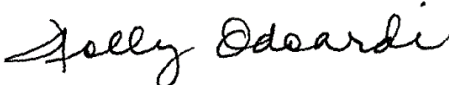




Hamilton

INFORMATION REPORT

TO:	Chair and Members Emergency and Community Services Committee
COMMITTEE DATE:	September 19, 2024
SUBJECT/REPORT NO:	Hamilton's Plan for an Age-Friendly Community: 2023 Community Progress Report (HSC24007) (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 purpose of this report is to provide an update around Age-Friendly progress in Hamilton. Hamilton's Plan for an Age-Friendly Community (2021-2026) is a "community plan," meaning it is the responsibility of all stakeholders to make Hamilton an Age-Friendly community. The City of Hamilton is currently home to 183,265 residents age 55+ which represents 32% of the population, and by 2041 this number is expected to double. This trend is also projected globally. According to the World Health Organization, by 2030 it's expected that there will be 1.4 billion over the age of 60 and 2.5 billion by 2050. Hamilton has been proactive in planning for the needs and priorities of older adults in Hamilton since 2013 when the City of Hamilton, Hamilton Council on Aging (HCoA) and Seniors Advisory Committee (SAC) partnered and started planning for Hamilton's first Age-Friendly Plan.

In 2021, Hamilton's second Age-Friendly plan, Hamilton's Plan for an Age-Friendly Community (2021-2026) (<https://www.hamilton.ca/people-programs/adults-55-services/age-friendly-hamilton>) 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

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same vision and principles. A new principle, “building a dementia-friendly community” was added as the three partners identified the importance of preserving the safety and well-being of those living with dementia, but also value these individuals as vital members of our community.

Hamilton’s second and current Age-Friendly plan includes seven strategic goals, 21 objectives and 61 recommendations.

Strategic Goals:



Since 2021, the City of Hamilton, Hamilton Council on Aging and Seniors Advisory Committee have shifted their focus community consultation to implementation. The Age-Friendly Collaborative Committee (AFCC) has the responsibility of creating awareness of Hamilton’s Plan for an Age-Friendly Community and ensures that the objectives in the plan are achieved. The Age-Friendly Collaborative Committee is comprised of membership from the three key partners, as well as 19 goal champions who create and mobilize activities and foster collaboration to advance the goals of Hamilton’s Age-Friendly plan. Goal champions include staff from various City departments and representatives from community organizations. The Age-Friendly Governance Committee (AFGC) provides overall guidance and support to the Age-Friendly Collaborative Committee and includes two representatives from each of the three key partners.

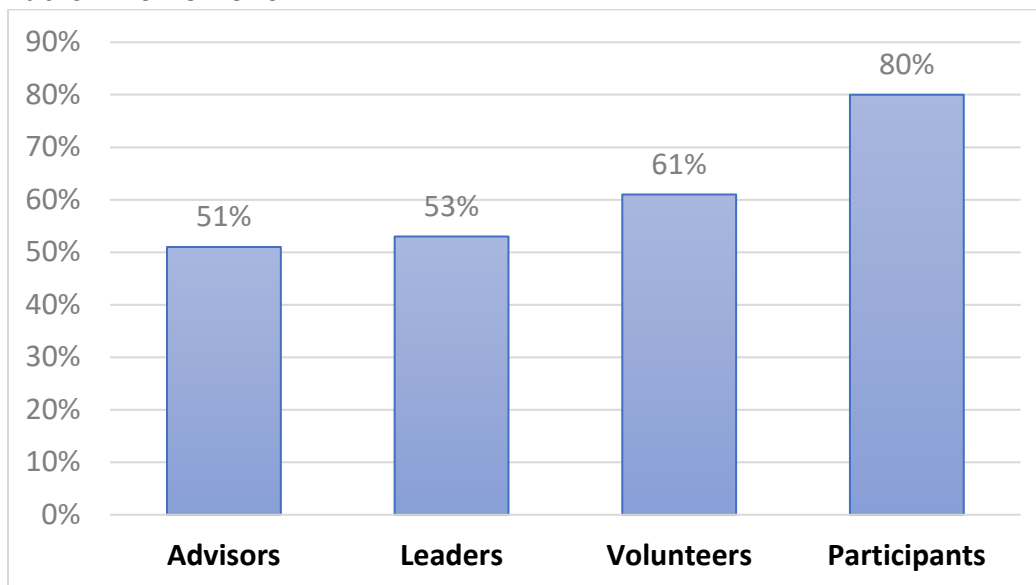
2023 Age-Friendly Hamilton Community Progress Survey:

The Age-Friendly Collaborative Committee developed and launched their first survey in 2021 with the goal of identifying Age-Friendly practices that were implemented by community groups, organizations, the public sector, and businesses in Hamilton. These first survey results identified 23 Age-Friendly practices that aligned with the goals and objectives of Hamilton’s Age-Friendly plan, which informed Hamilton’s 2021 Age-Friendly Community Progress Report (HSC22031). Results from a second survey

disseminated in 2022 included a total of 50 Age-Friendly practices shared through Hamilton's 2022 Age-Friendly Community Progress Report (HSC23034) in June 2023.

