



## AGE FRIENDLY ACTION PLAN

Prepared by:  
The Rural Development Network

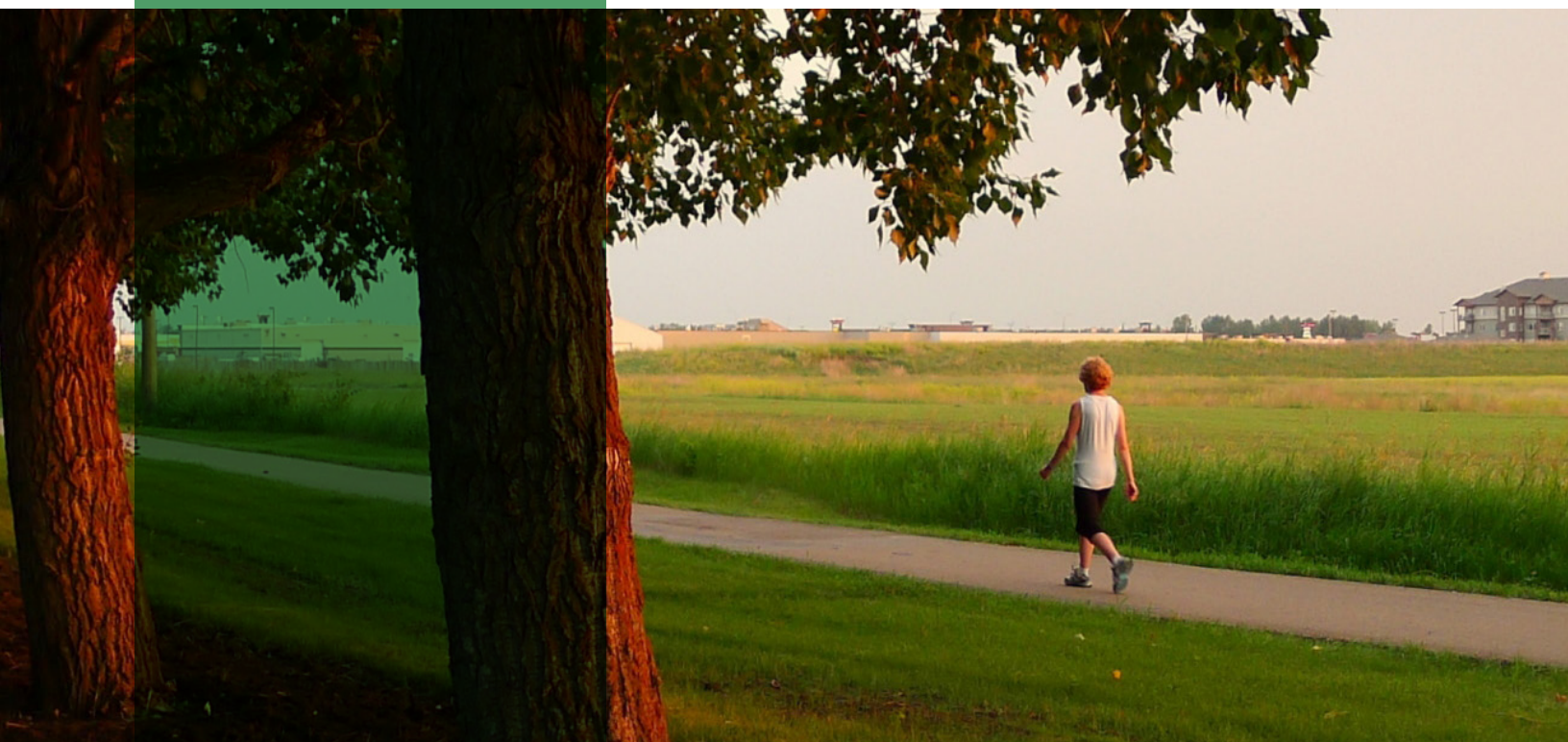


Photo taken by Veronica Reist



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RURAL DEVELOPMENT NETWORK

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## *Making Olds a Model Age Friendly Community*

A critical factor of ageing in place is having a community that enables older people to do what they have reason to value. According to the World Health Organization's Global Age-friendly Cities: "A Guide; communities that are age-friendly encourage active ageing by improving opportunities for health, participation, and security, ultimately helping to enhance quality of life as people age."

**In practical terms, an age-friendly community adapts its structures and services to be accessible and inclusive of older people with varying needs and capacities.**

Action Plan Considerations:

1. This living document can be adapted to reflect community changes. We recommend this document be reviewed annually.
2. The range of financial investments are approximate. Factors like volunteer groups, hired contractors, available grants, and engagement from the community may affect these costs
3. Timelines are suggested and may change.

