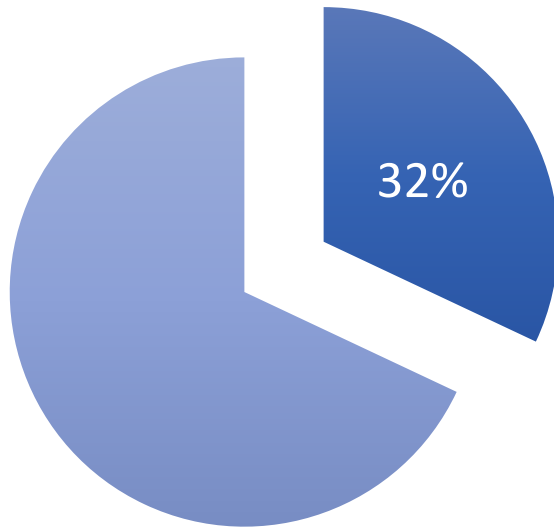


2021-2026 HAMILTON'S PLAN FOR AN **AGE FRIENDLY** COMMUNITY



2024 Community Progress Report
City of Hamilton
Emergency and Community Services Committee
June 12, 2025

Demographic Profile



■ older adults (55+)

- Seniors are the fastest growing age group in worldwide
- For the first time in Canadian history there are now more seniors age 65+ than children under age 14
- The senior population in Ontario is expected to double by 2041
- There are 183,265 adults age 55+ living in Hamilton which represents 32% of the population

World Health Organization (WHO)



- WHO initiative and framework established for cities and communities globally to create enabling environments for active aging
- 2010 - Global Network of Age-Friendly Cities and Communities was established and currently there is a membership of **1606 cities in 53 countries covering 330 million people**

Age-Friendly Hamilton Timeline



2013

Age-Friendly Hamilton partnership forms with the Hamilton Council on Aging, City of Hamilton and Seniors Advisory Committee.



2014

Consultation with 700+ older adults and other key stakeholders to inform and develop Hamilton's first Age Friendly Plan.

The Plan is endorsed by City Council.



2015

Hamilton's Plan for an Age-Friendly City (2014-2019) is certified by the World Health Organization.



2015 - 2019

Implementation of the Plan with community partners. Ongoing community engagement and evaluation.



2019 - 2020

Consultation for Hamilton's second Age-Friendly Plan, including those living with dementia and their caregivers.



2021- 2026

Current: Implementation of *Hamilton's Plan for an Age-Friendly Community (2021-2026)* over 5 years.

2021-2026 Hamilton's Plan for an Age-Friendly Community

7 Strategic Goals, 21 Objectives, 61 Actions



2024 Age-Friendly Hamilton Community Progress Survey

Engaging with the community to identify initiatives, projects, programs and success stories that align with the goals and objectives of Hamilton's Age-Friendly Plan.



DEADLINE EXTENDED UNTIL **APRIL 7!**

Share your 2024 Age-Friendly Hamilton Success Story!

www.hamilton.ca/agefriendly



City of Hamilton
Seniors Advisory
Committee



www.coahamilton.ca

2024 Age-Friendly Hamilton Survey Results

Emergency and Community Services Committee



A notable rise from 81 submissions in 2023

114 success stories shared in 2024!