In January 2024, the 2023 Age-Friendly Hamilton Community Progress survey opened and was disseminated to community groups, organizations, the public sector, and businesses in Hamilton. A total of 81 Age-Friendly success stories were submitted from 62 distinct stakeholders. There was expanded outreach and input from diverse groups and various sectors, and older adults were primary contributors as advisors, leaders, volunteers, and participants to Age-Friendly success stories. Results from the survey informed the 2023 Age-Friendly Hamilton Community Progress Report, attached as Appendix "A" to Report HSC24007.

Older Adult Involvement



Survey respondents could indicate that older adults were involved in the Age-Friendly success story in multiple roles. For example, an older adult could have participated as both an advisor and volunteer.

Examples of 2023 Age-Friendly Success Stories identified through the Survey:

Goal 1: Housing

Housing Accelerator Fund : The City of Hamilton secured \$93.5 million from the federal government's Housing Accelerator Fund to develop 2,675 housing units over three years. This funding supports diverse housing initiatives, including development of Accessory Dwelling Units for multi-generational living.

Hamilton East Kiwanis Non-Profit Homes Incorporated: A 50-unit apartment building, located at 1880 Main Street West was purchased to provide affordable and sustainable housing for senior residents.

Goal 2: Transportation

Cycling Without Age, Hamilton and Burlington Chapter: 627 seniors received free trishaw rides with the goal of enhancing their mobility and enjoyment of outdoor activities. Supported by 30 dedicated volunteers, Cycling Without Age expanded its outreach to care facilities and community events.

Goal 3: Information and Communication

McMaster Institute for Research on Aging (MIRA): The Voice Community Engagement Platform launched to connect older adults and caregivers to research studies and events. This global community shares insights to shape aging research and outcomes, fostering collaboration and learning opportunities at McMaster University.

Goal 4: Health and Community Services

Seniors4Change Program: Offers evidence-informed free workshops, including a six-week Positive Aging course, a three-week Navigating the Healthcare System course, and Let's Get Moving workshops (Let's Take the Bus, Let's Drive a Car, and Let's Start a Walking Group). Older adult volunteer facilitators with backgrounds in healthcare and education bring their expertise and experience to facilitate workshops to their peers. In 2023, in collaboration with 40 partners, the Hamilton Council on Aging delivered 89 workshops to 1,093 older adults. The United Way of Halton and Hamilton have reinvested in this program by providing funding of \$40,000 annually over three years.

Seniors at Risk Community Collaborative (SaRCC): Supported by staff in the City's Healthy and Safe Communities Department, this collaborative successfully resumed meeting in 2023 since pre-pandemic times, and currently has over 40 member organizations dedicated to supporting seniors at risk. This collaborative is actively enhancing collaboration and communication among its members, aiming to reduce senior social isolation through a collective impact model. Currently, this collaborative is developing a local elder abuse prevention network.

LiveWell: Offered by the YMCA of Hamilton, Burlington, Brantford is a collaboration involving the YMCA, Hamilton Health Sciences, the Geriatric Education and Research in Aging Sciences (GERAS) Centre for Aging Research, and McMaster University to promote wellness among older adults

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through evidence-based programs. In 2023, they launched Optimal Fitness, a trial for 324 older adults to improve physical function, which integrates neuroplasticity principles with diverse dance styles to enhance strength, mobility, and daily activities.

Goal 5: Social Participation: Recreation, Learning, Arts and Culture

Empowerment Dementia-Friendly Communities Project: The Hamilton Council on Aging is building on the success of the Empowerment Dementia Friendly Communities Hamilton-Haldimand project (2020-2023) with a new \$722,593 investment from the Public Health Agency of Canada for 2023-2025. This phase aims to support the communities of Hamilton, Haldimand, Halton, and Six Nations of the Grand River in further developing and sustaining Dementia Empowerment Groups. The number of these groups which are led by citizens with mild to moderate dementia has significantly increased, demonstrating their value and meaningful impact. The project will support groups to co-design a "how to" guide and establish the Dementia Empowerment Network for mutual support and a collective voice.

Social Participation Resource Guide: Developed by the City's Recreation Division (Seniors Services) and launched in 2023, the guide offers older adults age 55+ comprehensive information on accessing programs and services. This guide enhances social participation by connecting seniors with community opportunities and fostering awareness of available resources.

Artful Moments and Dementia-Friendly Gallery Days: The Art Gallery of Hamilton offers inclusive arts experiences for people living with dementia and their families. In 2023, the program facilitated over 500 experiences and supported other museums in launching similar initiatives.

