

Building Age-Friendly Communities: Empowering Ontario's Future

Dr. John Puxty

Director, Centre for Studies in Aging & Health at Providence Care

Association of Municipalities of Ontario

London, Ontario



Presentation Overview

What are Age-Friendly Communities (AFCs)?

- 8 domains of age-friendly
- Benefits

AFC Strategy in Ontario

- AFC Planning Guide
- Ontario AFC Outreach Program
- Municipal role in AFC development



What is an Age-Friendly Community?

An age-friendly city or community is a place that adapts its services and physical structures to be more inclusive and receptive to the needs of its population to improve their quality of life as they age.¹



8 Domains of AFCs (WHO, 2007)





Why consider becoming an Age-Friendly Community?

- **Prepare for demographic changes: Population Aging**
 - The number of seniors aged 65 and over is projected to increase significantly, from 2.8 million or 18.4 per cent of the population in 2022, to 4.4 million, or 20.3 per cent by 2046.²
- **Age-Friendly Communities benefit people of all ages**
 - Accessibility improvements help reduce barriers for residents with different capacities, regardless of age, ensuring that everyone is able to contribute to economic, social, and cultural life.³

Health Benefits

- AFCs facilitate healthy behaviors through their design and infrastructure
- Support aging-in-place
- Improve awareness of community and health services



Photo by Leah Hetteberg and sourced from Unsplash

Economic Benefits

- Strong consumers
- Tourism revenue
- Strengthen workforce
- Retention for economic development



Photo by Amy Vann sourced from Unsplash.

Physical Environment Benefits

- Increase housing options
- Improve accessibility
- Support transportation options that facilitate mobility and connected neighbourhoods



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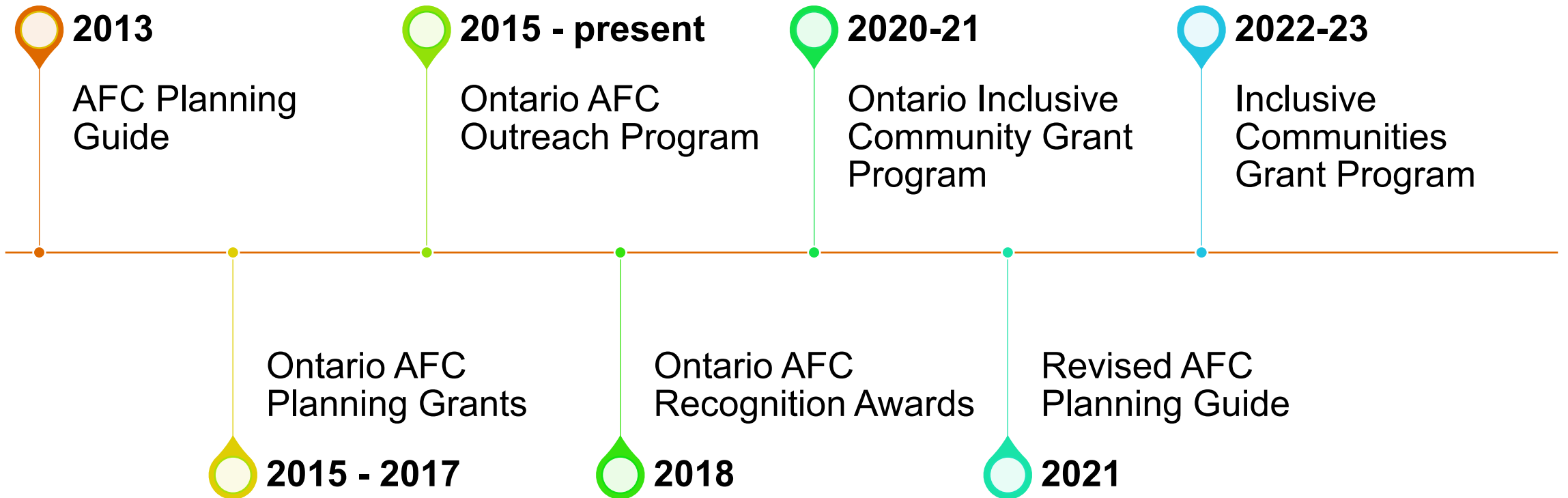
Social Benefits

