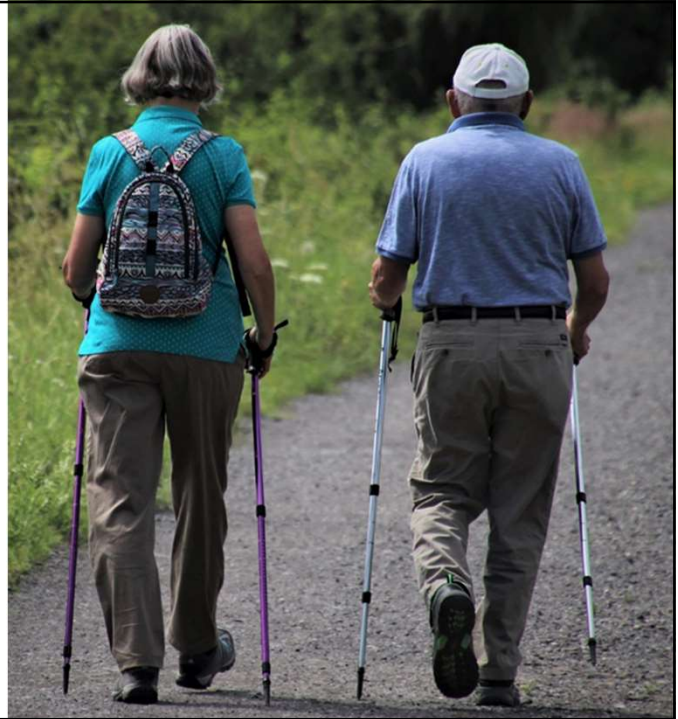




# Age-Friendly Community Action Plan

Public Open House #2  
February 22, 2022



## How to Participate



Please mute your microphone if you are not speaking.



If you are experiencing connection issues, try turning off your camera.



Please “raise your hand” if you would like to speak.



Type your question or comment in the chat box.



The session is not being recorded, but we are taking detailed notes.

# Agenda

**Purpose:**

To seek public feedback on the Draft Age-Friendly Community Action Plan.

1. Welcome and Introductions
2. Project Overview
3. About Age-Friendly Planning
4. Vision and Principles
5. Actions and Strategies
6. Group Discussion

# Introductions

**Monteith Brown Planning Consultants**

- Steve Langlois, Principal Planner
- Cole Roddick, Planner



**Municipality of Middlesex Centre**

- Scott Mairs, Director of Community Services
- Members of the Project Task Force
- Members of Municipal Council



# Project Goal

## What?

The Age-Friendly Community Action Plan identifies 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?

With guidance from a project Task Force, we have conducted research and engaged with the community to develop the plan.



# Project Outcomes

The Age-Friendly Plan:

- Assesses the local social and physical environment using the eight World Health Organization domains of community life affecting older adults (aged 55 years or older) and people with disabilities
- Identifies a vision, principles, actions and strategies to support a 3-to-5-year Action Plan for the municipality



## What is Age-Friendly Planning?

Age-Friendly Planning is an initiative that was started by the World Health Organization (WHO) in 2007. WHO has outlined 8 key domains for 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.

This project has been funded by the Province of Ontario through their Inclusive Community Grant program.

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## Why is this Important?

- There are over 6,600 residents aged 55 years and over in Middlesex Centre, representing one-third (33%) of the population.
- By 2046, the number of older adults and seniors will nearly double, accounting for 37% of the population.
- In the London area, 26.8% of people aged 15 years and over lives with a disability (2016).



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# The 8 Age-Friendly Domains



Outdoor Spaces and Buildings



Respect and Social Inclusion



Transportation



Civic Participation and Employment



Housing



Communication and Information



Social Participation



Community Support and Health Services

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# What we have Heard so far

Residents want to see a focus placed on:

- An accessible public realm (parks, sidewalks, etc.)
- Active transportation (trails, bike lanes, etc.)
- Increased transportation options
- Attainable housing and supports to age-in-place
- Complete communities with convenient access to services
- Recreation opportunities for all ages and abilities
- Volunteer management and support
- Communications, awareness and signage
- Access to health services and support for isolated individuals
- And more!

support safety  
engagement mobility  
diversity communication  
affordability inclusion  
access transparency  
quality-of-life

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## Proposed Vision

**“We are an inclusive, age-friendly community that supports healthy aging, empowers independence, and promotes full participation in community life.”**

## Proposed Principles

1. Respect and support for all citizens
2. Access and inclusion for all citizens
3. Community engagement in decision-making
4. Livability
5. Accountability





## Draft Action Plans & Strategies

- Action plans (higher-level) and strategies (more detailed) have been developed for each of the WHO domains
- Some strategies solidify and support existing municipal policies and practices, while others reflect a new considerations
- Timelines, departmental leads, and key resources have been identified to assist with successful implementation
- Some strategies are beyond the Municipality's service mandate and will require the participation of other levels of government, agencies, community organizations, and local businesses