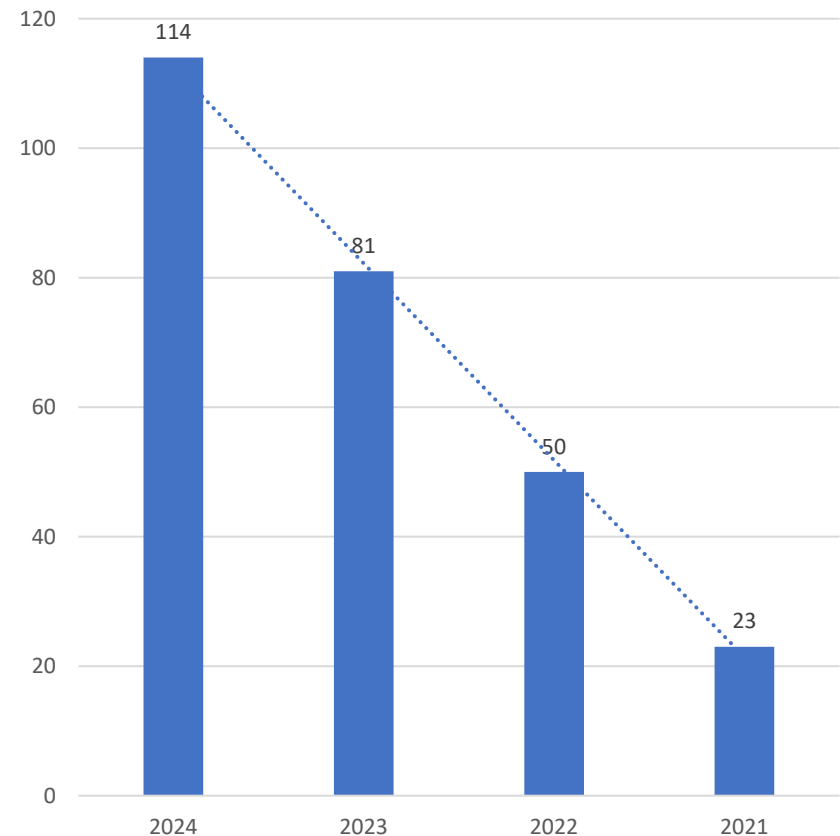


Continued partnership with Redbook, managed by the Hamilton Public Library to expand this local information and referral system

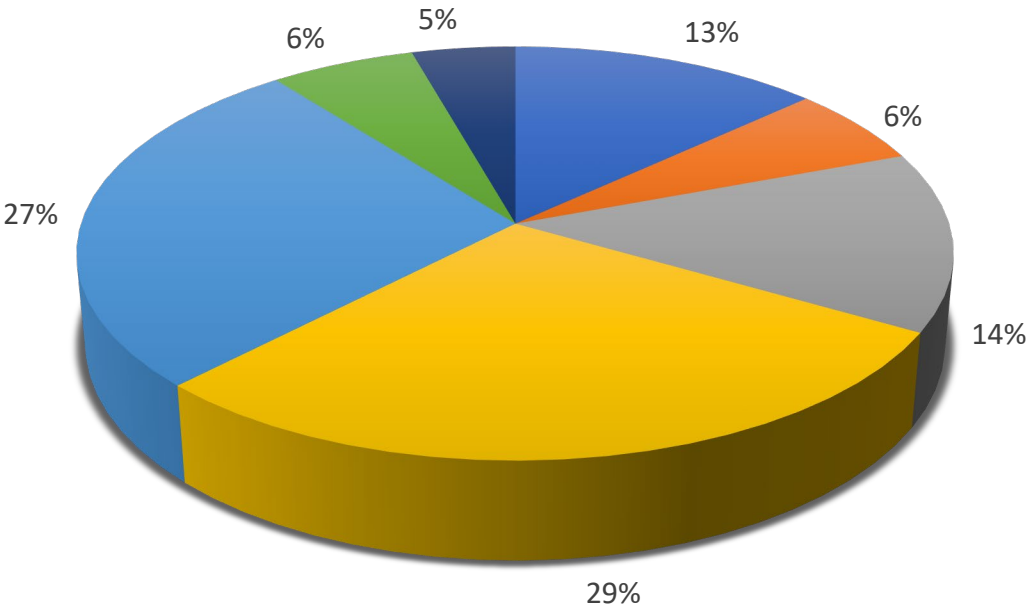


Significant increase in the number of stories included from businesses

Total Number of Age-Friendly Community Success Stories Shared



Submissions by Age- Friendly Goal



- Goal 1 (HOUSING)
- Goal 2 (TRANSPORTATION)
- Goal 3 (INFORMATION)
- Goal 4 (HEALTH/COMMUNITY SERVICES)
- Goal 5 (SOCIAL PARTICIPATION)
- GOAL 6 (CIVIC ENGAGEMENT)
- GOAL 7 (OUTDOOR SPACES)