This Action Plan is the next step for Olds becoming recognized as an age-friendly community

\$ - Low investment (Under \$5,000)

\$\$ - Mid range investment (\$5,001 - \$19,999)

\$\$\$ - High investment (\$20,000) +

<i>Area of Focus</i>	<i>Outcome</i>	<i>Strategy</i>	<i>Lead</i>	<i>Priority</i>	<i>Cost</i>	<i>Suggested Timeline</i>
<b>Transportation</b>						
Increase and improve crosswalks	Crosswalks are safe and easy to use by all residents.	Assess crosswalk timing, add time if required.	Town Transportation	High	\$\$	Spring 2022
		The island on 27th and 50th needs to be accessible.	Town and Alta Transportation	High	\$	Winter 2021
		Need a flashing light at the legion crosswalk to the corner.	Town and Alta Transportation	High	\$\$	Spring 2022
Increase transportation options	Improve transportation options in and around Olds.	Assess current transportation through a community engagement focus group.	Olds Age Friendly Committee	High	\$	Fall 2021 spring of 2022
		Lobby AUMA to have a resolution for funding to go to rural Centers to plan and implement transportation strategies.	Town Council	High	\$	Immediate
Review disability parking spaces	Ensure appropriate number of disability parking spaces are available.	Periodic analysis to determine need for additional disability parking spaces and add this into Town policy.	Town Council	Mid	\$	Ongoing
		Facilitate the creation of a Disability Inclusion Action Plan.	Town, through community engagement with stakeholders	Mid	\$\$	2-3 Years

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<b>Community &amp; Health Services</b>						
Pursue the necessary changes for senior health services	Business case for more services in Olds.	Collect data to help build a business case for more services in Olds.	Olds Age Friendly Committee, Town Secretariat Chamber of Commerce	Mid	\$\$	2-5 Years
Encourage Decentralization to improve community health services and make local health options available to reduce travel	Collect supporting data.	Make a business case for decentralizing services.	Age Friendly Committee has applied for a grant with Rural Development Network	Mid	\$	2-3 Years
Address Olds unique systemic challenges	Collaboration of all community health resources.	Bring PCN, Hospital, and Clinic together to collaborate on issues identified in business case.	Health care sector	Mid	\$\$	2-3 Years
		Scan existing resources to prevent duplication and then develop resources to assist seniors to navigate the system.	Health care sector facilitated by the Age Friendly Committee	High	\$\$	1-2 Years



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<b>Communication and Information</b>						
Support written and visual communication for seniors	All communications information needs to be produced in a senior-friendly manner.  Accessibility must be considered and accommodated.	Develop protocol/guide for written and visual communication materials using the accessibility criteria below: <ul style="list-style-type: none"> <li>• Use multiple strategies to communicate information.</li> <li>• Use large fonts that are black and white to keep communications concise.</li> <li>• Use all forms of media, including printed paper.</li> <li>• Plain English language is preferred.</li> <li>• Avoid stereotypical ageist language within information.</li> </ul>	Chambers, Olds Age Friendly Committee, Town Administration	High	\$	6 months
	Create a Seniors Newsletter.	The Olds & District Hospice Society created a senior focused newsletter.	Hospice Society, Town	Mid	\$	1 year
Advocate and encourage the simplification of centralized telephone centers	Easier access for seniors to use and obtain necessary information.	Advocate for more responsive phone systems to improve communication.	Town	Mid	\$	Ongoing



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<b>Outdoor Spaces &amp; Buildings</b>						
Accessibility of public washrooms	Collaboration of all community health resources.	Develop an inventory of the number of public washrooms available; identify how many still require hand bars.	Town	Mid	\$\$	Spring 2022
		Assess how many additional washrooms are required.				
		Install hand bars in washrooms. Have wheelchair accessible port-a-potties installed along walking trails.	Town	High	\$\$	By 2023
Increase usability of sidewalks and trails	Wider sidewalks on Highway 27.	Town to write a letter to Alberta Transportation.	Town	High	\$	Immediate
	Maintain trails during inclement weather.	Review Town policy on response time to reported sidewalk/ walkway hazards.	Town	High	\$	Ongoing
Encourage businesses to be more accessible by installing automatic or button-controlled doors	Implementing age-friendly retrofits will create value added businesses.	Town Secretariat can keep track of buildings that are not accessible and provide an annual report on what's been done to increase accessibility for transparency.	Town Secretariat	Mid	\$	Ongoing
		Post funding opportunities for businesses to help with retrofits.	Town Secretariat	High	\$	Ongoing

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<b>Respect &amp; Social Inclusion</b>						
Ageism Awareness Campaign	Promote ageism awareness.	Implement a community wide ageism campaign which is in progress.	Olds Age Friendly Committee & Rural Development Network	High	\$	Immediate
		Run presentations in schools for building understanding and empathy.	Olds Age Friendly Committee	High	\$\$	September 2022
		Town and Committee has activities during Seniors Week.	Town and Olds Age Friendly Committee	High	\$	For next Senior's Week
		Add ageism awareness to the FCSS mandate.	FCSS and Town of Olds	Mid	\$	Immediate
Promoting intergenerational events	Events bringing all ages together to foster understanding and build positive relationships.	Create a mentorship program utilizing seniors' careers to match with high school students who are interested in that field.	High School and Age Friendly Committee	Mid	\$\$	1-2 Years
		Promote Cyber Seniors Program.	Connected Communities Committee	High	\$\$	Ongoing
		Ensure events have intergenerational components.	Town of Olds	High	\$	Immediate



