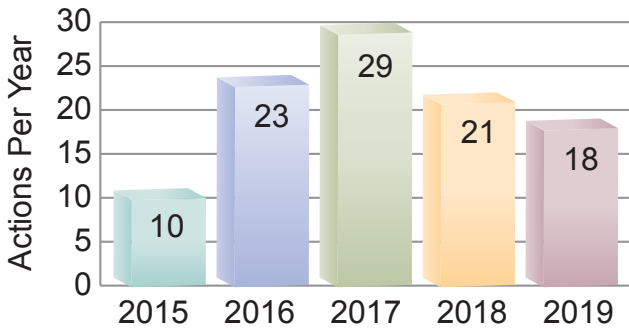


Hamilton’s Plan for an Age-Friendly City: 2015–2016 Progress Report

Hamilton’s Plan for an Age-Friendly City:
Action Timeframe - All Goal Areas

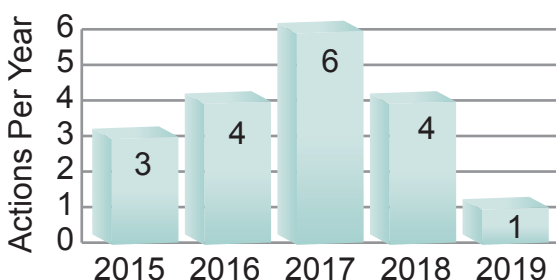


Key Achievements

Goal 1: Housing

- A housing guide, “Housing Options for Older Adults in Hamilton”, was developed and distributed widely and can be accessed on the newly developed older adults and seniors landing page.
- There has been considerable work done with vulnerable citizens, including seniors through the Housing First initiative. Hamilton has implemented four Housing First programs, which are designed to provide immediate access to permanent affordable housing for individuals who are facing chronic homelessness.
- The Hamilton Council on Aging (HCoA) received an \$8,000 grant from the Ontario Seniors Secretariat (September 2016 to March 2017) to “Increase Social Participation for Seniors Living in Private Market Rental Buildings”.

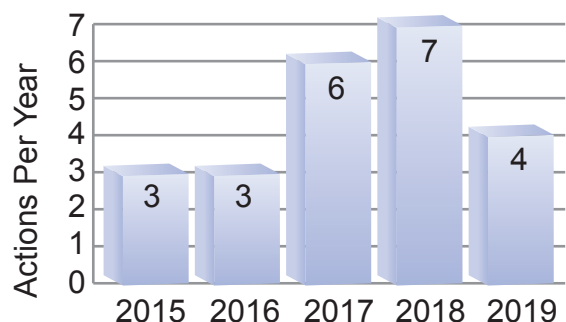
Hamilton’s Plan for an Age-Friendly City:
Action Timeframe - Goal 1 Housing



Goal 2: Getting Around Greater Hamilton

- HSR launched the Golden Age Pass, which provides free bus transit for seniors over the age of 80.
- In partnership, the City’s Recreation Division, DARTS, and Ancaster, Glanbrook and Flamborough Information Services received a grant from the Ontario Seniors Secretariat for a two year period (2015–2017) to provide free transportation for seniors residing in rural areas. The purpose is to assist seniors in getting to recreational activities, special events and grocery shopping.
- In partnership with HSR, The Hamilton Council on Aging hosted “Let’s Take the Bus” workshops to assist older adults who take the bus, and created an informational brochure in 7 languages – English, French, Urdu, Arabic, Punjabi, Simplified Chinese and Portuguese.
- The City’s Recreation Division piloted a cycling workshop geared to older adults, which included safety measures, rules of the road and testing of ability so that older adults will safely ride bicycles.
- “Let’s Take a Walk: A guide to Age-Friendly trails in Hamilton” is a guide of 18 of Hamilton’s outdoor recreational trails, which was developed in partnership by HCoA, The City of Hamilton, Hamilton Conservation Authority, Iroquois Bruce Trail Club and McMaster University.

