

Aging in Place

Edmonton's Approach

Presented by:

- Linda Sloan, City Councillor
- Brenda Wong, Seniors Coordinator
- Sheila Hallett, Edmonton Seniors Coordinating Council

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Session Overview

1. Overview of Edmonton
2. Edmonton's Seniors Services
3. Highlighting Edmonton's Promising Practices for Seniors
4. Sharing Your Community Successes and Learnings



Overview of Edmonton



Photo provided by Edmonton.com

- Capital City of Alberta, western Canada
- Fifth largest municipality in Canada
- Blue sky and sunshine through all seasons
- A booming, vibrant city that bustles with arts, theatre, cultural events: festivals, world's largest mall, sports teams

Overview of Edmonton

- Cultural Capital of Canada
- Known as Festival City
- River valley is an enormous band of natural green space 22 times larger than Central Park in New York City, filled with parks and trails



Edmonton's New Vision

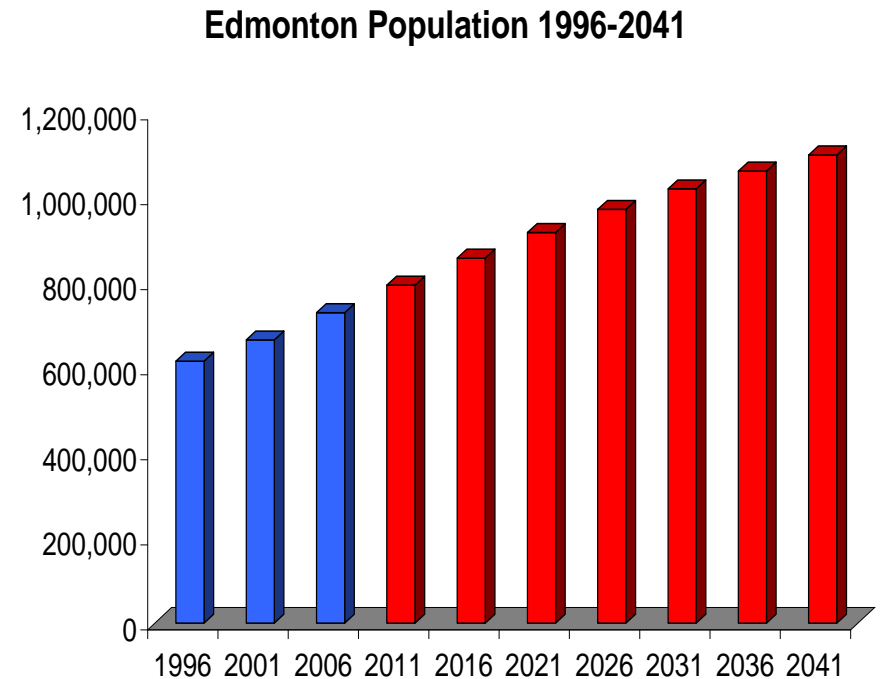


Edmonton is a city of:

- Energy
- Design - urban, architectural, environmental
- Destination that links North America with the Arctic and Asia
- Recreation and arts
- Many cultures, educational opportunities, all political and social orientations

Overview of Edmonton

- Current population
730,372
- Experiencing rapid population growth:
 - Increased by 15%
from 1996 to 2006
 - Expected to increase
by 51% by 2041





Overview on Edmonton

- Current issues :
 - Tight labour market - increased demand for youth and foreign workers
 - Increasing housing costs, lack of affordable housing
 - Rising consumer prices/construction costs
 - Increasing environmental impacts

Edmonton's Seniors Demographics

- 11% of population is age 65 yrs or over
- Seniors population (55+) is growing:
2008 - two of ten
2041 - three of ten
- More seniors are coming to Edmonton:
8,708 moved to Edmonton
6,803 moved away



