

AGE FRIENDLY HAMILTON

2017 COMMUNITY PROGRESS REPORT





City of Hamilton, Healthy and Safe Communities Department

March 2018

For more information and updates on Hamilton's Age Friendly Plan,
[Visit **www.hamilton.ca/agefriendly**](http://www.hamilton.ca/agefriendly)

For information on resources for older adults and seniors,
[Visit **www.hamilton.ca/seniors**](http://www.hamilton.ca/seniors)

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BACKGROUND

The seniors population is rapidly increasing and expected to double over the next two decades. According to the 2016 Census data, for the first time in Canadian history, there are now more seniors than children under the age 14. Seniors represent 17.3% while those under age 14 make up 16.2% of Hamilton's population. Life expectancy is also on the rise with seniors over the age of 100. By 2051, it is projected that there will be close to 40,000 seniors age 100+ in Canada, which is five times more than that in 2016.

The City of Hamilton and key community partners understand the importance of making Hamilton an age-friendly city. In 2013, the City of Hamilton partnered with the Hamilton Council on Aging and the Seniors Advisory Committee to develop its first Age Friendly Hamilton Plan. Public consultation included over 700 older adults, community stakeholders and key partners from various sectors across the city. The plan was approved by City Council in September 2014. Since 2015, the Age Friendly Hamilton Plan has guided municipal decision-makers, staff and community stakeholders in addressing the needs and priorities for older adults in Hamilton.



THE VISION

The City of Hamilton's Vision is "To be the Best Place to Raise a Child and Age Successfully". The Vision provides a strategic commitment in ensuring all residents of Hamilton are respected and included in community life regardless of age, ethnicity, race, gender, ability and background.



To be the best place to raise a child
and age successfully

MESSAGE FROM THE MAYOR



Hamilton's seniors' population is rapidly growing and is expected to double over the next two decades.

With this in mind, in 2013 the City of Hamilton partnered with the Hamilton Council on Aging (HCoA) and Seniors Advisory Committee of Council (SAC) to identify and address the needs and priorities of this growing part of our population.

In 2014, Hamilton City Council approved Hamilton's Plan for an Age-Friendly City. The Plan identifies and addresses the needs and priorities of this growing part of our population, such as creating barrier free spaces, access to transportation, housing opportunities, safer neighbourhoods, available communication, and recreational opportunities.

The strength of Hamilton's Age Friendly Plan's lies in its collaborations. It was developed and will now be implemented through community collaboration, and the City's partnership with the Hamilton Council on Aging and the Seniors Advisory Committee. It continues to guide municipal decision-makers, staff and community stakeholders in addressing the needs and priorities for older adults in Hamilton.

In 2016, together with Council, we sent an important message about the value we place on the contributions of our seniors' community. When Council approved the new 10-year Strategic Plan for the City of Hamilton it included a revised Vision for our city. "To be the best place to raise a child and age successfully".

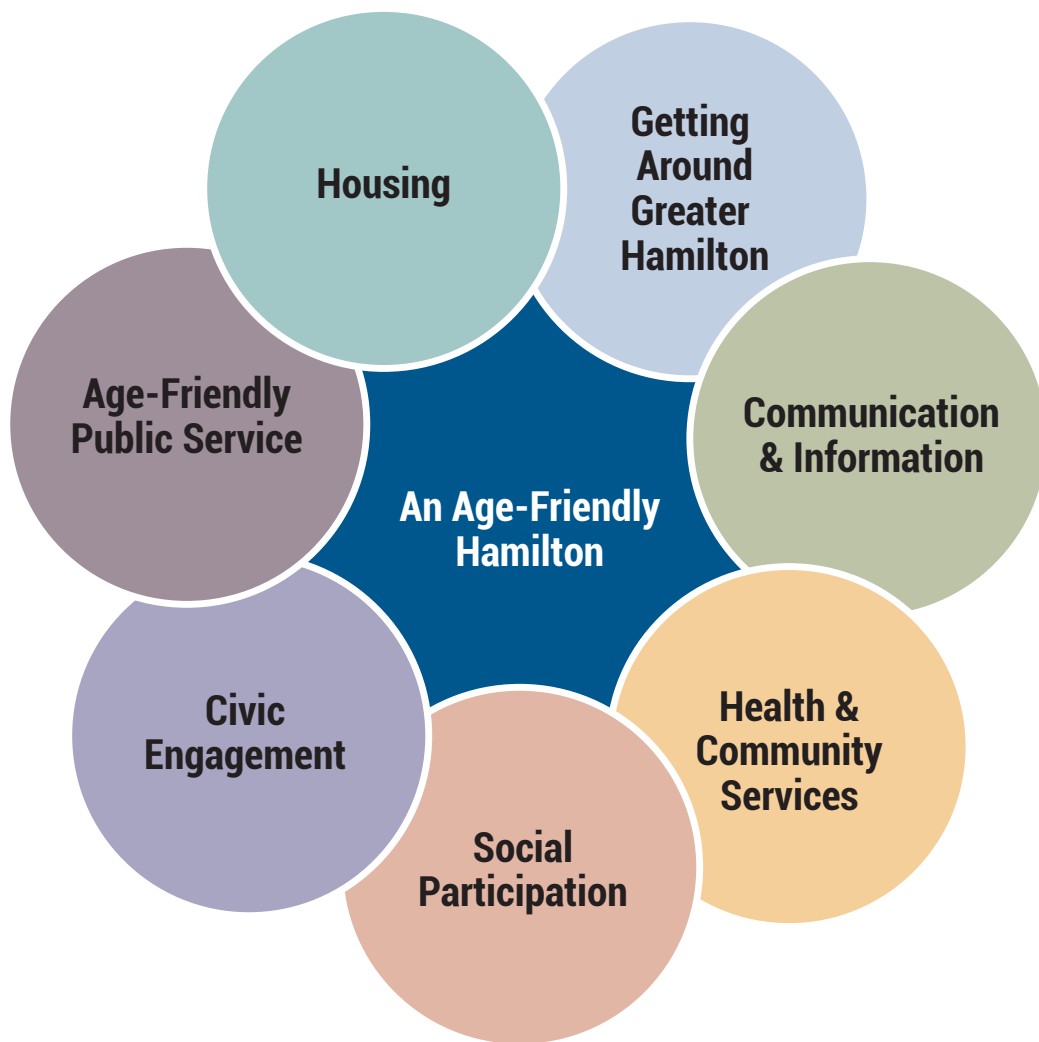
Moving forward, we need to be able to show the community that we are doing the right work to meet the Plan's priorities. I'm proud to present the important progress being made by the Age Friendly Plan. An age friendly city benefits us all. Together with our partners, we can continue to create an age-friendly city where we all can reach and celebrate every milestone of life in this great city.

