



INFORMATION REPORT

TO:	Chair and Members Emergency and Community Services Committee
COMMITTEE DATE:	April 8, 2021
SUBJECT/REPORT NO:	Age Friendly Plan 2021-2026 (CES14053(d)) (City Wide)
WARD(S) AFFECTED:	City Wide
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SIGNATURE:	

COUNCIL DIRECTION

Not Applicable

INFORMATION

Background:

The City of Hamilton is home to 160,170 residents age 55+, which represents 30% of the population. This demographic is the fastest growing worldwide. As a response to this, the World Health Organization (WHO) established the Age-Friendly cities framework so that cities and communities around the world can create enabling environments to encourage active aging. In 2010, the WHO's Global Network of Age-Friendly Cities and Communities was established, and currently includes 100 cities and communities in 41 countries covering over 240 million people. In 2015, Hamilton became a certified member of WHO's global network.

The City and key partners, Hamilton Council on Aging (HCoA) and Seniors Advisory Committee (SAC) developed Hamilton's first Age-Friendly Plan, and in 2014 City Council endorsed "Hamilton's Plan for an Age-Friendly City (Report CES14053)." This

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plan focused on improving Hamilton's age-friendliness across seven goals, 25 objectives and 101 actions.

The launch of the new Age Friendly Plan is also timely as the United Nations have declared 2021-2030, the Decade of Healthy Ageing.

Key Achievements:

By the end of 2019, 81 actions were either completed or being implemented. Highlights of key accomplishments include:

- **Adaptations in the Home** - Funded by the City of Hamilton's Public Health Services and a partnership of the Seniors Advisory Committee, City of Hamilton, Hamilton Council on Aging and McMaster University, three brochures were developed in 2017-2018 to provide information and tips about home adaptations:
 1. Adaptations in Rental Buildings - For Tenants
 2. Adaptations in Rental Buildings - For Property Managers
 3. "There's No Place Like Home" - For Home Owners
- **"Let's Get Moving" project** - The Hamilton Council on Aging in partnership with the City of Hamilton led this two-year project from 2017-2019 with the goal of inspiring older adults to become engaged in active forms of transportation. This project was funded by the Ontario Sport and Recreation fund and was comprised of three workshops: "Let's Take the Bus", "Let's Ride a Bike" and "Let's Take a Walk".
- **New City Webpage** - In 2015, a landing page on the City of Hamilton's website was launched, which includes comprehensive information on services and supports for older adults. This page was further re-developed in 2021 and can be viewed at www.hamilton.ca/seniors.
- **Hamilton Social Isolation Impact Plan** - This three-year project (2016-2019) led by the Hamilton Council on Aging involved seven community organizations working together to reduce social isolation among older adults in Hamilton. Close to 1,300 socially isolated and/or at-risk older adults were connected to programs and services.
- **New 55+ Recreation Program Guide** - In 2015, the City's Recreation Division launched a bi-annual 55+ programming guide geared specifically towards older adults.
- **Seniors Centre Without Walls** - Launched in 2019 by the City's Recreation Division, provides free recreational activities over the phone for older adults. The membership in this program has grown to close to 200 participants, and in 2021 a virtual program is now being offered.

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- **Portraits of Aging Project** - In 2018, the Hamilton Council on Aging launched this senior-led photography and story-telling project in an effort to lesson stereotypes around ageism by sharing stories and wisdom from local older adults.
- **Hamilton Senior of the Year Awards** - 2020 marked the 25th year for this celebratory event, which recognizes citizens age 65+ who have voluntarily contributed to the social, cultural or civic life of the Hamilton community. The event hosts 30+ nominees and 400-500 attendees annually.

The full 2014-2019 Age-Friendly Community Progress Report can be found at www.hamilton.ca/agefriendly.

Plan Development and Stakeholder Engagement:

Like the first plan, the Age-Friendly Collaborative Governance Committee (AFCGC), comprised of members from HCoA, SAC, and other community partners recognized that it was important to gain insight about the experiences, interests, needs and priorities of an many older adults as possible to inform Hamilton's second Age-Friendly plan. In 2019, the AFCGC facilitated a broad community consultation in all 15 wards with a focus on vulnerable, marginalized and ethno-cultural communities. Focus groups took place with the following diverse communities:

- Indigenous
- Afro-Caribbean
- Muslim
- Jewish
- Chinese
- Spanish
- Francophone
- LGBTQS+
- Persons with disabilities
- Older adults living with low income
- Adults living with dementia and their care partners/families

Over 4,100 older adults provided feedback about their experiences, challenges, and proposed solutions. Consultation methods included the following:

- Age-Friendly Consultation Launch Event- 300 participants
- 27 Focus Groups - 487 participants
- "Aging in Hamilton" Survey - 516 online; 177 hard copy
- 12 Community Events/Fairs - 2,630 older adults

In addition, two sessions were facilitated with other stakeholders including 51 community service providers and 26 City of Hamilton staff and leaders. The purpose of these two sessions was to review the barriers and solutions suggested by older adults

and begin the process of formulating recommendations for Hamilton's 2021-2026 Age-Friendly Plan.