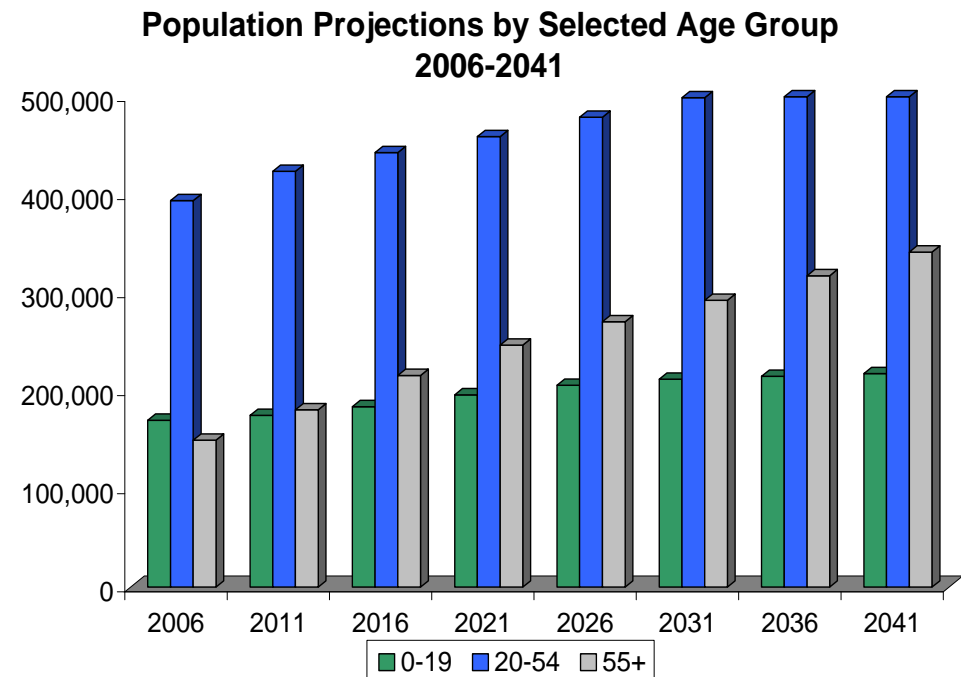
Edmonton's Seniors Demographics

- 95% of seniors live in private dwellings
5% in long-term care settings
- Edmonton's seniors are diverse, multicultural, multiracial:
35% seniors 75 yrs.+ - were born outside of Canada



