



Hamilton

INFORMATION REPORT

TO:	Chair and Members Emergency and Community Services Committee
COMMITTEE DATE:	June 1, 2023
SUBJECT/REPORT NO:	Hamilton's Plan for an Age-Friendly Community, 2022 Community Progress Report (HSC23034) (City Wide)
WARD(S) AFFECTED:	City Wide
PREPARED BY:	Lisa Maychak (905) 546-2424 Ext. 1721
SUBMITTED BY:	Holly Odoardi Senior Administrator, Long Term Care Healthy and Safe Communities Department
SIGNATURE:	

COUNCIL DIRECTION

Not Applicable

INFORMATION

The City of Hamilton, Hamilton Council on Aging and Seniors Advisory Committee began planning for Hamilton's first Age-Friendly Plan ten years ago. Hamilton was the first community in Ontario to begin the planning process with the goal of ensuring policies, services and structures related to the physical and social environment were designed to help older adults live safely, enjoy good health and stay involved. The need for an Age-Friendly plan was and continues to be key as those age 55+ continues to be the fastest growing age demographic globally. The City of Hamilton is currently home to 183,265 residents age 55+ which represents 32% of the population. In the next 20 years, this age demographic is expected to double.

In 2014, Hamilton's Plan for an Age-Friendly City was endorsed by City Council and in 2015 Hamilton became certified as a member of the World Health Organization's Global Network of Age-Friendly Cities and Communities. The goal of this network is to provide a framework for cities and communities around the world enabling them to create social and physical environments that support healthy aging. In addition, the global network connects and supports cities and communities worldwide through the exchange of

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information, knowledge, and experience. Currently, the global network includes 1445 cities and communities in 51 countries covering over 300 million people.

In 2019, at the end of the five-year implementation of the plan, the three key Age-Friendly partners, the City of Hamilton, Hamilton Council of Aging and Seniors Advisory Committee recognized that it was important to learn as much as possible from as many stakeholders as possible about the current needs and priorities for all older adults living in Hamilton. A broad community consultation phase was initiated and led by the three partners. Over 4,000 older adults provided feedback about their experiences, challenges and proposed solutions which then informed Hamilton's second Age-Friendly Plan.

In 2021, [Hamilton's Plan for an Age-Friendly Community \(2021-2026\)](#) was launched. Like the first plan, it aligns with the City's vision to be "the best place to raise a child and age successfully" and is built on the same vision and principles. The new plan maintains the same seven principles as the first plan, but includes an eighth principle, "building a dementia-friendly community". The City, Hamilton Council on Aging and Seniors Advisory Committee agreed that it is important to preserve the safety and well-being of those living with dementia, but also value these individuals as vital members of our community. The decision to integrate dementia-friendly recommendations into the second plan is unique.

The new plan includes seven strategic goals, 21 objectives and 61 recommendations.

Strategic Goals:



In 2021, the City, Hamilton Council on Aging and Seniors Advisory Committee focused their efforts on implementation which included the transition to a new governance structure to better support the implementation of the plan. The Age-Friendly Collaborative Committee was established and includes goal champions representing various City departments and community organizations who help to advance the

recommendations in the plan. In addition, Hamilton Council of Aging received one-year funding to develop an implementation strategy which included the development of an Age-Friendly Action Planning Toolkit. Six action and evaluation plans were initiated that address key recommendations in the plan with the goal of implementation in 2022. At the end of 2021, an online survey was launched with the purpose of linking local Age-Friendly practices to the goals and objectives of the plan. Results from the survey informed the 2021 Age-Friendly Community Progress Report (HSC22031).

In 2022, the City of Hamilton continued to work collaboratively with key partners Hamilton Council on Aging, Seniors Advisory Committee and other stakeholders to implement recommendations in Hamilton's Plan for an Age-Friendly Community (2021-2026). In March 2022, the three partners developed a production with Cable 14 to increase awareness for viewers to learn about the progress related to Hamilton's Age-Friendly Plan. The production also included profiling community partners who were implementing Age-Friendly practices. In addition, the 2021 Age-Friendly Community Progress Report was launched, and print copies were disseminated at the Seniors Kickoff event in June 2022.

The Age-Friendly Collaborative Committee, including goal champions continued to implement their action and evaluation plans. Examples include:

1. City of Hamilton, Housing Services Division- launched the **Secondary Suites Forgivable Loan Program** in November 2022, through the Ontario Priorities Housing Initiative, to create affordable secondary suites in existing family homes or garden suites on a property lot of a single-family home;
2. City of Hamilton, Seniors Advisory Committee- in June 2022, members were consulted and provided feedback to City staff for the redevelopment of the City's new website with the goal of making it easier for older adults to find information on programs and services;
3. Hamilton Public Library- launched the **Home Library Service** in 2021 for residents who were age 85+ and homebound. This service was expanded in 2022 to include residents who were homebound or institutionalized for more than three months due to older age, illness, frailty or caregiver responsibility;
4. Hamilton Council on Aging and Alzheimer's Society- the **Dementia-Friendly Training Workshop** was co-designed and co-delivered by individuals living with dementia to educate the community on how to create social and physical environments that are inclusive to people living with dementia. Staff from Hamilton Street Railway and Recreation Division participated in the workshop; and,

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5. City of Hamilton, Recreation Division- launch of the **Social Participation Resource Guide for Older Adults** will occur on June 1, 2023 with the goal of increasing awareness about the importance of social participation and recreation for healthy aging;

2022 Age-Friendly Hamilton Community Progress Survey:

The 2022 online survey opened in December 2022 and closed in February 2023. As with the 2021 survey, the 2022 survey was disseminated to Age-Friendly partners and City staff with the purpose of linking local Age-Friendly practices with the goals and objectives of Hamilton's Plan for an Age-Friendly Community (2021-2026). Results included a total of 50 Age-Friendly practices submitted which far exceeded the 23 received in 2021. In addition, 39 distinct organizations/groups completed the survey. A total of 37 Age-Friendly practices were identified as being in progress, 13 were completed and 43 out of the 50 submissions involved older adults in at least one stage of the planning and/or implementation of the Age-Friendly practice.