- Foster intergenerational connections
- Increase volunteerism
- Increase opportunities for social interaction and connection
- Many older residents support their extended family as caregivers to younger generations



Photo provided by Maryborough School GrandPals Program

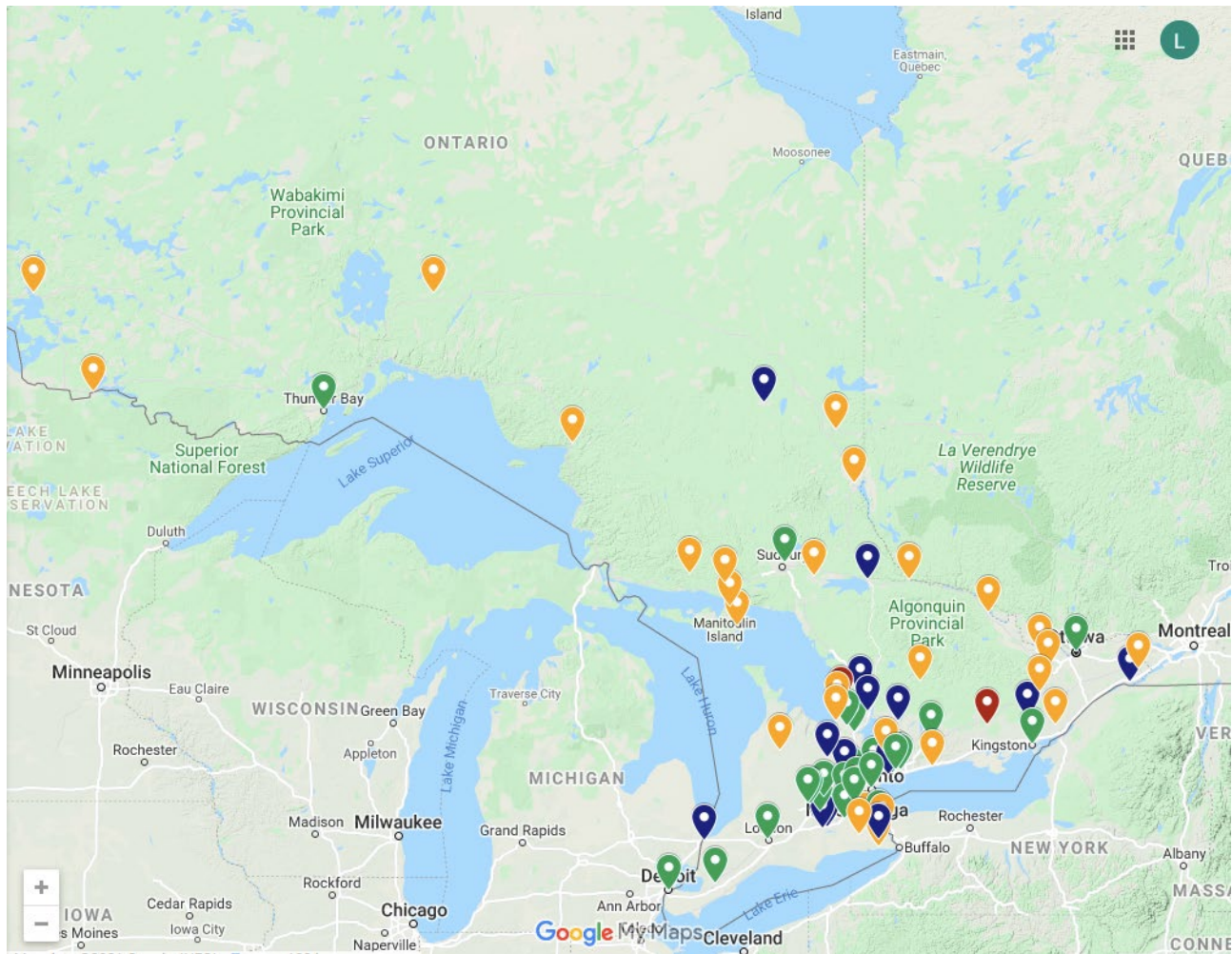
AFC Strategy in Ontario





Age-Friendly Community Initiatives in Ontario

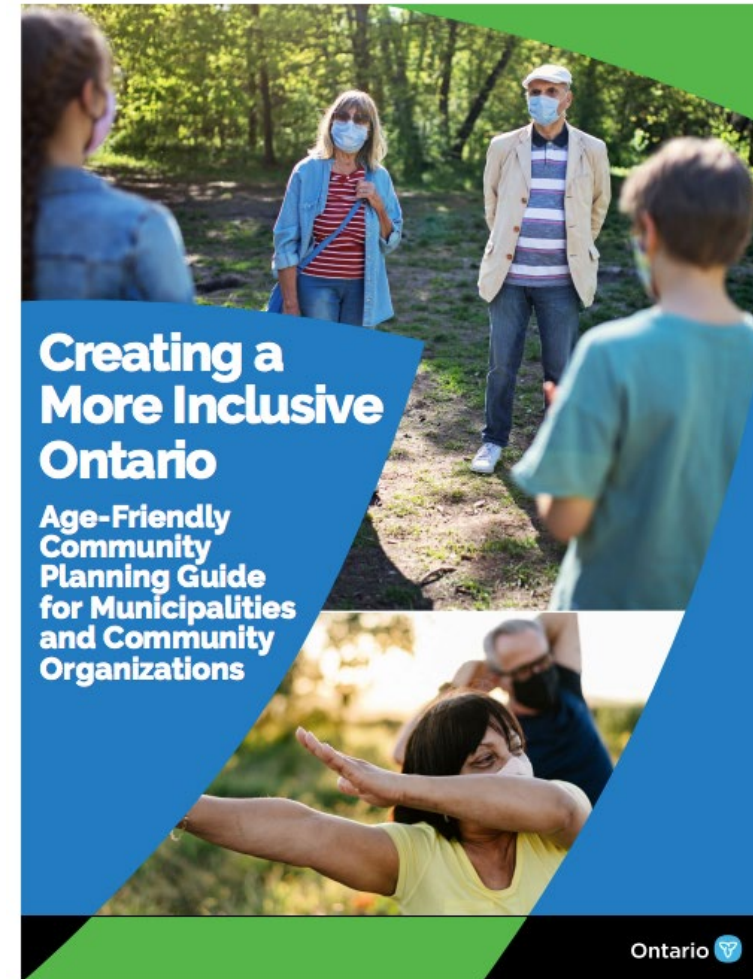
- ~70 communities in Ontario are working toward becoming more age-friendly.
- Includes rural and urban communities across Ontario.