Background research also informed the development of the second plan, including data collection, various international sources, and two statistical reports prepared in Hamilton. These reports, A Statistical Profile of Older Adults in Hamilton (March 2019) and the Aging in the City of Hamilton: An Assessment and Report on the Age-Friendliness of the City of Hamilton Using the CLSA Data (2019) can be found at www.hamilton.ca/agefriendly. Further research looked at other cities and communities worldwide who connected and/or integrated dementia-friendly communities into overall age-friendly initiatives.

Dementia-Friendly:

In Hamilton, there are 14,336 individuals living with dementia, which represents approximately 10% of residents age 65+, with many cases still undiagnosed. This number is expected to increase. To ensure the needs and priorities of those living with dementia are addressed, in 2020 HCoA partnered with the Alzheimer's Society of Brant, Haldimand Norfolk, Hamilton and Halton and other key partners to begin the development of a dementia-friendly plan. Funded by the Public Health Agency of Canada, the "Empowering Dementia-Friendly Communities" project rolled out a community engagement plan, including interviews with 71 individuals living with dementia and their care partners/families. As a result of this project, dementia-friendly recommendations from these consultations have been embedded into Hamilton's 2021-2026 Age-Friendly Plan making the Hamilton plan unique in that it is both an age-friendly and dementia-friendly plan.

Impact of COVID-19:

Prior to the COVID-19 pandemic, the majority of community consultations, data collection and background research were completed. In response to the pandemic, further consultations took place with members of the AFCGC, community service providers and City of Hamilton staff. The purpose was to understand how the pandemic was impacting older adults and to identify possible gaps and opportunities that could be included in Hamilton's 2021-2026 Age-Friendly Plan.

Age Friendly Plan, 2021-2026:

Like Hamilton's first Age-Friendly Plan, the new plan aligns with the City of Hamilton's vision to be "the best place to raise a child and age successfully" and is built on the same vision and principles. Hamilton's 2021-2026 Age-Friendly Plan maintains the same seven principles, including "equity, inclusion, and respect" with the addition of an eighth principle, "building a dementia-friendly community." The second plan has seven strategic goals with 21 objectives and 61 recommendations.

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The seven goals are outlined in the below table:

GOAL	
Housing	Everyone should have a place to live. People are supported in ways that make sense for their unique circumstances with a full range of housing options in their neighbourhoods.
Transportation	The City's transportation systems, urban design and physical infrastructure enables people to participate in community life as they choose, as well as age in their community.
Information and Communication	Older adults have access to information and systems that are better connected and are able to influence and design the type of information systems they need; customer service and way-finding are intentional and responsive to individual needs and capacities.
Health and Community Services	Older adults have access to a wide range of supports and services that allow them to remain in their homes and attend to their health and personal needs. Aging in community is eased by good urban design, appropriate housing, and the support of family and community.
Social Participation	Social engagement opportunities are welcoming and reflect the diverse interests and preferences of older adults in the community and are available in a variety of formats.
Civic Engagement, Volunteerism and Employment	Hamilton's vibrant civic life includes meaningful roles for older adults as leaders, influencers, employees and volunteers.
Outdoor Spaces	Outdoor and green spaces are welcoming and well-maintained, include sufficient seating and are accessible for people of all ages and abilities. They are designed with pedestrian safety, cycling and walkability in mind.

The full Hamilton's 2021-2026 Age-Friendly Plan, including all objectives and recommendations, can be found at www.hamilton.ca/agefriendly. The Executive Summary is attached as Appendix "A" to Report CES14053(d).

Next Steps:

The 2021-2026 Age Friendly plan will be launched and shared with community partners and older adults across the city at this year's Seniors Kick-Off event. Next steps also include the development of a comprehensive implementation plan that includes tracking and monitoring tools. City staff will be work closely with the AFCGC to develop a cross sectoral approach to engage organizations in the not-for-profit, private and public sectors, as well as individual citizens, in the implementation of this plan.

Given that we are still in the midst of a global pandemic and understanding how this has impacted older adults, the AFCGC plans to complete a review of the plan mid-way in order to identify any gaps and new opportunities. Regular updates will be provided to all key stakeholders, as well as the broader community. A progress update will be shared with Council on an annual basis.

APPENDICES AND SCHEDULES ATTACHED

Appendix "A" to Report CES14053(d): Hamilton's Plan for an Age Friendly Community, 2021-2026, Executive Summary