Highlights:

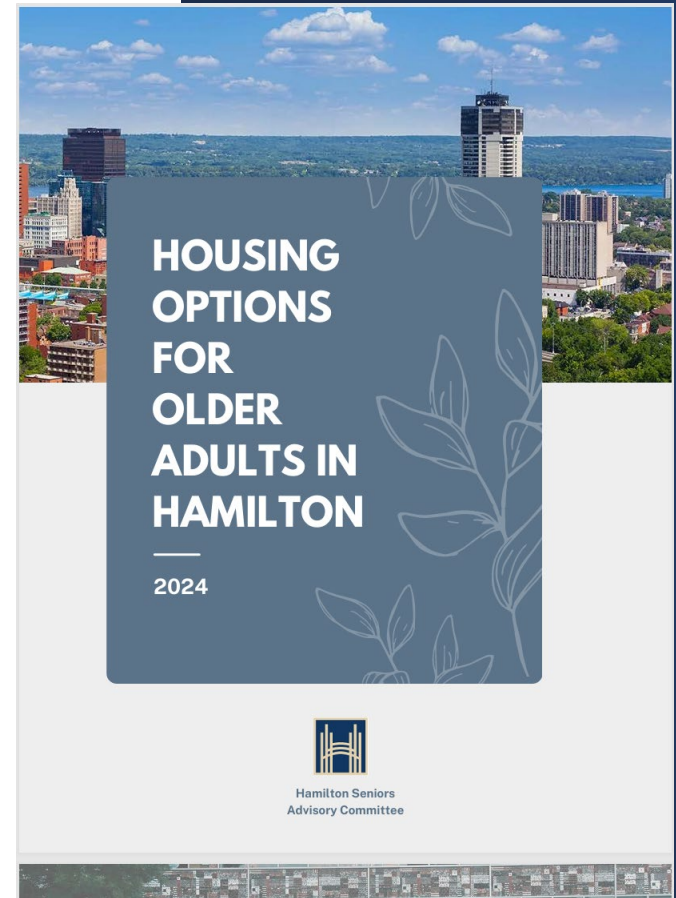
2023 Age-Friendly Hamilton Success Stories

• **Goal 1: Housing**

Seniors Advisory Committee

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.

Note that a workshop is being developed in 2025 in partnership with the Hamilton Council on Aging Seniors4Change Program to help communicate information in this guide.



Highlights:

2023 Age-Friendly Hamilton Success Stories

• Goal 2: TRANSPORTATION

Ancaster, Dundas, and Glanbrook Community Services and Flamborough Connects

These four community organizations are valuable to each of their communities as they offer safe, efficient, and affordable volunteer-based transportation services for seniors who lack access to other means of transportation. This type of support service enables older adults to attend medical appointments, get their groceries, and remain socially engaged. According to the National Seniors Council of Canada, access to transportation is critical for older Canadians to maintain independence, participate in social and community life, and access essential services. Without it, many experience isolation, declining health, and reduced quality of life. In 2023, Glanbrook Community Services received funding for 2023 and 2024 to enhance their transportation program.



Highlights:

2023 Age-Friendly Hamilton Success Stories

- **Goal 3: INFORMATION & COMMUNICATION**

Hamilton Council on Aging

Funded by the United Way, the Seniors4Change program delivered a wide range of peer-led, evidence informed workshops designed to equip older adults with vital aging-related knowledge, foster social connections, and promote equity and inclusion. The workshops were offered throughout Hamilton both in person and virtually, and included topics such as Positive Aging, Navigating the Healthcare System, Let's Get Moving, and Advanced Care Planning. The workshops were facilitated by peer volunteers, many of which are retired doctors, teachers, and social workers.

In 2024, a total of 1,223 older adults participated in the workshops.