Ontario's AFC Planning Guide

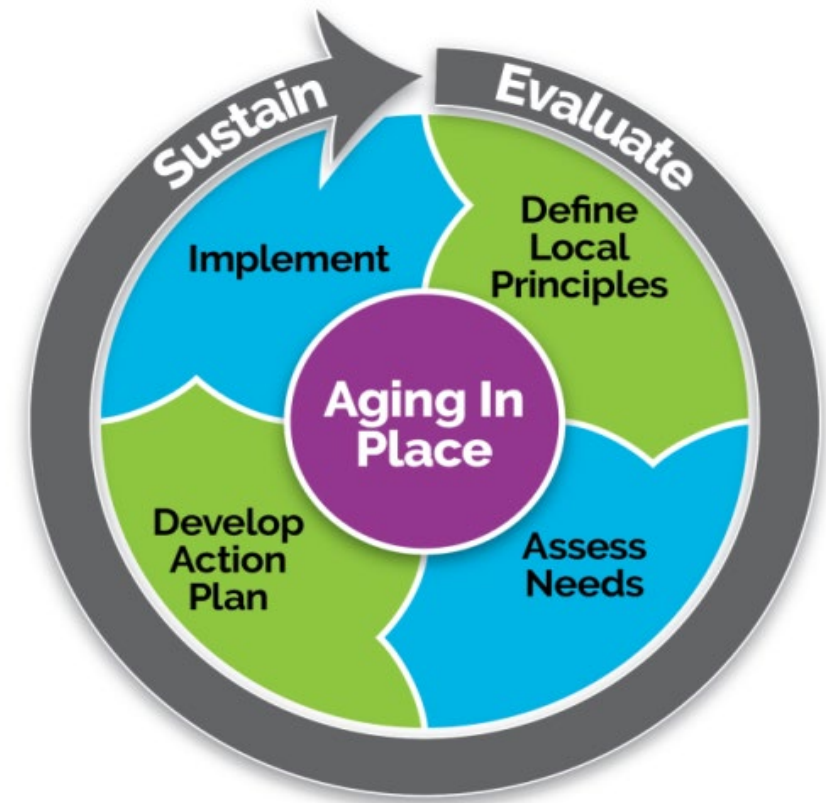
Creating a More Inclusive Ontario: Age-Friendly Community Planning Guide for Municipalities and Community Organizations

- Diverse populations addendum
- AFC planning toolkit



Ontario's AFC Planning Guide

- 4 interconnected steps:
 - Define Local Principles
 - Assess Need
 - Develop Action Plan
 - Implement
- Evaluation as integral and ongoing activity throughout



Graph courtesy of *Creating a more inclusive Ontario: age-friendly community planning guide for municipalities and community organizations*.
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Ontario AFC Outreach Program

- Established in 2015
- Managed by the [Centre for Studies in Aging and Health at Providence Care](#) in partnership with Queen's University
- Funded by the Government of Ontario through the [Ministry for Seniors and Accessibility](#)

Ontario
Age-Friendly
Communities



Outreach Program



Ontario AFC Outreach Program

- Provincial Knowledge Translation and Exchange program designed to support AFC development in Ontario
- Goals are to:
 1. **Strengthen community capacity** to implement, evaluate and sustain age-friendly activities
 2. **Increase collaboration** by connecting people, ideas and resources
 3. **Raise awareness** about AFC benefits, promising practices and planning principles



Ontario AFC Outreach Program: Core Facilitation Strategies

1. Knowledge Broker
2. Collaborative Networks
3. Monthly e-Newsletter
4. Webinars
5. Website
6. Interactive Maps
7. Community Profiles
8. Annual Provincial Survey