A handwritten signature in black ink, reading "Fred Eisenberger". The signature is stylized and cursive.

Fred Eisenberger, Mayor

AGE FRIENDLY HAMILTON STRATEGIC GOALS

The Age Friendly Hamilton Plan has 7 strategic goals, 25 objectives and 101 actions.



2017 KEY ACHIEVEMENTS

We are an “age friendly” community with 39 actions completed, 51 in the planning or implementing stages, and the remaining 11 pending completion by 2019.

GOAL 1: HOUSING - choice is available and affordable

- **Intergenerational Co-Housing:** McMaster University is piloting a co-housing program that matches grad students looking for low cost housing with older adults age 55+ in exchange for help with household chores.
- **National Housing Strategy:** The City’s Housing Services Division advocated to the Federal Government for the development of a National Housing Strategy, which was released in 2017.
- **Tips for Property Owners and Residents:** Brochures for property owners and tenants were developed and distributed providing information and tips about home adaptations. This project is a partnership of the Hamilton Council on Aging, Public Health Department, McMaster University, St. Joseph’s Homecare, and the Seniors Advisory Committee.



GOAL 2: GETTING AROUND GREATER HAMILTON- options enable seniors to get around Hamilton

- **“Let’s Get Moving”:** A two year project led by the Hamilton Council on Aging, and is designed to inspire older adults to become engaged in active forms of transportation. The series is comprised of three types of workshops: “Let’s Take the Bus”, “Let’s Ride a Bike”, and “Let’s Take a Walk”. There will be a total of 15 workshops, and in 2017 five workshops took place with 120 participants.
- **Pedestrian Crossovers and Signalized Intersections:** In 2017, 28 new pedestrian crossovers were installed, and 12 new signalized intersections. As of December 31, 2017, there were 63 traffic signal installations throughout greater Hamilton which have Pedestrian Count Down timers.
- **Seniors and Pedestrian Safety:** These workshops aim to increase the safety of senior pedestrians by building capacity around the use of new pedestrian crossovers at signalized intersections. The goal is to reach 200 seniors. In 2017, 108 seniors participated in these workshops. This project is a collaboration of the City, Seniors Advisory Committee, Hamilton Council on Aging and McMaster University’s School of Rehabilitation Science.
- **Community Bus Program:** One year funding to continue to offer free or low cost transportation for seniors and older adults residing in rural communities to shop and access social events. This program is a partnership of the City’s Recreation Division, DARTS, Flamborough, Glanbrook and Ancaster Information Services.
- **Grocery Shopping for Older Adults:** A brochure was developed to increase awareness about services to assist with grocery shopping in greater Hamilton. Services include community bus programs, volunteer assisted shopping, and online shopping through private businesses.



Let's Take the Bus workshop



Pedestrian safety workshop

GOAL 3: COMMUNICATION AND INFORMATION- is easy to access and understand

- **Community Resources for Older Adults:** This user-friendly guide is available in print or online at www.hamilton.ca/seniors.

