



# Age-Friendly Community Action Plan

Public Open House  
October 4, 2021



## Agenda



### Purpose:

To provide an overview of the project and to discuss ways in which to make Middlesex Centre age-friendly.

1. Welcome and Introductions
2. Project Overview
3. About Age-Friendly Planning
4. Facilitated Discussion around Age-Friendly Dimensions
5. Wrap-up



# Introductions

## Monteith Brown Planning Consultants

- Steve Langlois, Principal Planner
- Cole Roddick, Planner



## Municipality of Middlesex Centre

- Scott Mairs, Director of Community Services



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# Project Goal

## What?

The Age-Friendly Community Action Plan will identify age-friendly priorities across the Municipality of Middlesex Centre.

## Why?

To create a healthy and sustainable environment for older adults and those with disabilities today and into the future.

## How?

We will conduct research and engage with the community to develop the plan.



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## Project Outcomes

The Age-Friendly Plan will:

- Assess the local social and physical environment using the 8 World Health Organization (WHO) dimensions of community life affecting older adults who are aged 55 years or older and those with disabilities
- Identify supporting policies, services and programs that can be measured by monitoring participation levels.
- Establish a 3-to-5-year Action Plan to guide the municipality, beginning in the 2023 budget year

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## Public Engagement

Consultation tactics include:

- Website: [middlesexcentre.on.ca/agefriendlyplan](https://middlesexcentre.on.ca/agefriendlyplan)
- Stakeholder Focus Groups (complete)
- **Public Information Session #1 – October 4, 2021**
- **Community Survey – October 17 deadline**
- **Public Information Session #2 – early 2022**
- Meetings with the Project Task Force and Council



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## What is Age-Friendly Planning?



Age-Friendly Planning is an initiative that was researched and reported on by the World Health Organization in 2007. WHO outlines 8 key dimensions for an age-friendly community and provides the framework for evaluating and enhancing a community's age-friendliness.

An Age-Friendly Community is a supportive physical, and social environment that engages older populations and allows them to live active, safe, and meaningful lives, as well as continuing to contribute to all areas within the community.

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## The 8 Age-Friendly Dimensions



Outdoor Spaces and Buildings



Transportation



Housing



Social Participation



Respect and Social Inclusion



Civic Participation and Employment



Communication and Information



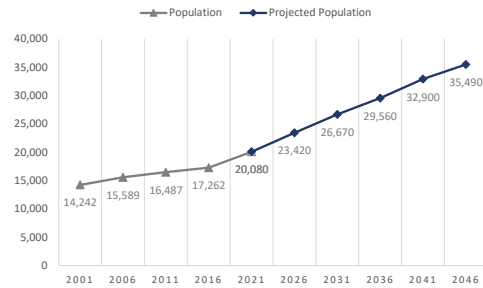
Community Support and Health Services

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## Why is this Important?

- Middlesex Centre’s population is forecasted to grow by 33% (26,670) by 2031 and 77% (35,670) by 2046\*
- The municipality's median age is 43.5 years and this is increasing\*\*
- In 2016, there were 5,540 local residents aged 55+, representing 32% of the population \*
- Across the County, the number of residents aged 55+ is forecasted to increase to 37% by 2031 and 41% by 2046\*



\* Middlesex County Housing Growth Forecast and Allocations by Local Municipality, 2020  
 \*\* 2016 Census



## Starting the Conversation



1. Tell us your experience of being an older adult or person with disability in Middlesex Centre.

2. What does an “Age-Friendly Middlesex Centre” mean to you?



# Outdoor Spaces and Buildings

When people view a neighbourhood as safe and accessible, it encourages people to participate in outdoor activities and engage with the community.

Accessibility involves removing barriers that limit opportunities for people with disabilities, including older adults with age-related limitations and/or disabilities.



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# Outdoor Spaces and Buildings

## Examples of Objectives & Actions

Improve access to washrooms in parks and/or along trails

- Investigate if and where more public washrooms are needed throughout the community

Encourage safe park usage

- Develop and communicate a snow plow plan for park access points



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## Discussion – Outdoor Spaces and Buildings

1. What is it like to step outside of your home to go for a walk, to run errands, or for leisure?
2. What is it like to go into buildings such as public offices and stores?
3. How can we make outdoor spaces and buildings more “age-friendly” in Middlesex Centre?



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## Transportation

The condition and design of transportation-related infrastructure, such as signage, traffic lights, and sidewalks affect personal mobility.

Access to reliable, affordable public transit becomes increasingly important when driving becomes stressful, challenging, or is no longer available as an option.



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# Transportation

## Examples of Objectives & Actions

### Encourage safe winter walking

- Develop and communicate a snow plow plan for parking

### Maintain transportation infrastructure that facilitates effective movement of older adults

- Ensure that municipal roads, sidewalks, and walkways are well designed and maintained, intersections are well marked, signage is visible, and roads and walkways are well lit




# Discussion – Transportation

1. What is it like to drive in Middlesex Centre?
2. What are other transportation options like in Middlesex Centre?
3. How can we make transportation more “age-friendly” in Middlesex Centre?