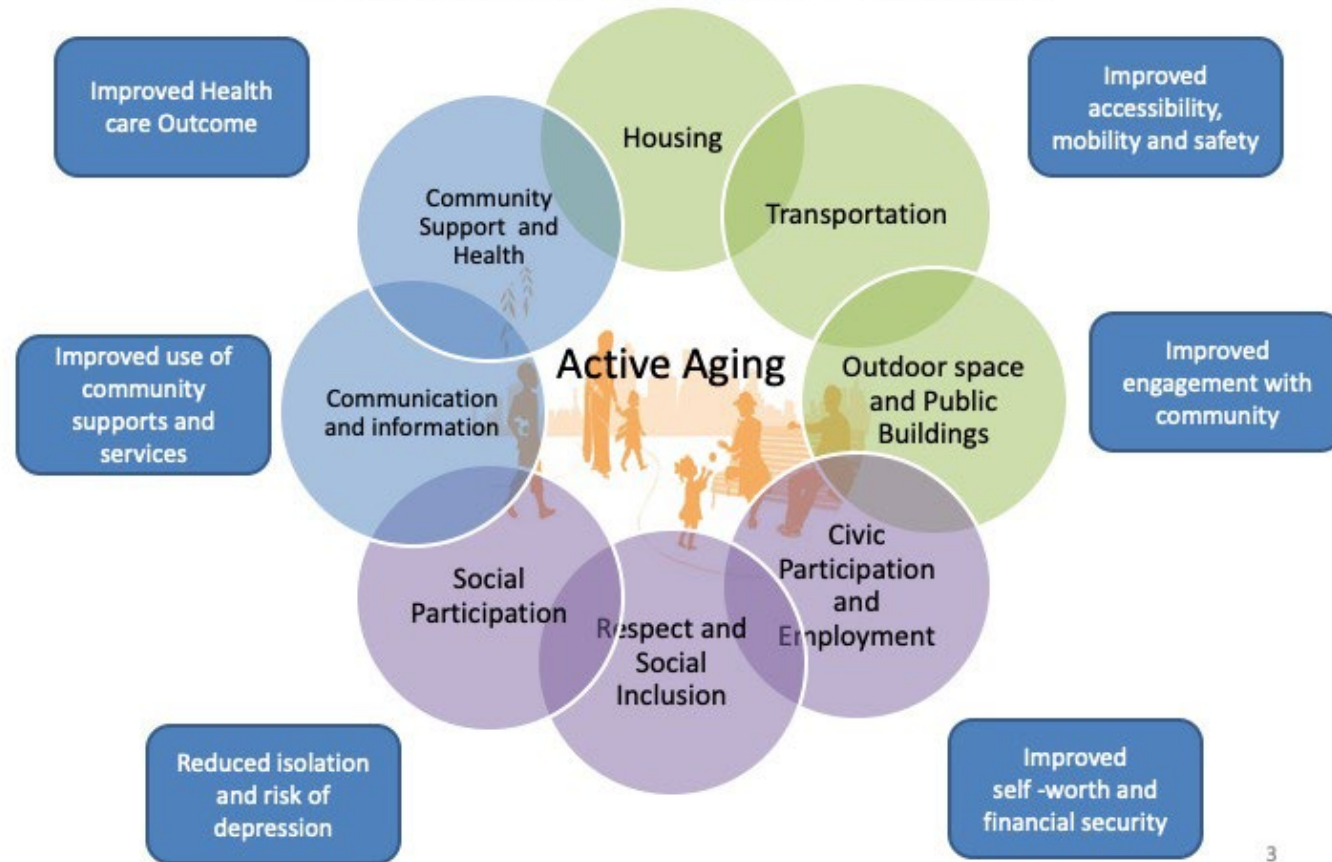


Community Reported Outcomes of AFC Planning and Implementation

- There are stronger municipal-community partnerships (61%)
- There has been an age-friendly culture shift in municipal planning (73%)
- The community is more accessible (61%)
- More older adults are engaged in age-friendly activities (72%)

Final Thoughts

Benefits to Individuals



3

Final Thoughts

- There are many reported benefits for the community including economic, social, and health.
- Active municipal engagement in governance and planning is an important component of sustainability and success of AFCs
- AFC principles are consistent with and align with a number of other planning and policy frameworks and priorities



Questions? Get in touch!

- Email: puxtyj@providencecare.ca
- Website: www.agefriendlyontario.ca
- Sign up for our distribution list to receive communications:
<https://tinyurl.com/y5ethmqn>



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References

1. Pan-American Health Organization. (n.d.). *Age-Friendly Cities and Communities*. <https://www.paho.org/en/topics/age-friendly-cities-and-communities>
2. Ontario Ministry of Finance. (2023). *Ontario Population Projections*. <https://www.ontario.ca/page/ontario-population-projections#:~:text=The%20number%20of%20seniors%20aged,ba by%20boomers%20turn%20age%2065.>
3. World Health Organization. (n.d). Why should cities become more Age-friendly? <https://extranet.who.int/agefriendlyworld/why-become-more-af/>