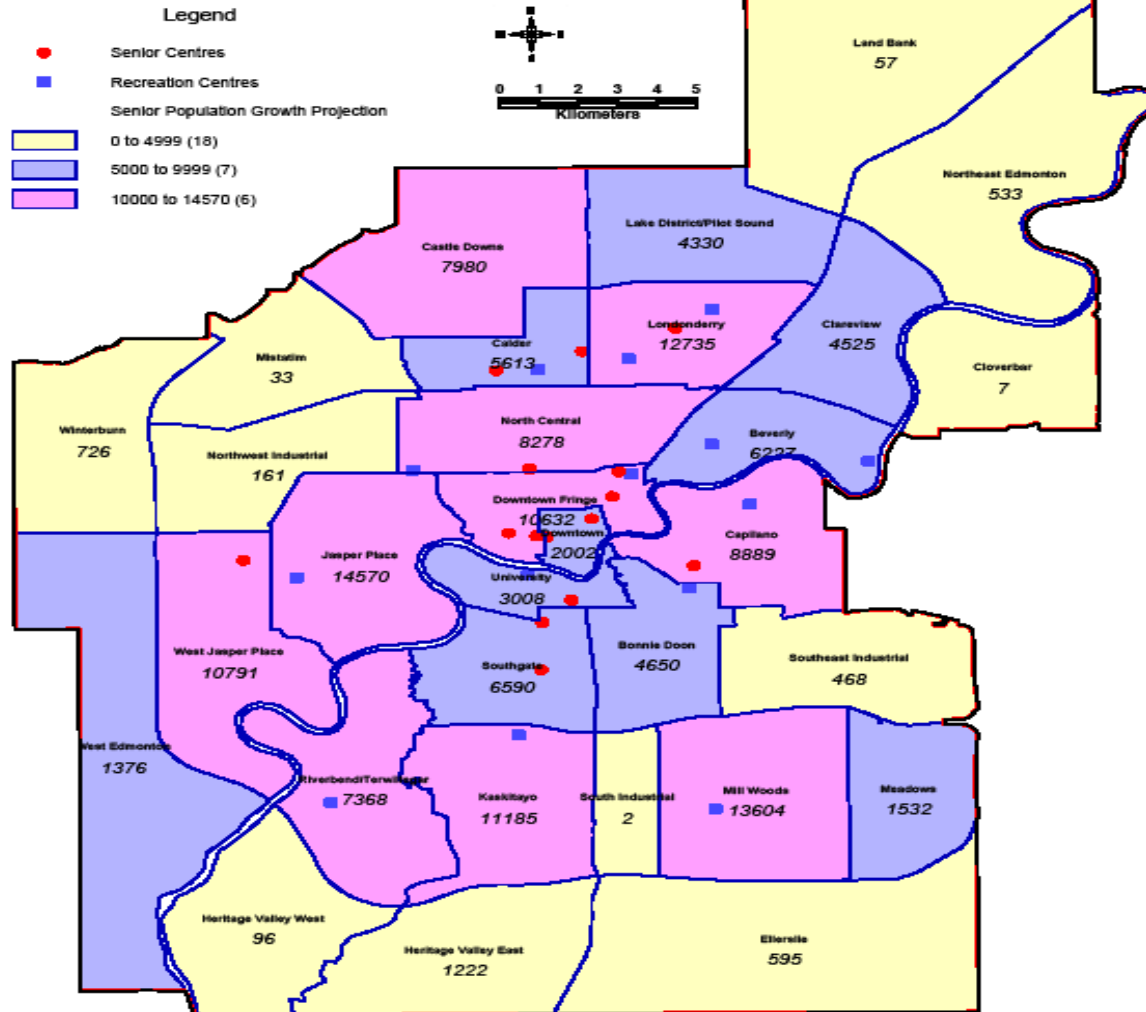
Edmonton's Seniors Demographics

- Fastest growth of older seniors (with 229% increase by 2041)
- With aging in place, more seniors in suburbs