GOAL 4: HEALTH AND COMMUNITY SERVICES- support aging-in-place

- **Community Paramedicine Supporting Seniors:** Hamilton Paramedic Service has supported many seniors living with chronic health conditions through home visits, CityHousing Hamilton health clinics and remote patient monitoring. These services have decreased the number of repeat hospital visits for many seniors served.
- **650 Socially Isolated Seniors Connected and Supported:** Through the Hamilton Seniors Isolation Impact Plan, this 3 year funded collaborative is aimed at reducing social isolation among seniors in Hamilton. The collaborative consists of seven organizations with various projects that contribute to a common set of goals.
- **Elder Abuse Education:** “It’s Not Right!” train the trainer workshops are being provided by Elder Abuse Ontario in partnership with Hamilton organizations to stop the abuse of older adults.
- **Financial Empowerment Strategy:** Social Planning and Research Council (SPRC) has received 3 year funding to help low-income citizens, including seniors access financial resources they are entitled to.



GOAL 5: SOCIAL PARTICIPATION -

Recreation, leisure and cultural activities foster social connections

- **700 Older Adults Participated with 50 Exhibitors:** The Older Adult Network (OAN), including the City of Hamilton hosted their annual Seniors Kick-off event, which included various exhibits, workshops, entertainment, and a luncheon.
- **Victoria Park Clubhouse:** The City's Recreation Division opened a new seniors club in Strathcona neighbourhood.
- **55+ It's Your Day Recreation Programming:** The City's Recreation Division has expanded programming for seniors by offering programs at four City recreation centres: Sir Allan MacNab, Central Memorial, Dalewood and Stoney Creek. Registered programs run on a four-week basis and allow a portion of the patrons to participate on a drop-in, first come, and first serve basis .
- **Intergenerational Music Program:** MHope, a student-led program partners elementary schools with retirement homes in their local community for a month-long music engagement program facilitated by McMaster University students. In 2017, this program reached 8 communities in Hamilton and engaged 200 students and 150 seniors.



Seniors Kick-off



Seniors Kick-off



Victoria Park Clubhouse

GOAL 6: CIVIC ENGAGEMENT, VOLUNTEERISM, EMPLOYMENT- meaningful opportunities are available

- **500 Guests and 34 Nominees:** 2017 marked the 22nd year for the Hamilton Municipal Senior of the Year Awards. This event honours and celebrates those citizens over the age of 65 who have voluntarily contributed to their community in various areas. Nominees represented all 15 wards. In attendance for the first time was the Ontario Minister of Seniors Affairs.
- **YWCA Hamilton Peer Connectors:** Under the umbrella of the Hamilton Seniors Isolation Impact Plan, this program recruits and trains older adult volunteers to engage isolated seniors in activities that help improve health and reduce isolation.
- **Promoting Positive Images of Aging:**
 - **Portraits of Aging:** A project led by the Hamilton Council of Aging, is a senior-led initiative to combat ageism by sharing stories, lessons, wisdom and inspirational messages from local older adults.
 - **Seniors of Canada, Hamilton Project:** The Gilbrea Student Group at McMaster University are leading a project that aims to portray seniors as they are to combat age stereotypes through intergenerational picture and story sharing in Hamilton. This project is funded by the Student Proposals for Intellectual Community and Engaged Scholarship (SPICES).



2017 Award Winners



GOAL 7: AGE FRIENDLY PUBLIC SERVICE-

City services champion Hamilton being an Age Friendly community

- **The World Health Organization (WHO):** The Hamilton Senior of the Year Awards program was submitted and approved by WHO. A new age friendly practice is required each year to remain certified as an age friendly community.
- **200 Older Adults Attended and 15 Exhibitors:** The City of Hamilton and Hamilton Council on Aging hosted their 2nd Annual Age Friendly Symposium, which was an opportunity to communicate progress under Hamilton's Age Friendly Plan. Also included were presentations and a luncheon.
- **New Customer Service Model:** The City's Customer Contact Centres, Municipal Centres, Recreation Division and Information Technology developed a new customer service model.
- **McMaster University as an Age Friendly Leader.** McMaster is the second university in Canada to join the International Age-Friendly University (AFU) network.



Age Friendly Symposium

2018 PRIORITIES

- Develop an engagement and communications strategy to ensure broader reach to Indigenous residents, ethno cultural groups, and rural communities.
- Communicate the availability of services and programs for seniors in numerous languages.
- Collaborate with privately owned apartment buildings to establish programs and practices that will reduce social isolation and help connect seniors to services.
- Facilitate an event with key stakeholders to address ageism in the workplace.
- Host an Age Friendly Symposium to inform citizens and community partners on the progress of Hamilton's Age Friendly Plan.
- Continue to facilitate workshops for seniors on pedestrian safety, "Let's take the Bus", "Let's Ride a Bike", and "Let's Walk".
- Coordinate a Seniors Volunteer Fair to increase volunteerism and develop volunteer capacity of older adults and seniors in Hamilton.

CONTACT INFORMATION

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For more information and updates on Hamilton's Age Friendly Plan,

Visit: www.hamilton.ca/agefriendly

www.coahamilton.ca

For information on resources for older adults and seniors,

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Hamilton

HCoA

**Hamilton Council
on Aging**