Goal 6: Civic Engagement, Volunteerism and Employment

United Nations International Day of Older Persons: October 1st each year is marked with a public event that is organized by various retiree organizations, the United Way, Hamilton Council on Aging, Seniors Advisory Committee and City staff. This collaborative effort raises awareness about issues affecting older adults, celebrates their contributions, and advocates for their rights and well-being.

Senior of the Year Awards 2023 marked the 28th year for this recognition event. The City of Hamilton's Senior of the Years Awards honours residents age 65+ who have voluntarily contributed to the social, cultural, or civic life of the

community. There are nine award categories including Senior of the Year and in 2023, 29 nominees were celebrated by 270 guests who attended the event.

2024 Age-Friendly Achievements:

Since January 2024, members of the Age-Friendly Collaborative Committee, comprised of City staff, the Hamilton Council on Aging, Seniors Advisory Committee, and community partners have made additional Age-Friendly progress, aligning with the strategic goals of the 2021-2026 plan.

1. An Age-Friendly Equity, Diversity, and Inclusion (EDI) Strategy

In the Fall of 2023, the Age-Friendly Collaborative Committee took the first step towards implementing an equity, diversity, and inclusion framework. The committee engaged Intersecting: Anti-Racism and Anti-Oppression consultants as their next step. In 2024, various engagement methods were implemented, including a survey and consultation with Age-Friendly Collaborative Committee members, a community forum with approximately 100 older adults, community groups and organizations was facilitated, and approximately 250 older adults attended a presentation on the topic of equity, diversity, and inclusion at the annual Seniors Kick-off event.

Feedback compiled from all engagement activities identified 14 priority areas for the Age-Friendly Collaborative Committee as well as 11 indicators of success for creating an equitable, diverse, and inclusive community for older adults. A few priorities include meeting people where they are, being visible, and consulting experts/those with lived experience. Some indicators of success include cross-sectoral collaboration, involving people from diverse backgrounds, succession planning, and cultural humility. The full report, Age-Friendly Hamilton Equity, Diversity, and Inclusion Strategy: Recommendation Report is attached as Appendix "B" to Report HSC24007.

2. Communications Survey for Older Adults

Developed by the Seniors Advisory Committee in collaboration with City staff with the goal of learning the type of information older adults are currently seeking and their preferred communication methods for receiving information. The survey was open over two months (March to May 2023) and was available online on the Engage Hamilton website and print copies were made available at all City of Hamilton seniors and recreation centres. A total of 326 completed surveys were submitted. The end goal is to share survey results with City staff and community organizations who serve and support older adults. An infographic with Results of

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the Communications Survey for Older Adults is attached as Appendix “C” to Report HSC24007.

3. Housing Guide for Older Adults

In collaboration with City Lab, McMaster University, and City staff, the Seniors Advisory Committee developed a comprehensive housing guide for older adults living in Hamilton. The guide includes descriptions on various types of housing including rental and ownership, housing with supports, financial benefits, home safety, and additional housing resources.

4. Seniors Kick-off Event

An annual event hosted in June during Seniors’ Month, is coordinated by City staff in partnership with the Hamilton Council on Aging and Seniors Advisory Committee. This free event offers a lunch, an information and wellness fair with exhibitors from the non-profit, public, and private sectors, and several presentations are facilitated on various topics relevant to seniors. In 2024, approximately 650 older adults attended the event which included 71 exhibitors. Over \$15,000 in cash sponsorship and donations as well as in-kind support was secured, which was key to the event’s overall success.

Next Steps:

In 2024, members of the Age-Friendly Collaborative Committee as well as City staff have identified key priorities as part of their work plan:

- The Age-Friendly Equity, Diversity, and Inclusion (EDI) Strategy will guide the development of a Strategic Communication and Diverse Community Engagement Strategy in 2025 that will raise awareness, enhance community engagement and participation, and prepare the Age-Friendly Collaborative Committee for consultations to shape Hamilton’s third Age-Friendly Plan.
- With support from City staff in the Healthy and Safe Communities Department, the Seniors at Risk Community Collaborative (SaRCC) will continue their collaborative work, including the development of an elder abuse prevention network.
- 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.,

- The Age-Friendly Collaborative Committee will disseminate the 2024 Age-Friendly Community Progress survey to community groups, organizations, the public sector, and local businesses in Hamilton to link 2024 Age-Friendly success stories with the goals and objectives of Hamilton's Plan for an Age-Friendly Community (2021-2026), which will then inform a report to be developed and launched in 2025.

APPENDICES AND SCHEDULES ATTACHED

Appendix "A" to Report HSC24007: Hamilton's Plan for an Age-Friendly Community, 2023 Community Progress Report

Appendix "B" to Report HSC24007: Age-Friendly Hamilton Equity, Diversity, and Inclusion Strategy: Recommendation Report

Appendix "C" to Report HSC24007: Results of the Communication Survey for Older Adults (Infographic)