Hamilton’s Plan for an Age-Friendly City:
Action Timeframe - Goal 2
Getting Around Greater Hamilton

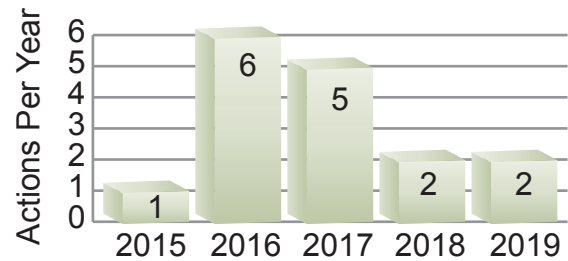


Goal 3: Communication and Information

- In consultation with the Seniors Advisory Committee (SAC), staff launched a seniors landing page, which can be accessed at www.hamilton.ca/seniors. The purpose of this page is to provide a central source of information and links to City and community information relevant to older adults.
- The Dundas InfoSpot55+ pilot program was funded by the Hamilton Community Foundation May 2014 to June 2015. The program was a partnership of the Dundas Active 55+ Steering committee, the Hamilton Council of Aging (HCoA), Information Hamilton, the Hamilton Public Library and the City’s Recreation Division (Seniors Services). This program developed a web-based application for seniors to access information about programs and services that exist in Dundas and surrounding area. Two touch-screen information kiosks were placed in Dundas to access this application, which can also be accessed at www.informationhamilton.ca/dundasinfospot55
- Opportunities for older adults to learn how to use new information technology devices is continuously evolving. The City’s Recreation Division (Seniors Services) offers a wide variety of information technology courses in various locations. Sackville Hill Seniors Centre partnered with Staples to offer iPad classes to its membership. The Hamilton Public Library has a wide variety of free workshops and courses which are offered in many of its branches. Since 2014, the YWCA has expanded their course offerings to include laptop and tablet lessons, and using social media. The GERAS Centre (Geriatric Education and Research in Aging Sciences) designed a six week program to teach older adults how to utilize iPads.
- Information Hamilton has developed new and innovative ways for older adults to access information that are easy for them to use and increase digital literacy. Older adult volunteers

with the Peer Connector program use a web-based application on iPads to retrieve information about services for other senior inquirers. Through the Tapestry Program (part of McMaster University’s Faculty of Health Sciences), volunteers work with seniors in their homes using an application on iPads to access information about community services to increase wellness and reduce social isolation.

Hamilton’s Plan for an Age-Friendly City: Action Timeframe - Goal 3 Communication and Information



Goal 4: Health and Community Services

- In partnership with Information Hamilton, The City of Hamilton Public Health Services produced a new Food Access Guide in 2016, which includes many community services for seniors, i.e. shopping/transportation services, meals on wheels programs, free meals and congregate/group dining.
- In May 2016, the Hamilton Seniors Isolation Population Impact Plan received \$2 million in funding from the New Horizons for Seniors Program for a three year period. There are seven local organizations leading seven projects, including the Hamilton Council on Aging who is working in collaboration to tackle social isolation amongst seniors.

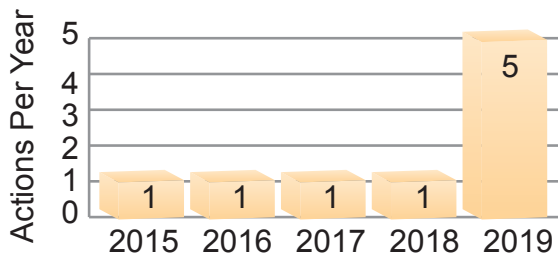
Many local organizations are collaborating to reduce the risk and assist older adults to remain in their homes as long as possible. A few examples include:

- McMaster University’s Department of Family Medicine CHAP-EMS program in partnership with City of Hamilton’s Community

Paramedicine program and City Housing Hamilton.

- St. Joseph’s Home Care neighbourhood hub model in partnership with City Housing Hamilton.
- Navigation Community of Practice coordinated by Hamilton Police Services, McMaster Family Practice and City of Hamilton Paramedic Services.
- Committee Against the Abuse of Older Adults with support from Elder Abuse Ontario involves local organizations in raising awareness and educating about elder abuse.
- Catholic Family Services Intensive Case Management for seniors partners with many health and social service agencies to assist the most vulnerable, isolated seniors in our community.