Highlights:

2023 Age-Friendly Hamilton Success Stories

- **Goal 4: HEALTH & COMMUNITY SERVICES**

Seniors at Risk in Hamilton (Good Shepherd Centres, St. Matthew's House, and the Alzheimer's Society)

This essential collaborative provides coordinated interventions for seniors facing serious challenges such as elder abuse, mental and physical health concerns, food insecurity, precarious housing, social isolation, caregiver stress, or dementia. There is a centralized point of referral and intake to ensure appropriate connection to supports and services.

During the 2024-2025 fiscal year, the program exceeded its service goals by assisting approximately 600 older adults in Hamilton.



Highlights:

2023 Age-Friendly Hamilton Success Stories

- **Goal 6: SOCIAL PARTICIPATION**

Canadian Red Cross and Greater Hamilton Health Network (GHHN)

In partnership, have co-designed a system-wide service delivery model to increase health equity informed care and services. Financially Assisted Social Prescribing (FASP) is an innovative approach to bringing social prescribing to community organizations in Hamilton Wards 2, 3, and 4. Social prescribing is a person-centred approach where patients are connected to community organizations for non-clinical supports, including transportation, volunteering, and participation in arts, cultural or physical activities with the goal of reducing social isolation.



Highlights:

2023 Age-Friendly Hamilton Success Stories

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

Age-Friendly Hamilton Collaborative Committee (AFCC)

Through various engagement methods with older adults and other stakeholders, an Age-Friendly Equity, Diversity, and Inclusion (EDI) Strategy was developed that identified 14 priority areas for the Age-Friendly Collaborative Committee (AFCC) and 11 indicators of success for creating an equitable, diverse, and inclusive community for older adults in Hamilton.

This strategy is being integrated into the ongoing work of the AFCC including using it as a framework for the development of a Communications and Engagement Strategy.



Highlights:

2023 Age-Friendly Hamilton Success Stories

- **Goal 7: Outdoor Spaces**

Capability Support Services

The Backyard Rubberized Surface Project, located at 107 Apple blossom Drive congregate living site was transformed with rubber surfacing, raised planters, outdoor seating, and a new ramp, therefore making it safe, welcoming, and accessible for older residents and their visiting friends.



2025 Priorities

- ✓ **Elder Abuse Prevention Network Relunched:** With Good Shepherd Centres as the backbone organization; first meeting June 11 with support from Elder Abuse Prevention Ontario.
- ✓ **New Housing Workshop Series Coming in 2025:** Co-led by Seniors Advisory Committee & HCoA to help older adults navigate housing transitions.
- ✓ **EDI Workshops Relaunching:** Annual training for senior service providers to advance equity, diversity, and inclusion.
- ✓ **Information Postcard for Seniors:** Easy-reference card with key contacts (City of Hamilton, 211, etc.) launching at Seniors Kick-Off.
- ✓ **30th Annual Senior of the Year Awards:** Celebrating older adult volunteers on October 14; nominations open April 28–June 30.

Moving Forward: Strengthening Connections in 2025

Strategic Communications & Engagement Strategy Underway

In 2025, Age-Friendly Hamilton is developing a bold new strategy to **better connect with and listen to our community.**

Our Goals:

- Raise awareness of Age-Friendly initiatives
- Ensure inclusive, meaningful messaging
- Reflect the diverse needs of older adults across Hamilton
- Strengthen collaboration with community partners and businesses

Rooted in Equity, Diversity & Inclusion

This strategy will shape how we engage older adults and lay the groundwork for broad consultations as we co-create **Hamilton's 3rd Age-Friendly Plan in 2026.**

Contact Us

Lisa Maychak

Project Manager,
Age-Friendly City
Healthy and Safe Communities
Department
City of Hamilton
Lisa.Maychak@hamilton.ca

Angie Armstrong

Chair, Age-Friendly
Collaborative Committee/
Board Member,
Hamilton Council on Aging
shelagh@hamiltoncoa.com

Penelope Petrie

Chair, Seniors Advisory
Committee/
Member, Age-Friendly
Collaborative Committee

Thank you