



A community for all ages

NIAGARA AGING STRATEGY AND ACTION PLAN

Toolkit

April 8, 2015

NIAGARA AGING STRATEGY AND ACTION PLAN: Tool kit

This tool kit consists of resources designed to support the Niagara Aging Strategy and Action Plan (2015). It is not an exhaustive list of resources available. These resources have been selected because they are pragmatic and easy to use guides and checklists that can be used by residents, service providers, businesses, and decision makers in making every aspect of life in Niagara Region more Age Friendly.

	TOOL	DESCRIPTION and SOURCE	WHERE IT IS FOUND
AGE FRIENDLY PLANNING			
PL 1	AARP Livable Communities	Self-service guide for how your community can become a member of this World Health Organization-affiliated program. Provides a basis for guiding, supporting and evaluating age-friendly initiatives. <u>AARP Foundation (U.S.)</u>	http://www.aarp.org/livable-communities/network-age-friendly-communities/info-2014/evaluation.html
PL 2	Finding the Right Fit Age-Friendly Community Planning	This guide explains the characteristics of an age-friendly community, provides a 'one-stop shop' for a broad range of AFC resources, and offers flexible community assessment tools that can be customized. <u>Ontario Seniors' Secretariat</u>	http://www.seniors.gov.on.ca/en/resources/AFCP_Eng.pdf
PL 3	Checklist of Essential Features of Age-friendly Cities	This checklist is a tool for a city's self-assessment, and a map for charting progress. It is intended to be used by individuals and groups interested in making their city more age-friendly. <u>WHO-World Health Organization</u>	http://www.who.int/ageing/publications/Age_friendly_cities_checklist.pdf?ua=1
PL 4	Age- Friendly Communities Canada Hub	The Hub is here to help you <i>learn</i> about age-friendly communities in Canada, <i>connect</i> with others who work in the area, and <i>share</i> your own work. <u>Age- Friendly Communities Canada Hub</u>	http://afc-hub.ca/get-involved/
PL 5	Community Data Program	Gateway to data for municipalities and community sector organizations. Members access customized tables from Statistics Canada and other sources to get the evidence that supports sound decisions and social development programs. Members also get training and join a network of community practitioners. <u>Canadian Council on Social Development</u>	http://communitydata.ca/

PL 6	Niagara Age-Friendly Community Author's Guide	Describes the criteria and process for submitting articles about work that positively promotes and advances the principles of age-friendly communities. <u>Niagara Age Friendly Community</u>	http://niagaraknowledgeexchange.com/wp-content/uploads/2013/12/Age-Friendly-Action-in-Niagara-Community-Art
PL 7	Age-Friendly Communities (AFC) Community Implementation Guide and Toolbox	Guide and Toolbox are intended to assist communities across Canada, start up, implement and evaluate their own age-friendly initiative, in which policies, services and structures related to the physical and social environment are designed to support and enable older persons to "age actively". <u>Nova Scotia Centre on Aging and the Public Health Agency of Canada.</u>	http://www.phac-aspc.gc.ca/seniors-aines/publications/public/afc-caa/guide/index-eng.php
PL 8	Thinking About Aging In Place	Short guide answers many FAQs about having the health, social supports, and services you need to live safely and independently in your home or your community for as long as you wish and are able. <u>Ontario Seniors Secretariat</u>	http://www.seniors.gov.on.ca/
PL 9	Global age-friendly cities: a guide	The purpose of this guide is to engage cities to become more age-friendly. It describes the converging trends of rapid growth of the population over 60 years of age and of urbanization, outlines the challenge facing cities, and summarizes the research process that led to identifying the core features of an age-friendly city. <u>World Health Organization</u>	http://www.who.int/ageing/age_friendly_cities_guide/en/
PL 10	Niagara Prosperity Initiative	The Niagara Prosperity Initiative uses a neighbourhood-based approach as specific poverty issues and community dynamics vary from neighbourhood to neighbourhood. This report and especially the mapping tool provide an overview of populations i.e. immigrants, over 65 yrs, income levels etc. along with community services currently available such as seniors centres, places of worship etc. <u>Region of Niagara</u>	https://www.niagararegion.ca/social-services/niagara-prosperity-initiatives.aspx http://maps.niagararegion.ca/prosperityinitiative/
AGE FRIENDLY TOOLS			
AF 1	Age-Friendly Communities in Canada: Community Implementation Guide and Toolbox	Developed to assist communities to start up, implement and evaluate their age-friendly initiatives. The guide and toolbox were developed by the <u>Nova Scotia Centre on Aging, Mount Saint Vincent University and the Public Health Agency of Canada.</u>	http://www.phac-aspc.gc.ca/seniors-aines/publications/public/afc-caa/guide/index-eng.php