# Housing

Housing options that are affordable, supportive, and incorporate flexibility through adaptive features, style, and location choices are essential for age-friendly communities.



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# Housing

## Examples of Objectives & Actions

Provide supports to allow seniors to remain in their homes

- Expand home maintenance services including lawn care and snow removal



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## Discussion – Housing

1. Tell us about your home, is it comfortable and safe?
2. Are you able to maintain and modify your home as needed?
3. If your needs change, what are your choices for housing in Middlesex Centre?
4. How can we make housing more “age-friendly” in Middlesex Centre?



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## Social Participation

Social participation involves the level of interaction that older adults and people with disabilities have with other members of their community and the extent that the community makes this interaction and inclusion possible.



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# Social Participation

## Examples of Objectives & Actions

Develop and implement a variety of inter-generational programs

- Collaborate with schools to add inter-generational programming elements such as teaching kits, kids teaching seniors (and vice versa), etc.



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# Discussion – Social Participation

1. How easily can people socialize in your community?
2. Tell us about participation in other activities like education, culture, or recreation.
3. How can we improve opportunities for social participation in Middlesex Centre?



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# Respect and Social Inclusion

Community attitudes, such as a general feeling of respect and recognition of the role that older adults and people with disabilities play in our society, are critical factors for establishing an inclusive and age-friendly community.



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# Respect and Social Inclusion

## Examples of Objectives & Actions

Ensure that 'Older Adult' interests are incorporated into planning and implementation phases for special events

- Communicate with event organizers and share a check list of age-friendly and accessibility considerations



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## Discussion – Respect and Social Inclusion

1. How does your community show (or not show) respect for seniors and persons with disabilities?
2. In what ways does your community include (or not include) seniors and persons with disabilities in activities and events?
3. How can we improve respect and social inclusion in Middlesex Centre?



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## Civic Participation and Employment

Civic engagement includes the desire to be involved in aspects of community life that extend beyond day-to-day activities, such as: volunteering, becoming politically active, voting, and working on committees.

The ability to continue working or find new employment provides economic security for older adults, and people of all ages and abilities.

An age-friendly community recognizes the diversity of its population and promotes initiatives to reach as many people as possible.



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# Civic Participation and Employment

## Examples of Objectives & Actions

Increase volunteer and employment opportunities for seniors

- Seek grant opportunities for seniors' employment

Raise the profile and recognition of the volunteer community and facilitate volunteer networking opportunities and training

- Create a roster of volunteers willing to assist in a variety of ways with contact information



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# Discussion – Civic Participation and Employment

1. Tell us about your participation in volunteer work within the community.
2. Tell us about your participation in paid work within the community.
3. Tell us about your participation in community affairs.
4. How can we make civic participation and employment more “age-friendly” in Middlesex Centre?



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# Communication and Information

Access to, and awareness of, mental and physical health programs and services contribute to quality of life and age-friendliness.



# Communication and Information

## Examples of Objectives & Actions

Build communication supports and channels within municipal departments

- Audit municipal departments to assess awareness of age-friendliness when designing surveys, seeking public input for programming, and announcing events

Elevate the profile and communicate the importance of libraries as a valuable resource for community information

- Ensure current and sufficient copies of printed information is available at the libraries for distribution



## Discussion – Communication and Information

1. What is your experience getting the information you need in your community (e.g., about services and events)?
2. How effective and widespread are existing communication channels at reaching all residents?
3. How can we make communication and information more “age-friendly” in Middlesex Centre?



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## Community Support and Health Services

Age-friendly communities provide readily accessible information about community events or important services in formats that are appropriate for older adults and people with disabilities.

An age-friendly community recognizes the diversity of its population and promotes initiatives to reach as many people as possible.



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# Community Support and Health Services



## Examples of Objectives & Actions

Encourage networking opportunities and communication for organizations that serve older adults

- Facilitate the communication of community partner funding opportunities supporting programs that are critical in an age-friendly community

Expand mental health programs and dementia supports

- Establish mental health support groups for seniors and their families



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# Discussion – Community Support and Health Services



1. What are your experiences with services in the community that are designed to help seniors and persons with disabilities?
2. Is there an adequate range of accessible health and community support services offered for promoting, maintaining, and restoring health?
3. How can we make health and social services more “age-friendly” in Middlesex Centre?



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## Wrap-up

### Are there any additional questions or comments?

Please email us if you would like to provide additional comments.

Check the project webpage for updates and future input opportunities.

[middlesexcentre.on.ca/agefriendlyplan](https://middlesexcentre.on.ca/agefriendlyplan)



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## THANK YOU!

Steve Langlois  
[slanglois@mbpc.ca](mailto:slanglois@mbpc.ca)



Scott Mairs  
[mairs@middlesexcentre.on.ca](mailto:mairs@middlesexcentre.on.ca)



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