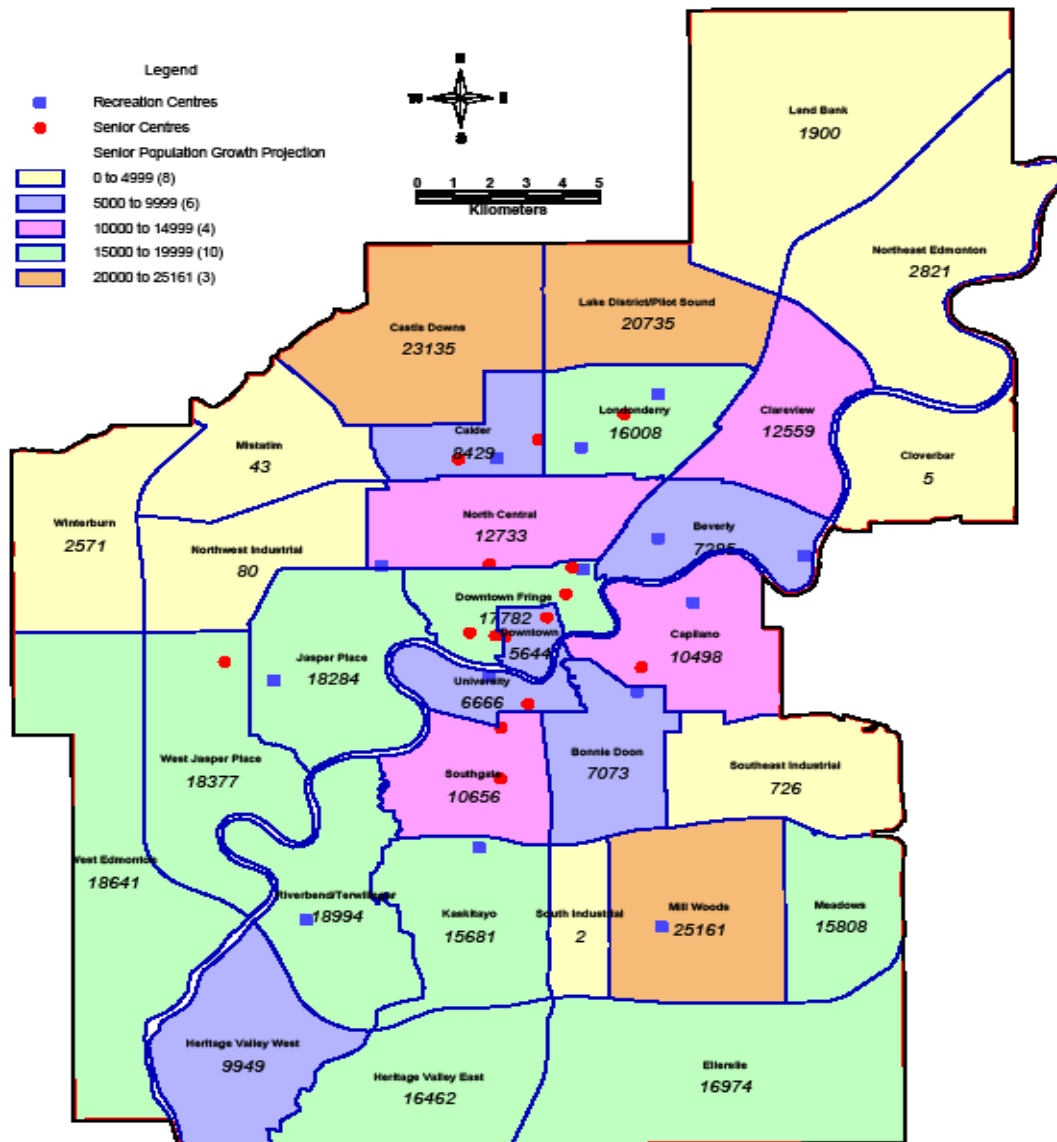
Preliminary Projections Seniors Population 55 Years and Up

