Committee* to work towards creating an Age Friendly City such as Waterloo, Ontario or Edmonton, Alberta.

Active aging is the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age.

The World Health Organization lists the essential features of an Age-friendly City as:

- Outdoor spaces and buildings
- Transportation
- Housing
- Social participation
- Respect and social inclusion
- Civic participation and employment
- Communication and information
- Community health services

(See attached checklist for further descriptions of the above.)

2. Objectives of the Senior Advisory Committee

- Enhance access to the City of Barrie for seniors, the elderly and their families.
- Identify and suggest solutions to gaps and barriers that impede the full participation of seniors and the elderly in all aspects of Barrie life.

3. Where to Start?

Establish the Committee

- Advises on current matters that affect seniors and their families in the City of Barrie
- Monitors City Programs to ensure that the needs of the elderly and their families are considered.
- Works with and provides advice to City Departments, Boards and Commissions whose activity affect seniors and their families
- Shares information and facilitates feedback on City matters affecting seniors, the elderly and their families.
- Brings to City Council matters it identifies needs action.
- Deals with any matters which may be referred by Council.
- Creates an annual work plan with specific objectives by no later than March of each year, in consultation with City Council and staff liasons.
- Creates an annual report to Council describing accomplishments, referencing objectives from the work plan, and identifying issues the Committee responded to

Define the Membership

- Members are appointed from the local area including a variety of organizations/stakeholders – both private and public sectors.
- Will there be a limit to the term of participation e.g 12 months?
- Invitation only by the City of Barrie or through submissions?

Other Group Involvement

Committee seeks input and consultation from others e.g City Councillors, LHIN, Reps from specific organizations e.g Hospice, Alzheimers, Rotary

Establish Sub-Committees

- Housing
- Transportation
- Communications
- Civic Participation and Employment

Establish Meeting Frequency

Where and when – what facilities are the City of Barrie prepared to offer?

Budget

What resources is the City of Barrie prepared to offer e.g funds to develop an annual work plan and/or printing of required materials etc



Other

4. Example of Senior Advisory Committee

The City of Port Perry has recently developed a Seniors Advisory Committee. They were given a small budget from council to get started and provided with a room to have meetings. From there an application can be made to either the New Horizons Program or the Trillium Foundation, etc. for further funding.

The Port Perry Senior Advisory Committee plans/organizes activities for seniors and includes topics such as housing options. Two Councillors are on the Committee and they report to council monthly.

To date they have successfully received a grant for \$26,000 to start a Seniors Information Centre and

- Hosted a presentation and Question and Answer session for seniors about Tax Planning and deductions available to seniors.
- Hosted a successful seniors Information Forum involving 30 organizations and nearly 300 seniors with a second event planned for November.
- Established a Calendar of Events of Interest to seniors that will be distributed to local newspapers.
- Hosted a presentation to the Committee, the Mayor, Council members and some local builders (Shelley from Solterra) that has resulted in the first development of a purpose built co-household in Port Perry.
- Established a planning group to develop the structure and services to be offered in the New Centre funded by the grant. Council is providing space and the Centre will be run by seniors as volunteers.
- Working with the Accessibility Committee to ensure senior's needs are met.

To date they have had only 8 meetings and accomplished all of the above.

CARP submission for your and the Councillors feedback at your earliest convenience.

Respectfully,

Gwen Kavanagh
Chair, Carp Chapter 36
Barrie & Surrounding Area



Checklist of Essential Features of Age-friendly Cities

This checklist of essential age-friendly city features is based on the results of the WHO Global Age-Friendly Cities project consultation in 33 cities in 22 countries. The checklist is a tool for a city's self-assessment and a map for charting progress. More detailed checklists of age-friendly city features are to be found in the WHO Global Age-Friendly Cities Guide.

This checklist is intended to be used by individuals and groups interested in making their city more age-friendly. For the checklist to be effective, older people must be involved as full partners. In assessing a city's strengths and deficiencies, older people will describe how the checklist of features matches their own experience of the city's positive characteristics and barriers. They should play a role in suggesting changes and in implementing and monitoring improvements.

Outdoor spaces and buildings

- Public areas are clean and pleasant.
- Green spaces and outdoor seating are sufficient in number, well-maintained and safe.
- Pavements are well-maintained, free of obstructions and reserved for pedestrians.
- Pavements are non-slip, are wide enough for wheelchairs and have dropped curbs to road level.
- Pedestrian crossings are sufficient in number and safe for people with different levels and types of disability, with non-slip markings, visual and audio cues and adequate crossing times.
- Drivers give way to pedestrians at intersections and pedestrian crossings.
- Cycle paths are separate from pavements and other pedestrian walkways.
- Outdoor safety is promoted by good street lighting, police patrols and community education.

- Services are situated together and are accessible.
- Special customer service arrangements are provided, such as separate queues or service counters for older people.
- Buildings are well-signed outside and inside, with sufficient seating and toilets, accessible elevators, ramps, railings and stairs, and non-slip floors.
- Public toilets outdoors and indoors are sufficient in number, clean, well-maintained and accessible.