AF 2	Age-Friendly Rural and Remote Communities: A Guide	This guide can be used to increase awareness of seniors' needs by identifying indicators of age-friendly rural and remote communities. It can be used to identify common barriers and to foster dialogue and action that supports the development of age friendly communities. <u>Public Health Agency of Canada</u>	http://www.phac-aspc.gc.ca/seniors-aines/publications/public/afc-cao/rural-rurales/index-eng.php
AF 3	Tool kit for Becoming an Age Friendly Niagara	Whether you are a Niagara Business owner, an employee serving customers, an organization leader or service provider, this 10 page tool kit will help to strengthen your work by planning through an Age-Friendly lens. <u>Niagara Age-Friendly Community Network (NAFCN)</u>	http://www.niagaraknowledgeexchange.com/belonging-volunteering-giving-leadership/tool-kit-for-becoming-an-age-friendly-niagara/
BUSINESS			
B1	Is Your Small Business Age Friendly?	Short questionnaire to help small business owners to attract and keep an aging population. Part of the <i>Finding the Right Fit-Age-Friendly Community Planning</i> report. (pages 108-109) <u>Ontario Seniors' Secretariat</u>	http://www.seniors.gov.on.ca/en/resources/AFCP_Eng.pdf
B2	Creating an Age-Friendly Business in Welland/Pelham	Easy to use guide considering a number of age-friendly factors appealing to consumers of all ages. Includes a business assessment and business self rating guide. <u>Chambers of Commerce for Welland and Pelham, City of Welland and Welland Seniors Citizen's Advisory Committee</u>	http://niagaraknowledgeexchange.com/resources/creating-an-age-friendly-business-in-wellandpelham/
B3	Creating an Age Friendly Business in BC	This guide includes ideas on how to better serve older customers, examples of those who have already taken steps to become age-friendly, and a checklist to help business determine which areas could be changed to become more age-friendly. <u>Seniors' Health Promotion Directorate, British Columbia Ministry of Health BC</u>	http://www.smallbusinessbc.ca/sites/default/files/SeniorsBC_agefriendly_business_guide.pdf
B4	Tips for Creating an Accessible Environment for: Employers Employees Municipalities	<ul style="list-style-type: none"> • Tips for Creating an Accessible Environment for Employers (Word document) • Tips for Creating an Accessible Environment for Employees (Word document) • Tips for Creating an Accessible Environment for Municipalities (Word document) <u>Canadian National Institute for the Blind</u>	http://www.cnib.ca/en/ontario/resources/Pages/default.aspx
B5	Age Friendly Workplaces: A Self-Assessment Tool for Employers	A simple assessment for employers to find out if they offer a workplace that is attractive to older workers. <u>Ontario Seniors Secretariat</u>	http://www.seniors.gov.on.ca/en/resources/