2006



Preliminary Projections
Seniors Population 55 Years and Up

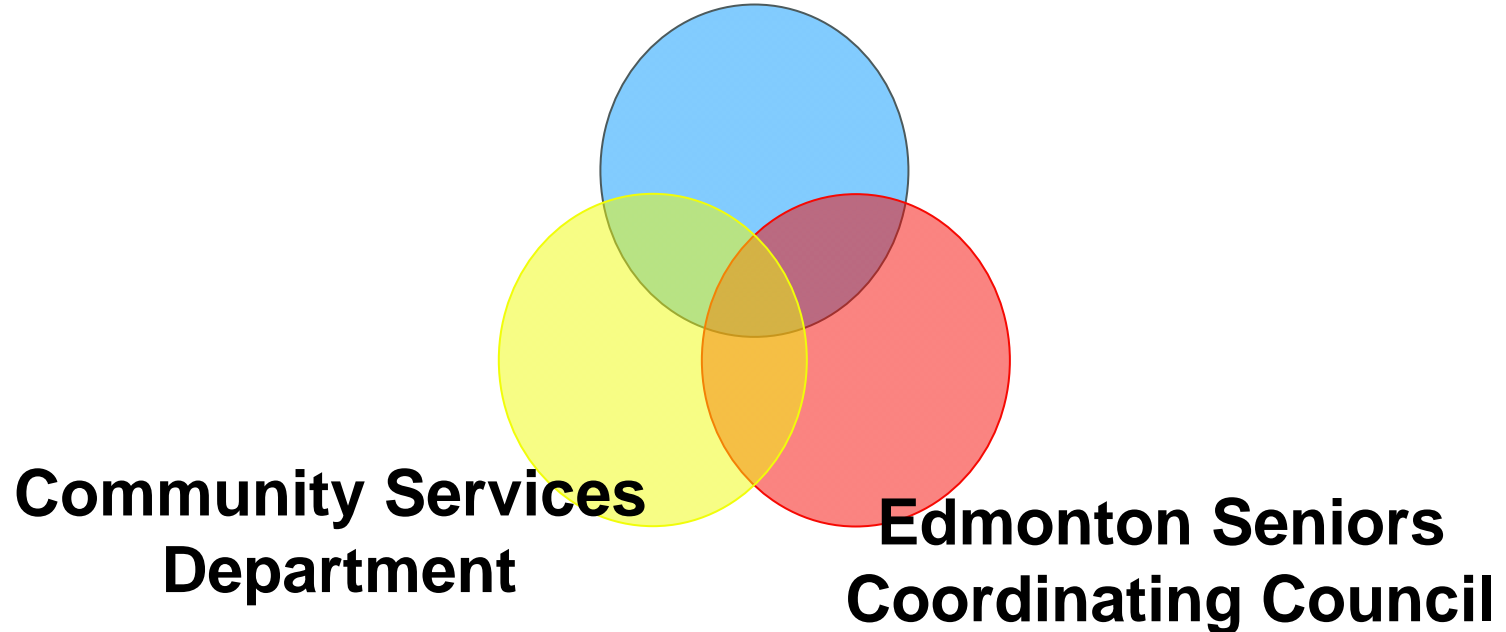
2041





Edmonton's Seniors Services

City Council's Seniors Portfolio





Edmonton's Seniors Services

- Seniors Portfolio
 - Edmonton's City Council - focused effort on seniors
 - Linda Sloan – City Councillor with Seniors Portfolio

- Community Services
 - Seniors Coordinator
Brenda Wong
 - Main City contact for seniors issues
 - Supports all City departments regarding seniors issues

Edmonton's Seniors Services

□ Edmonton Seniors Coordinating Council

- Increases coordination and capacity of organizations providing social support and recreation services to seniors
- Unified voice on seniors issues
- Central information resource on seniors
- Addresses seniors issues
- Budget and strategic planning input to City Council
- Non-profit organization which receives civic funding



EDMONTON
SENIORS
COORDINATING
COUNCIL



Promising Practices - Seniors

- ❑ Aging in Place
- ❑ Elder Abuse
- ❑ Senior Centres/
Programs
- ❑ Personal Emergency
Preparedness
- ❑ Senior Friendly Training
- ❑ Safety
- ❑ Transportation
- ❑ Diversity
- ❑ Home Support/
Housing
- ❑ Arts Festival
- ❑ Age Friendly Design

Aging in Place Study

- Study
 - Understand the needs of older seniors (age 85+)
 - Provide future direction

- Methodology
 - 12 focus groups of 148 seniors
 - 3 stakeholder meetings
 - Interviews (isolated seniors)
 - Survey
 - Literature review
 - Environmental scan