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<b>Social Participation</b>						
Senior engagement	Community engages with seniors.	A sub-committee needs to be created to consult with <b>Innisfail Connects</b> and identify which components can be replicated in Olds.	Town of Olds with stakeholders	Mid	\$	1 Year
		Encourage schools to continue to establish programs with seniors in lodges and care facilities.	School District	High	\$	Ongoing
		Communicate with seniors about available programs and develop engagement protocols to ensure the community is informed.	Town of Olds	High	\$	1-2 Years
Generate community awareness about the affects of social isolation	Use the momentum created by COVID-19 to educate community members and businesses about social isolation.	Encourage students to write letters to seniors.	School District	High	\$	2022 School Year
		Involve rotary club for a letter writing program with youth.	Rotary Club	High	\$	2022 School Year
		Encourage adopt-a-grandparent program.	School district	Mid	\$\$	1-2 Years
		Encourage the community to celebrate and promote connecting with seniors through Town activities and events.	Town	High	\$\$	Immediate
Assist seniors to connect remotely	Seniors will have the ability and training to connect remotely.	Ensure seniors are aware of library programs and instructions on how to use the technology.	Library	Mid	\$\$	1-2 Years



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<b>Housing</b>						
Encourage diverse housing options	Seniors have the option to age in place.	Develop communication tools for families, especially for those that don't know housing options for aging parents.	Mountain View Senior Housing and the Town of Olds and Mountain View Adult Learning Society	High	\$	Immediate
		Create a working group to examine zoning, permits, and bylaws for different housing options.	Town of Olds and working group	High	\$\$	1-2 Years
Clear and concise information for housing modifications and maintenance written in plain English	Residents are aware of where they can access information on housing modifications.	Review language around housing information.	Town of Olds FCSS	High	\$	Immediate
Continual conversation on intergenerational programming and housing	Encourage and support development of intergenerational housing in Olds.	Advocate for an adequate Provincial funding for intergenerational housing.	Town Council	High	\$	Immediate
Support aging in place	Seniors can age in place and be active within the community without discrimination.	Ensure the community is aware that the Olds & District Hospice Society has a program called NavCare. Trained volunteers help seniors connect with community resources and assist with filling needs to age in place.	Hospice Society	High	\$\$	1-3 Years
Prevent involuntary separation	To keep families together increasing well being.	Investigate how to keep families/spouses together in the aging process.	Community health stakeholders advocate with Alberta Health Services	High	\$	Immediate and ongoing

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<b>Civic Participation &amp; Employment</b>						
To promote age-participation and employment of seniors	The business environment is safe and inclusive for seniors.	Recognize that seniors can bring a value to individual businesses under the auspices of current occupational Health and safety legislation.	Olds Secretariat	Mid	\$	Immediate





## *Resolution*

**WHEREAS** the Age-Friendly Committee has been actively pursuing an Age-Friendly Designation for Town of Olds since 2015; and

**WHEREAS** the population of people over the age of 65 in the Town of Olds is among the highest percentage within the province; and

**WHEREAS** the World Health Organization Age-Friendly Designation recognizes age-friendly cities and communities that promote healthy and active aging in the following eight (8) domains: Outdoor Spaces and Buildings; Transportation; Housing; Social Participation; Respect and Social Inclusion; Civic Participation and Employment; Communication and Information; and Community Support and Health Services; and

**WHEREAS** a survey conducted in 2017, of 210 residents of Olds, identified areas of concerns in the eight domains; and

**WHEREAS** multiple focus groups have been conducted with residents of Olds to further understand the opportunities and gaps in the eight domains; and

**WHEREAS** activities like the Wheelchair Challenge, helped showcase some of the challenges seniors and residents with disabilities face in navigating the community; and

**WHEREAS** a Contractor was engaged to analyze the data and conduct a community engagement session from the results of the needs assessment/recommendation report to create an age-friendly strategic plan for the Town of Olds; and

**WHEREAS** the Age-Friendly Committee has committed to achieving the goals identified within the Strategic Plan; and

**WHEREAS** an age-friendly community is friendly to all its residents.

**THEREFORE, BE IT RESOLVED** THAT Olds Town Council approves the Age-Friendly Strategic Plan; and

**FURTHER IT BE RESOLVED THAT** a letter of support be provided to the Olds Age-Friendly Committee in their submission to Government of Alberta Seniors and Housing Ministry for the Age-Friendly Designation; and

**FURTHER IT BE RESOLVED THAT** Olds Town Council fully supports and promotes efforts to become as Age-Friendly Community; and

**FURTHER IT BE RESOLVED THAT** the Olds Age-Friendly Committee be thanked for their efforts in this journey to become a designated Age-Friendly Community.