**Hamilton’s Plan for an Age-Friendly City:
Action Timeframe - Goal 4
Health and Community Services**

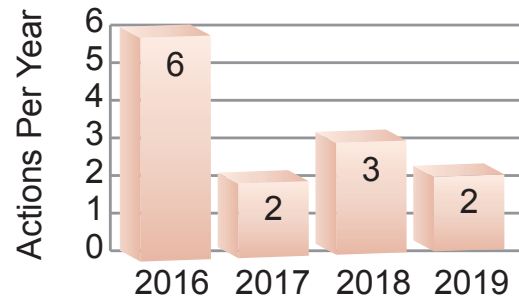


Goal 5: Social Participation

- In May 2016, the City’s Recreation Division was approved for \$124,000 from the Ontario Sport and Recreation Communities Fund for the next two years. The goal is to increase access for seniors who experience barriers in getting to existing seniors centres. The grant will provide opportunities for an estimated 2,900 seniors.
- The City’s Recreation Division launched the first 55+ Program Guide in the fall and Winter 2015/2016.
- The City’s Recreation Division (Seniors Services) is hosting Open Houses twice per

year for community members to learn what is available to them.

**Hamilton’s Plan for an Age-Friendly City:
Action Timeframe - Goal 5
Social Participation**

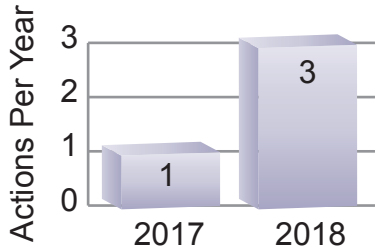


**Goal 6: Civic Engagement,
Volunteerism and Employment**

- The City of Hamilton has been celebrating and recognizing senior volunteers for over 20 years. The 21st annual Hamilton Municipal Senior of the Year Awards took place in 2016. There were approximately 430 attendees, including 30 senior volunteer nominees. There are 9 award categories, including Senior of the Year. The purpose of the awards is to celebrate and recognize the outstanding voluntary contributions seniors have made to enrich the social, cultural and/or civic life of the greater Hamilton community.
- The Hamilton Council on Aging’s (HCoA) Older Adult Peer Connector Program was funded by the Ontario Trillium Foundation (2015–2017), and was developed in partnership with HCoA, Information Hamilton and the Hamilton Public Library. The purpose of this program is to train older adult volunteers to provide information and referrals about community resources, support programs and services to seniors. Currently, there are 33 peer connector volunteers trained and placed in 10 locations throughout greater Hamilton, including Sackville Hill Seniors Recreation Centre, Neighbour2Neighbour Centre and in several public libraries.
- The Recreation Division received funding (June 2015 to February 2016) to promote recreation

and volunteerism. The advertising slogan was “Get Active, Stay Connected and Give Back”.

**Hamilton’s Plan for an Age-Friendly City:
Action Timeframe - Goal 6
Civic Engagement, Volunteering
and Employment**

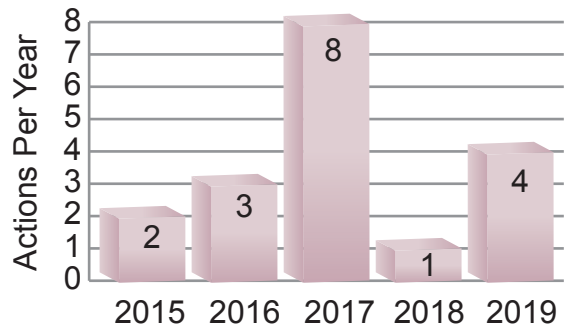


Goal 7: Age-Friendly Public Service

- In March 2015, Hamilton was officially accepted as a member of the World Health Organization’s Global Network of Age-Friendly Cities and Communities. This membership is renewable every two years when communities demonstrate that they are working towards becoming more age-friendly.
- In collaboration, The City of Hamilton (Neighbourhood & Community Initiatives Division, The Hamilton Council on Aging and Seniors Advisory Committee of Council has developed an Implementation Plan for the period of 2016–2019, which outlines timelines, key stakeholders, resources and performance measures.

- In partnership, The City of Hamilton, Hamilton Council on Aging, McMaster University and Hamilton Planning and Social Research Council (SPRC) received funding (June 2015 to March 2017) to create an evaluation framework. The purpose is to create a monitoring tool for tracking progress, to create a community profile, and to share with other communities in order for them to evaluate their own Age-Friendly plans.
- A communication strategy to raise awareness and engage internal and external stakeholders is in the final development stage. The purpose of the communication strategy is to identify key messaging, as well as strategies/tactics to best communicate to all stakeholders. Timeline for completion is 2016.

**Hamilton’s Plan for an Age-Friendly City:
Action Timeframe - Goal 7
Age-Friendly Public Service**



**Hamilton’s Plan for
an Age-Friendly City:
Action Leads**