Aging in Place Study

□ Key Issues

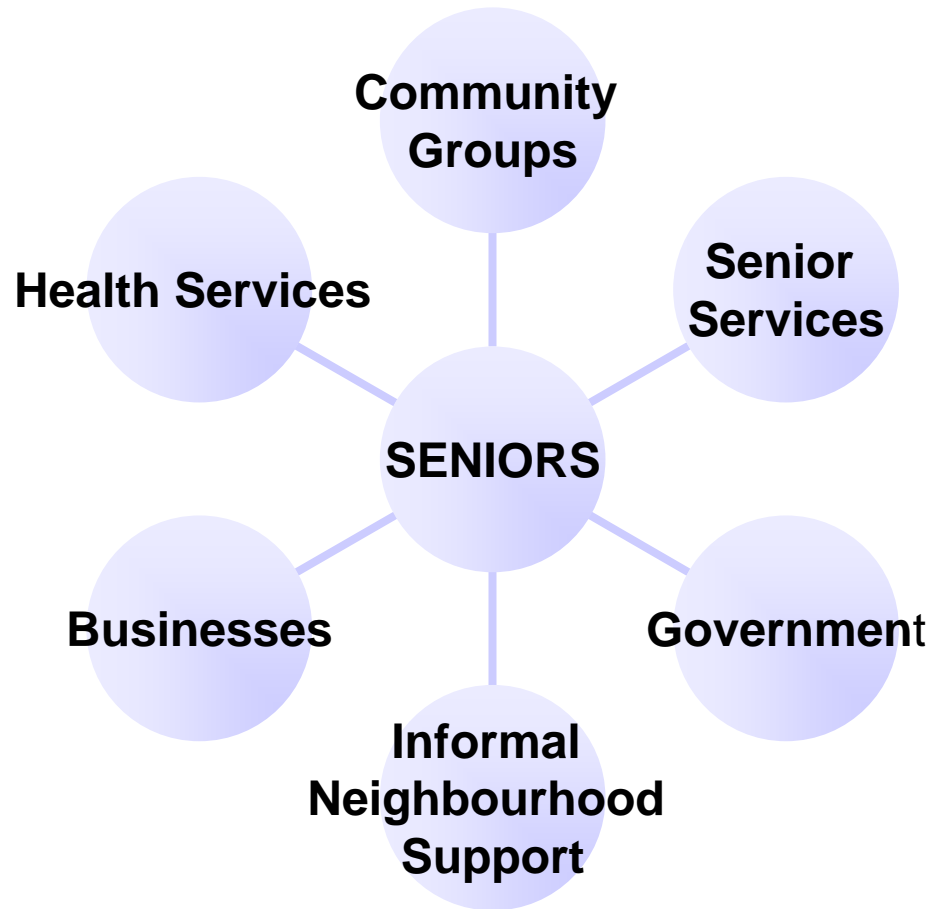
- Transportation
- Information on services/help navigating system
- Home adaptations/housing options
- Help with personal care, home support services
- Home care/health services
- Age friendly design
- Support for immigrant seniors



Aging in Place Study

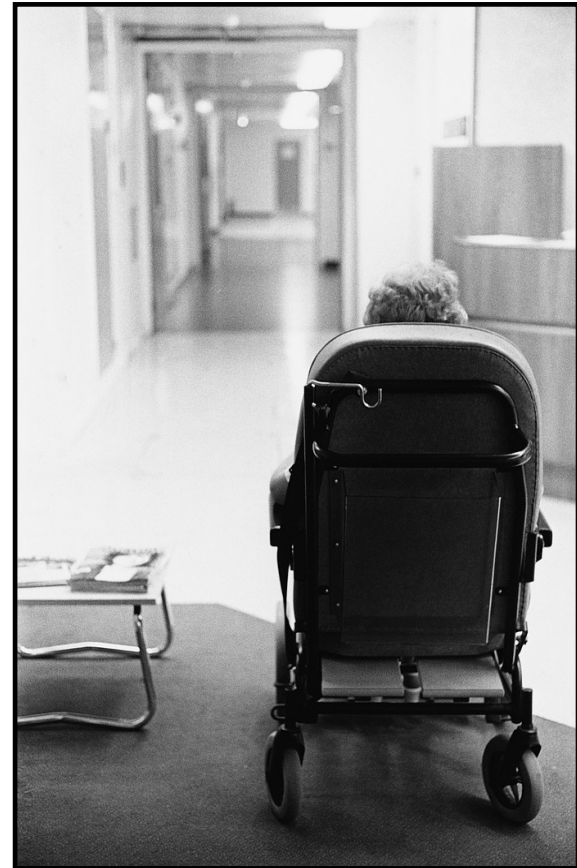
- Recommendations: Next Steps
 - Aging in Place Pilot Projects in the Community
 - Review of Outreach Services
 - Implement Seniors Transportation Recommendations
 - Develop Implementation Plan: coordinated approach with different levels of government and stakeholders