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## Outdoor Spaces and Buildings

**Action 1.1: Consider the needs of older adults and people with disabilities when designing and developing parks and trails.** For example:

- identify opportunities to expand the network of park pathways and trails, year-round seating options, and universal public washrooms
- encourage safe winter walking and park usage; revisit the service standard for winter park maintenance

**Action 1.2: Design public buildings and outdoor spaces as accessible multi-service hubs.** For example:

- ensure that recreation centres and libraries have sufficient space to support casual drop-in activities
- pursue the long-term development of a new multi-use facility in Ilderton

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## Transportation

**Action 2.1: Create safe options for active transportation (pedestrians and cyclists) and motorized scooters.** For example:

- establish additional bike lanes, paved shoulders and cycling infrastructure, where appropriate and feasible

**Action 2.2: Increase the range of public and private transportation options for residents.** For example:

- explore the viability of expanding the “Middlesex County Connect” program to expand public transit opportunities in the region

**Action 2.3: Improve safety for all road users.** For example:

- identify and improve key road crossings



## Housing

**Action 3.1: Support affordable and accessible housing in close proximity to services (complete communities).** For example:

- establish land use policies that incentivize the development of affordable housing, accessible housing and assisted living units

**Action 3.2: Expand the variety of housing types and forms.** For example:

- develop policies to support a wider variety of housing forms throughout Middlesex Centre

**Action 3.3: Encourage strategies to help seniors age in place.** For example:

- prepare an age-friendly checklist about accessibility features (e.g., wider doorways, no step entries, etc.) to inform development applications
- promote grant opportunities that support accessibility retrofits for private homes





## Social Participation

**Action 4.1: Increase the number and range of opportunities for participation in recreational, cultural and social activities).** For example:

- increase participation by supporting the formation of volunteer clubs (e.g., seniors clubs, walking or hiking groups), programs and events
- explore opportunities for virtual (or hybrid) programming to accommodate isolated individuals that cannot participate in-person

**Action 4.2: Enhance awareness of leisure programs, community activities and special events.** For example:

- coordinate outreach to newcomers when they move into the community
- foster the development of a coordinated system to identify and promote community events and programs (e.g., “I Love Thorndale” website)



## Respect and Inclusion

**Action 5.1: Encourage and celebrate the inclusion of older adults, seniors and people with disabilities within civic initiatives.** For example:

- examine existing policies for language that limits age-friendliness

**Action 5.2: Increase inter-generational opportunities in the community.** For example:

- work with schools to develop more inter-generational programs, including consideration of community service hours

**Action 5.3: Support and promote community education initiatives that address ageism and foster mutual respect and understanding.** For example:

- promote age-friendly information for local businesses



## Civic Participation and Employment

**Action 6.1: Utilize the knowledge and experience of older adults and seniors.** For example:

- regularly seek input from older adults and seniors

**Action 6.2: Promote volunteerism amongst older adults and seniors.** For example:

- advocate for the development of a volunteer management system that connects volunteers to meaningful opportunities

**Action 6.3: Improve access to and promotion of employment opportunities for older adults and seniors.** For example:

- develop skill-building workshops that support employment for older adults and seniors



## Communication and Information

**Action 7.1: Support equitable communication strategies that increase engagement of older adults and seniors.** For example:

- develop an “Age-friendly” section on the Municipal website to provide important and coordinated information
- provide accessibility information for municipal parks, facilities and programs on the municipal website

**Action 7.2: Ensure that information is provided in formats that are accessible to all residents.** For example:

- provide important information to isolated individuals by enhancing coordination amongst agencies that support local seniors and people with disabilities



## Community Support and Health Services



**Action 8.1: Promote healthy lifestyles and wellness for older adults and seniors.** For example:

- research and distribute educational material about integrating physical activity and mental wellness into daily life

**Action 8.2: Support expanded access to community health services for Middlesex Centre residents.** For example:

- advocate for improved local access to primary, community and home health care services in Middlesex Centre
- support “Dementia Friendly” initiatives

**Action 8.3: Increase awareness of community health services and supports.**

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## Questions and Comments



1. Do you have any questions or comments on the **draft report** or the **planning process**?
2. What age-friendly **domains** are most important in Middlesex Centre?
3. What **actions and strategies** are most important to you?
4. Do you have any **other suggestions** for making Middlesex Centre more Age-Friendly?
5. How can we **work together** to implement the plan?

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## Wrap-up

You may access an **online feedback form** on the project website if you wish to provide additional comments – the deadline is March 1.

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

Based on your input, we will finalize the Action Plan for the consideration of **Municipal Council** on March 16, 2022.



## Thank you!

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

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