Transportation

- Public transportation costs are consistent, clearly displayed and affordable.
- Public transportation is reliable and frequent, including at night and on weekends and holidays.
- All city areas and services are accessible by public transport, with good connections and well-marked routes and vehicles.

- Vehicles are clean, well-maintained, accessible, not overcrowded and have priority seating that is respected.
- Specialized transportation is available for disabled people.
- Drivers stop at designated stops and beside the curb to facilitate boarding and wait for passengers to be seated before driving off.
- Transport stops and stations are conveniently located, accessible, safe, clean, well-lit and well-marked, with adequate seating and shelter.
- Complete and accessible information is provided to users about routes, schedules and special needs facilities.
- A voluntary transport service is available where public transportation is too limited.
- Taxis are accessible and affordable, and drivers are courteous and helpful.
- Roads are well-maintained, with covered drains and good lighting.
- Traffic flow is well-regulated.
- Roadways are free of obstructions that block drivers' vision.
- Traffic signs and intersections are visible and well-placed.
- Driver education and refresher courses are promoted for all drivers.
- Parking and drop-off areas are safe, sufficient in number and conveniently located.
- Priority parking and drop-off spots for people with special needs are available and respected.

Housing

- Sufficient, affordable housing is available in areas that are safe and close to services and the rest of the community.
- Sufficient and affordable home maintenance and support services are available.
- Housing is well-constructed and provides safe and comfortable shelter from the weather.
- Interior spaces and level surfaces allow freedom of movement in all rooms and passageways.
- Home modification options and supplies are available and affordable, and providers understand the needs of older people.
- Public and commercial rental housing is clean, well-maintained and safe.
- Sufficient and affordable housing for frail and disabled older people, with appropriate services, is provided locally.

Social participation

- Venues for events and activities are conveniently located, accessible, well-lit and easily reached by public transport.
- Events are held at times convenient for older people.
- Activities and events can be attended alone or with a companion.
- Activities and attractions are affordable, with no hidden or additional participation costs.

- Good information about activities and events is provided, including details about accessibility of facilities and transportation options for older people.
- A wide variety of activities is offered to appeal to a diverse population of older people.
- Gatherings including older people are held in various local community spots, such as recreation centres, schools, libraries, community centres and parks.
- There is consistent outreach to include people at risk of social isolation.

Respect and social inclusion

- Older people are regularly consulted by public, voluntary and commercial services on how to serve them better.
- Services and products to suit varying needs and preferences are provided by public and commercial services.
- Service staff are courteous and helpful.
- Older people are visible in the media, and are depicted positively and without stereotyping.
- Community-wide settings, activities and events attract all generations by accommodating age-specific needs and preferences.
- Older people are specifically included in community activities for “families”.
- Schools provide opportunities to learn about ageing and older people, and involve older people in school activities.

- Older people are recognized by the community for their past as well as their present contributions.
- Older people who are less well-off have good access to public, voluntary and private services.

Civic participation and employment

- A range of flexible options for older volunteers is available, with training, recognition, guidance and compensation for personal costs.
- The qualities of older employees are well-promoted.
- A range of flexible and appropriately paid opportunities for older people to work is promoted.
- Discrimination on the basis of age alone is forbidden in the hiring, retention, promotion and training of employees.
- Workplaces are adapted to meet the needs of disabled people.
- Self-employment options for older people are promoted and supported.
- Training in post-retirement options is provided for older workers.
- Decision-making bodies in public, private and voluntary sectors encourage and facilitate membership of older people.

Communication and information

- A basic, effective communication system reaches community residents of all ages.
- Regular and widespread distribution of information is assured and a coordinated, centralized access is provided.

- Regular information and broadcasts of interest to older people are offered.
- Oral communication accessible to older people is promoted.
- People at risk of social isolation get one-to-one information from trusted individuals.
- Public and commercial services provide friendly, person-to-person service on request.
- Printed information – including official forms, television captions and text on visual displays – has large lettering and the main ideas are shown by clear headings and bold-face type.
- Print and spoken communication uses simple, familiar words in short, straightforward sentences.
- Telephone answering services give instructions slowly and clearly and tell callers how to repeat the message at any time.
- Electronic equipment, such as mobile telephones, radios, televisions, and bank and ticket machines, has large buttons and big lettering.
- There is wide public access to computers and the Internet, at no or minimal charge, in public places such as government offices, community centres and libraries.

Community and health services

- An adequate range of health and community support services is offered for promoting, maintaining and restoring health.
- Home care services include health and personal care and housekeeping.
- Health and social services are conveniently located and accessible by all means of transport.
- Residential care facilities and designated older people's housing are located close to services and the rest of the community.
- Health and community service facilities are safely constructed and fully accessible.
- Clear and accessible information is provided about health and social services for older people.
- Delivery of services is coordinated and administratively simple.
- All staff are respectful, helpful and trained to serve older people.
- Economic barriers impeding access to health and community support services are minimized.
- Voluntary services by people of all ages are encouraged and supported.
- There are sufficient and accessible burial sites.
- Community emergency planning takes into account the vulnerabilities and capacities of older people.