Aging in Place Pilot Projects



Elder Abuse

- TV Public Service Announcements
- Elder Abuse Intervention Team (tri-partite team with Edmonton Police, Catholic Social Services and Edmonton Community Services)
- Seniors Help Line
- Provincial Financial Abuse Legislation



Support to Senior Centres

- 10 year Funding Strategy for Seniors Centres
- New Seniors Centre Grant Program:
\$1.3 million
 - Operating
 - Minor Capital Grant
 - Funding for Emerging Seniors Centres



Seniors Friendly™ Training

- ❑ Training for all Transit and Library staff
- ❑ Ongoing training workshops for City staff
- ❑ First Canadian municipality to receive “Senior Friendly” certification (for City Hall)



Seniors Critical Response Model

- New coordinated approach to address seniors' safety needs: Community Services, Police, community groups, Safedmonton
- New resources
- Personal follow-up
- Workshops



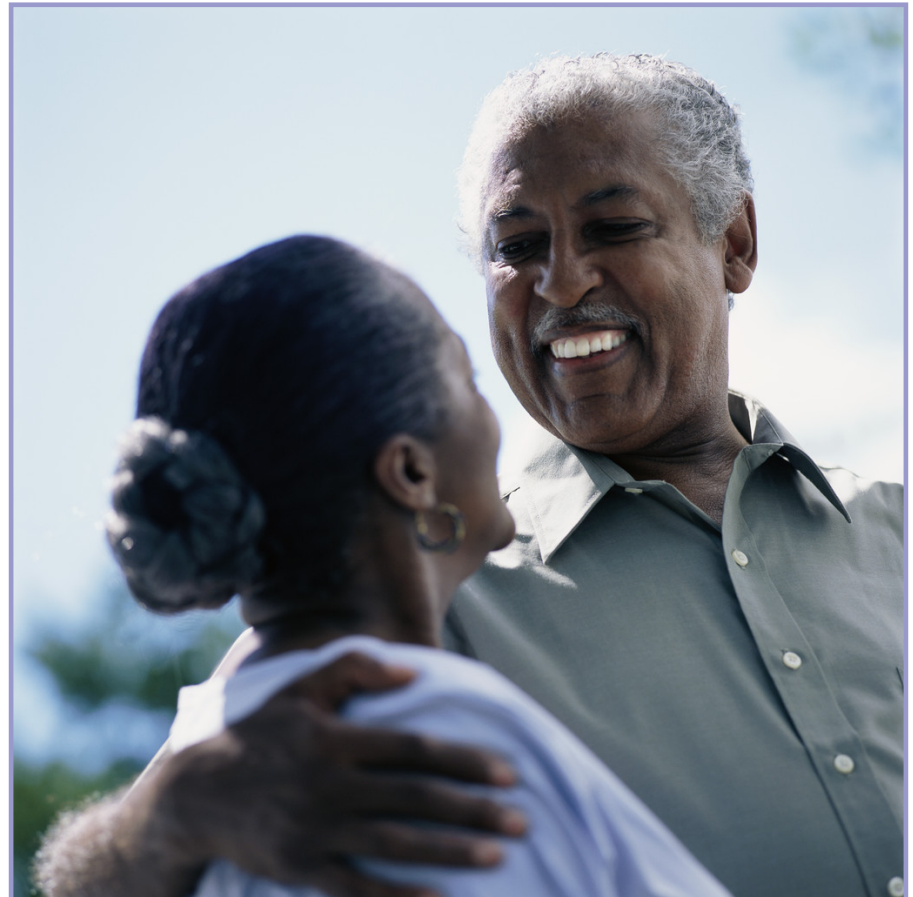
Transportation

- Two Seniors Transportation Roundtables in 2007/2008
- Follow-up plans
 - New Assisted Transportation Project
 - Data Base
 - Social Marketing
 - Transit Support/Outreach
 - Sidewalk, Crosswalk, Bus Shelter Improvements
 - Regional Planning



Diversity

- Workshop on needs of refugee and immigrant seniors in 2008
- Developing new resources for seniors groups
- Information on cultural groups and helpful strategies
- Seniors Community Garden Project (SAGE)