B6	Accessibility Guide to Businesses and Service Providers	Provides information and clarifies misperceptions regarding people who are deaf and hard of hearing, technologies that can be helpful, communication tips, emergency situations, and how to book an interpreter. Canadian Hearing Society	http://www.chs.ca/sites/default/files/ACCESSIBILITY-GUIDE-CRP.pdf
B7	Canadian Hearing Aid Subsidies	Article outlines the various programs available to individuals who are hard of hearing, and includes links to further information, summarized as a resource Listing. Last updated for Ontario Fall 2009. Canadian Hard of Hearing Association	http://www.chha.ca/documents/Hearing_Aid_Subsidies_Across_Canada.pdf
Diversity			
D1	Diversity in Action: A Tool kit for Residential Settings for Seniors	Designed to respond to comments and requests for support coming from staff, residents and families within residential settings for seniors, who want to learn about and put into action, strategies that welcome diversity within their settings and enable “cultural competence”. This is not a quick ‘checklist’ but a report examining culture, organizational change and policies to turn roadblocks into building blocks of inclusiveness. Ontario Seniors Secretariat	http://www.seniors.gov.on.ca/en/resources/
D2	Diversity Our Strength: LGBT Tool kit	The goal of this tool kit is to help guide Toronto Long-Term Care Homes and Services in establishing cultural competencies in providing care for LGBT residents, partners and their friends, while also creating a welcoming environment for volunteers, staff and the local community at large. Toronto Long Term Care Homes and Services (2008)	http://www1.toronto.ca/city_of_toronto/longterm_care_homes_services/files/pdf/lgbt_toolkit_2008.pdf
ELDER ABUSE			
EA 1	ONPEA Core Curriculum and Resource Guide	Core Curriculum and Resource Guide, and Interactive PDF eBook educates homecare workers about the topic of elder abuse and how to effectively take action. The Ontario Network for the Prevention of Elder Abuse	http://www.onpea.org/english/trainingtools/corecurriculum.html
EA 2	ONPEA Retirement Home Training Brochure	Role and obligations of retirement home staff as they pertain to abuse recognition, education, prevention, reporting and response of resident elder abuse under the Retirement Home Act (RHA) and the Retirement Home's internal policies and procedures for documentation. The Ontario Network for the Prevention of Elder Abuse	http://www.onpea.org/retirementhome/index.html
EA 3	Free From Harm Interactive eBook	Hands-on tool to be used by service providers and front-line workers dealing with the abuse of older women. Introduces practices and tools, interviewing techniques and the creation of safety plans. Interactive forms to provide homecare workers important information to help the abused individual. The Ontario Network for the Prevention of Elder Abuse	http://www.onpea.org/english/trainingtools/freefromharm.html

EA 4	ELDER ABUSE RESOURCE: "It's in Your Hands: Legal Information for Seniors and their Families"	User-friendly resource intended for seniors and families to help understand and plan legal and financial affairs. <u>NSCA in collaboration with the Legal Information Society of Nova Scotia.</u>	www.legalinfo.org/seniors
FINANCIAL LITERACY			
FL 1	Seniors Financial Literacy Strategy	Interactive literacy resource database for seniors and organizations serving them. Provides "one-stop shop" to links with gov't, private sector and not-for-profit resources. <u>Financial Consumer Agency of Canada (FCAC)</u>	http://www.fcac-acfc.gc.ca/Eng/financialLiteracy/financialLiteracyCanada/Pages/seniors-lesaines.aspx
FL 2	Financial Literacy 102: A Knowledge Based Approach to Preventing Financial Abuse of Older Adults	Workshops to provide older adults with information that will help them to protect themselves from financial abuse. "Financial literacy" means having the knowledge to prevent, recognize and respond to financial abuse. <u>BC Centre for Elder Advocacy and Support</u>	http://bcceas.ca/tag/financial-literacy/#sthash.wqJDAKVJ.dpuf
FL 3	Your Money Seniors	New, free, unbiased financial literacy seminar program developed in partnership with FCAC and presented by volunteer bankers in Canadian communities to be ready by 2015. <u>The Canadian Bankers Association</u>	http://www.cba.ca/en/consumer-information/79-banks-and-financial-literacy/692-your-money-seniors
FL 4	Investor Education Fund	Retirement planning tools including a financial calculator to help consumers develop realistic retirement income plans. <u>Ontario Securities Commission</u>	http://www.getsmarteraboutmoney.ca/en/Pages/default.aspx#.U_tgNuNdW7w
FL 5	Prevenir les pieges financiers de la retraite (Avoiding retirement pitfalls) and Pas de retraite pour vos finances (No retirement on your finances)	Two guides to assist people living in retirement. <u>Option Consommateurs</u>	http://www.option-consommateurs.org/documents/principal/fr/File/oc_guide_finances_retraite_20110413.pdf
FL 6	What Every Older Adult should know about Powers of Attorney and Joint Bank Accounts	Outlines the options to be considered before entering into either of these options. <u>Government of Canada</u>	http://www.seniors.gc.ca/eng/working/fptf/attorney.shtml