Examples of Age-Friendly Practices:

1. **St. Matthew's House**- Approval for funding to build 15 affordable housing units geared to Black and Indigenous seniors;
2. **Hamilton Bike Share Inc.**- Opening of the Adaptive Bike Hub and cycling education for those age 55+ with the goal of removing barriers to cycling through adaptive bikes & cycling workshops;
3. **Flamborough Connects**- Flamborough Drives provides transportation to social outings and grocery shopping for older adults who have no access to transportation and who are residents of Flamborough;
4. **Regional Geriatric Program Central**- Development of a new system navigation tool: "Care for Older Adults, Where to Start";
5. **Dementia Friends in Our Community, Hamilton**- Individuals living with Alzheimer's Disease launched a newsletter to change the way the community understands dementia;
6. **Hamilton Council on Aging**- "Seniors4Change": Positive Aging Education Series. Peer volunteers facilitated workshops to older adults on the principles of successful aging, as well as promoting a sense of independence and empowerment in obtaining healthcare and communicating one's needs; and,

7. **McMaster University Reading Lab-** Bringing hope and well-being to older adults in the pandemic world through creative writing and digital literacy learning.

Results from the survey informed the 2022 Age-Friendly Community Progress Report (attached as Appendix “A”), which will be launched at the 2023 Seniors Kickoff event taking place on June 20 at Sackville Hill Seniors Centre. The report will also be available online and in print format.

2023 Key Priorities:

In 2023, members of the Age-Friendly Collaborative Committee as well as City staff have identified key priorities as part of their work plan:

- The Hamilton Council on Aging will lead the development of an Age-Friendly Equity, Diversity and Inclusion Framework;
- The City, Hamilton Council on Aging and Seniors Advisory Committee will work to increase membership on the Age-Friendly Collaborative Committee by recruiting additional goal champions from both the City and community who represent the seven goals of Hamilton’s Age-Friendly Plan;
- In response to the closing of Catholic Family Services and the many programs and services they provided to high-risk seniors, staff from the City’s Public Health Services and Long-Term Care Seniors Strategy Division in collaboration with key community partners will resurrect the Seniors at Risk Community Collaborative;
- Members of the Age-Friendly Collaborative Committee will continue to create awareness and the importance of Hamilton’s Age-Friendly Plan to all sectors through various communication vehicles, community forums and special events, such as the Age-Friendly Networking and Seniors Kick off events;
- City staff lead for Hamilton’s Age-Friendly Plan will continue to raise awareness internally and encourage staff engagement, as well as continue to collaborate with various City departments to track and report City-led actions, projects and initiatives that align with Hamilton’s Age-Friendly Plan;
- Members of the Age-Friendly Collaborative Committee, including goal champions will implement and evaluate action plans that align with the recommendations in Hamilton’s Age-Friendly Plan; and,
- The Age-Friendly Collaborative Committee will disseminate the 2023 Age-Friendly Community Progress survey to community partners and City staff to link

local Age-Friendly practices with the goals and objectives of Hamilton's Plan for an Age-Friendly Community (2021-2026). The feedback will then inform a progress report that will be developed and launched in 2024.

Dementia-Friendly Communities:

Currently, there are approximately 25,000 Hamilton residents living with dementia and this number is growing. To better address the needs and priorities of those living with dementia, the Hamilton Council on Ageing received funding from the Public Health Agency of Canada to develop, implement and evaluate practices, programs and initiatives that improve the quality of life for people living with dementia in Hamilton and Haldimand.

The Hamilton Council on Aging along with several community partners, including the Alzheimer's Society launched a three-year project in 2020 titled, Empowering Dementia-Friendly Communities. This project included community consultation with persons living with dementia and their care partners to learn about their experiences, challenges and solutions. The feedback helped to develop four dementia-specific recommendations that are integrated into Hamilton's Plan for an Age-Friendly Community (2021-2016). In addition, a leadership team of those living with dementia, was also created to empower persons living with dementia.

Another objective of this project was to enhance awareness about the need for dementia-friendly strategies in order to reduce stigma and create inclusive environments, which included the Dementia-Friendly Training Workshops and the Faces of Dementia campaign.

The City of Hamilton, Hamilton Council on Aging and Seniors Advisory Committee are key partners and collaborators for the planning and implementation of Hamilton's Age-Friendly Plan. The plan is also a guide for municipal decision makers and community stakeholders in planning for the needs and priorities of older adults living in Hamilton, including persons living with dementia. The responsibility falls with all of us to ensure that Hamilton is an Age-Friendly and Dementia-Friendly community!

APPENDICES AND SCHEDULES ATTACHED

Appendix "A" to Report HSC23034: Hamilton's Plan for an Age-Friendly Community, 2022 Community Progress Report