Snow Angels

- ❑ New recognition program for community volunteers
- ❑ Seniors nominate volunteer Snow Angels
- ❑ 350+ Snow Angels in 2008
- ❑ Angels received letter from Mayor, Snow Angel pins, prizes



Creative Age Festival

- Edmonton's newest festival and one of Canada's largest arts and aging celebrations
- "Seniors who are involved in the arts report improved health, fewer doctor's visits, decreased use of medication, decreased loneliness and depression, and increased morale."
S. Perlstein, 2008
- Festival highlighted seniors' contributions to the arts and the importance of the arts to older adults



Creative Age Festival

- Focused on:
 - visual arts
 - theatre/performance
 - music
 - literary arts
 - Film

- Attracted over 2,000 participants

- www.creativeagefestival.ca



Creative Age Festival

Highlights:

- Launch celebration
- Free Symposium
- Ten free art workshops
- Two film events



Creative Age Festival

- ❑ Four Community Arts Cafes
- ❑ Art Gallery – Free Admission
- ❑ Calendar of Events
- ❑ Festival Party



Senior Services Vision

- Edmonton's senior serving agencies – designing broad “age friendly” strategic plan



- Nine strategic areas
 - Community services
 - Communication
 - Social participation/ engagement
 - Transportation
 - Health care
 - Safety/ security
 - Urban design
 - Housing
 - Income security



Fire Summit

- Edmonton 2008
- Aging in Place
- 50 stakeholders attended:
 - health care providers
 - building owners
 - developers
 - fire services personnel
 - safety code consultants
 - community groups
- Identified aging in place issues and potential solutions:
 - building code changes/improvements
 - fire safety information
 - education of housing providers, developers, seniors
 - funding for fire safety housing improvements

Seniors Falls Prevention



- Edmonton Emergency Medical Services implemented comprehensive falls prevention initiative in 2007
- Targeted to seniors who have had a fall or are at risk of falling



Seniors Falls Prevention

□ Project included:

- Creating database of resources and promising practices
- Establishing referral network
- Paramedic training, assessment, follow-up
- New resources - magnets, display panels, resource information
- Comprehensive evaluation
- One year pilot project in 2007/ 2008

Personal Emergency Preparedness for Seniors

- Provincial project to research needs of seniors and help prepare them for a disaster
- Age Friendly training resources
- Edmonton was site of 4-month provincial pilot
- 12 seniors trained to deliver workshops to 150 seniors
- Ongoing program within the City of Edmonton





Seniors Housing Forum

- Housing adaptations and housing options – essential to positively “age in place”
- Housing forums
- Edmonton Consortium for Seniors Housing
 - National Roundtable
 - Resource information (universal design)
 - Pilot projects with housing developers
 - Coordinated application process/funding
 - Age friendly design (new housing)

Age Friendly Urban Design

- Strategic Plans:
Focus Edmonton, Sidewalk Strategy, Great Neighborhoods, Walkability, Smart Choices, Transit, Urban Renewal, Bicycle/Transportation Plan
- Inclusive age friendly consultation processes
- Support Edmonton's Vision: livable communities, quality of life
- Addresses urban design, policy, programs



Age Friendly Urban Design



- Walkability Strategy
www.edmonton.ca/walkable
- Audit Tool: physical design, safety, aesthetics
- Communities on Foot: neighbourhood walking maps



- Community Initiatives
 - Design Charrettes
 - Walking Clubs
 - Walking Maps
 - Workshops



Contact Information

Sheila Hallett

Executive Director, Edmonton Seniors Coordinating Council

780-423-5635

sheila@seniorscouncil.net

www.seniorscouncil.net

Linda Sloan

City Councillor, City of Edmonton

780-496-8122

linda.sloan@edmonton.ca

www.edmonton.ca


Brenda Wong

Seniors Coordinator, City of Edmonton

780-944-0462

brenda.wong@edmonton.ca

www.edmonton.ca



Sharing Your Successes and Learnings!