FL 7	Money Smart for Older Adults— Prevent Financial Exploitation	Curriculum including a participant guide and training module for instructors. <u>Consumer Financial Protection Bureau --U.S.</u>	Instructor guide http://www.fdic.gov/consumers/consumer/moneysmart/OlderAdult.html Participant guide http://files.consumerfinance.gov/f/201306_cfpb_msoa-participant-guide.pdf
FL 8	Safe and Sound Financial Security Literacy Tool	PDF eBook educates homecare workers about the topic of financial abuse and how to effectively take action. <u>The Ontario Network for the Prevention of Elder Abuse</u>	http://www.onpea.org/english/trainingtools/safe-and-sound-financial-literacy-tool.html
FL 9	Planning for Retirement on a Low Income	This tool kit contains resources for Canadians on planning for retirement on a low income. Some sections are specific to Ontario and updates to the information are current. Translated into Gujarati and Chinese. <u>Open Policy--John Stapleton</u>	http://openpolicyontario.com/retiring-on-a-low-income-3/
FITNESS-ACTIVITY			
FA 1	Walk This Way User Guide and Magnetic Calendar	Kit supports healthy communities by promoting walking as the single most sustainable physical activity. Provides individuals with all of the components that they need to support them in creating healthy walking habits. <u>OPHEA</u>	http://niagaraknowledgeexchange.com/resources/walk-this-way-user-guide-and-magnetic-calendar/ parc@ophea.net
FA 2	International Charter for Walking Creating Healthy, Efficient and Sustainable Communities	Built on extensive discussions with experts throughout the world this Charter shows how to create a culture where people choose to walk. <u>Walk Friendly Ontario</u>	http://www.walk21.com/papers/International%20Charter%20for%20Walking.pdf
HEALTH			
H1	Keeping Yourself Healthy and Active Nutrition, and Physical Activity Checklists	Healthy eating promotes a healthy heart, strong bones and good resistance to infection and injury. Remaining physically active also reduces risk of falling and other injuries. These easy checklists help you to assess your current practices and learn about new practices to incorporate into your daily routine. <u>Public Health Agency of Canada</u>	http://www.phac-aspc.gc.ca/seniors-aines/publications/public/injury-blessure/safelive-securite/chap5-eng.php
H2	Your Health Care Be Involved	This brochure gives you tips to use before, during, and after medical appointments to make sure you get the best possible care. Available in nine languages. <u>Community Care Access Centres (CCAC)</u>	http://healthcareathome.ca/hnhb/en/care/patient/Pages/safety.aspx#sthash.MRBYNnYm.dpuf

H3	Getting Care	The CCAC website offers many quick tips, fact sheets and FAQs for patients and caregivers related to finding a family doctor, care in the home, care in the community, long term care as well as resources for patients and caregivers. CCAC	http://healthcareathome.ca/hnhb/en/care/patient/Pages/safety.aspx
HEALTH and CAREGIVERS			
HC 1	Supporting Caregivers of Older Adults: Tools for Service Providers, Program Planners, Educators and Policy Makers	Two resources which facilitate programs and policy that support caregivers of older adults. <ul style="list-style-type: none"> Caregiver Tool Kit for paid care providers and, A Caregiver Policy Lens for assessing policy and programs from the perspective of caregivers. User friendly and designed to raise awareness and provide information about issues faced by family and friend caregivers of older adults. BC Psychogeriatric Association	www.caregivertoolkit.ca
HC 2	Seniors and Depression - Dispelling the myths	Materials for seniors including a brochure and poster that is being distributed throughout senior citizens' clubs, nursing homes and doctor's offices. Nova Scotia Seniors Mental Health Network	http://novascotia.ca/dhw/mental-health/depression.asp
HC 3	Age-friendly Primary Health Care (PHC) Centres Tool kit	The tool kit is comprised of a number of instruments (evaluation forms, slides, figures, graphs, diagrams, scale tables, country guidelines, exam sheets, screening tools, cards, checklists, etc.) that can be used by primary health care workers to assess and address older persons' health. World Health Organization(WHO)	http://www.who.int/ageing/publications/upcoming_publications/en/
HC 4	Alzheimer's Society Canada	The Alzheimer Society of Canada offers resources for people with dementia; caregivers, family members and health-care practitioners. Alzheimer's Society Canada	http://www.alzheimer.ca/en/niagara/We-can-help/Resources/Alzheimer-Society-Brochures-and-publications
HOUSING			
Hg 1	A Legal Framework for Supportive Housing for Seniors: Options for Canadian Policy Makers	Range of supportive housing to accommodate seniors' needs through design features, housing management and access to support services. Reviews current approaches to regulation in different jurisdictions, assesses supportive housing issues and evaluates different forms of regulation. Analysis is useful to policy makers involved in developing and regulating supportive housing for seniors. Canada Mortgage and Housing Corp. (CMHC)	https://www03.cmhc-schl.gc.ca/catalog/productDetail.cfm?cat=44anditm=40andlang=enandfr=1407175854143

Hg 2	Searchable Database of Supportive Housing for Seniors in Canada	Study surveyed a number of supportive housing projects for seniors across Canada and created a searchable test database with information on individual projects. It describes a range of projects, discusses the supply and quality of supportive housing for seniors, providing an overview of current public policies and guidelines. <u>Canada Mortgage and Housing Corp. (CMHC)</u>	https://www03.cmhc-schl.gc.ca/catalog/productDetail.cfm?cat=44anditm=54andlang=enandfr=1407175979461
Hg 3	Housing for Older Canadians — The Definitive Guide to the Over-55 Market”	This CMHC series addresses the housing needs of older Canadians. Intended for those developing seniors' housing, including for-profit developers and organizations interested in sponsoring housing projects for seniors. Find out more about this active and mobile demographic, looking to live independently and interested in ‘aging in place’. <u>Canada Mortgage and Housing Corp. (CMHC)</u>	http://www.cmhc-schl.gc.ca/en/inpr/bude/hoolca/index.cfm
Hg 4	Keeping Safe Through Adapting Your Home	If you're thinking of renovating, why not consider adding a few additional safety features to your home to help make it a comfortable and safer place for years to come? Checklists and suggestions will provide ideas for renovation planning. <u>Public Health Agency of Canada</u>	http://www.phac-aspc.gc.ca/seniors-aines/publications/public/injury-blessure/safelive-securite/chap8-eng.php
Hg 5	The Halton HomeShare Tool kit	This tool kit was developed for the purpose of providing a resource to individuals who are interested in learning more about HomeShare or considering this model as a housing alternative. This is a self-resource tool that anyone can use if and when considering HomeShare. <u>Burlington Age Friendly Seniors Council Project</u>	www.burlingtonagefriendly.ca
SAFETY			
S1	Keeping Your Home Safe	Checklists for all areas of your home to help you inspect your home for evidence of trouble that may be waiting to happen. Your safety depends on it! <u>Public Health Agency of Canada</u>	http://www.phac-aspc.gc.ca/seniors-aines/publications/public/injury-blessure/safelive-securite/chap4-eng.php
S2	Seniors’ Guide to Safety and Security	This information is directed towards the community and, more specifically, seniors and their care givers in recognizing elder abuse, safety concerns, frauds and scams. <u>RCMP</u>	http://www.rcmp-grc.gc.ca/pubs/ccaps-spcca/seniors-aines-eng.htm
S3	BE AWARE... TAKE CARE: A Safety Guide for Older or Vulnerable Persons	One of the biggest issues for many older or vulnerable persons is safety – both physical and financial. This guide is designed to help you recognize the risks and take some simple steps to protect yourself. <u>Niagara Elder Abuse Prevention Network</u>	http://www.alzheimer.ca/niagara/~media/Files/chapters-on/niagara/NEAPN/Elder%20Abuse%20Booklet%20FINAL

GENERAL			
G1	Seniors' Guide: A Guide To Programs and Services For Seniors In Ontario	Information about programs and services including; Active Living, Caregiving, Finances, Health and Wellness, Housing, Long-Term Care Homes, Safety and Security, Transportation, Key Contacts, and Ontario Government I.D, available to Ontario's seniors. Information is accurate as of January 2013. Download the Guide or Browse by Chapter. <u>Queen's Printer, Province of Ontario</u>	http://www.seniors.gov.on.ca/en/index.php
G2	Sustainable Niagara Action Database A Snapshot in time: December 2013	Action Bank developed to profile an inventory of actions that community members are carrying out that contribute to Sustainable Niagara's goals. Used to showcase actions and best practices supporting sustainability across the region, resource for organizations to identify opportunities for collaboration. <u>Region of Niagara</u>	http://niagaraknowledgeexchange.com/resources/sustainable-niagara-action-database/
G3	211	When you don't know where to turn for information or resources in the community. An extensive database available through the internet or by simply calling 211. Calls answered by trained information and referral specialists 365 days of the year in over 100 languages.	http://www.211ontario.ca/

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