

NIAGARA AGING STRATEGY AND ACTION PLAN

Discussion Paper Responses

Focus Question: 1. Are there any other seniors' needs in any of these categories that should be addressed?

- Transportation -- sidewalk and land improvements should be under WF and ADL volunteer shuttle should be for everyone improved parking should be for everyone well and fit could need a scooter or wheel chair if they have some physical limitations regardless of their age Housing renovations should be for everyone appropriate housing should be across the road Social home visiting -- should be across the board community what is meant by mitigation of development?
- Very comprehensive. Would only add WF "X" to the more supportive housing. For seniors who are well and fit. Part of remaining well and fit is being connected and social. There is very little affordable housing for those on a fixed income to enjoy the benefits of Adult Living complexes.
- Seniors overwhelmingly want to live in their home communities as long as possible, or "age in place". They want to live where they can walk, use public transit and enjoy public spaces. Seniors aren't going to walkable communities (in part because of housing prices) so walkable communities will have to come to the seniors!
- There is a serious lack of Specialized Policing relating to seniors in Niagara. Other areas such as Hamilton have two Senior Support Officers and an extended team that specializes in senior's issue. Here in Niagara we have nobody. This makes a significant difference when dealing with seniors issues such as theft by POA. Niagara needs to catch up to other parts of the province and establish a specialized Seniors Policing Unit. The demographics of Niagara warrant such a department.
- education and support to prevent and recognize elder abuse
- Seniors with criminal histories. They are often finding their way into LTC facilities, retirement homes and their hx are not revealed. We also need to address the GLBT community as they age.
- Beyond individual advocacy, perhaps a health care navigator as a supplement to an advocate.
- Many of senior's social, recreational, cultural and educational needs can be met by seniors themselves in a voluntary capacity. This is particularly true for the well and fit seniors group. Far too much attention has been paid to expanding the role of paid service providers to the point that it appears that organizations are more interested in enhancing their funding than in looking outside the box at ways to enhance the quality of life of seniors.
- If and when these are implemented/improved how is this information communicated to those in need? How to let seniors know what resources (ADL/Services - subsidized & commercial) are available in their community?

- More seating or public facilities for resting or develop business locations with public notice where one can rest or use washroom facilities. I.e. Neighbourhood watch for seniors.
- In the category of Housing transitions I believe that seniors who require 24 /7 care would also benefit from transition support as they enter LTC, transfer from one unit or level of care or facility. Families as well as the individual involved will benefit from transitional support that would include information & emotional support.
- The only thing I can think of is possibly more support with transitioning individuals into 24/7 care. Some individuals are very anxious about this transition and families often have a difficult time helping their loved one through this often sudden transition from home to LTC.
- Sidewalks and lane improvements are important for the WF group. Be clear that we are talking about bike lanes not car lanes. For increased info and awareness - I believe this is more about info and awareness of the existing services programs etc not about lifestyle messages. Healthy eating is not addressed in any of these.
- The Health Care category touches on it - but more specifically - in-home respite care needs to be addressed for seniors that are caring for a person living with dementia - will reduce caregiver burn-out
- More Supportive Housing - which would need to focus on community outreach and accessible/affordable housing for those who can no longer live in their home with community supports.
- Transportation - cost relief should not come at the expense of the transit system
- Lifelong learning opportunities available and accessible to seniors in all categories at a reduced or no cost. Cost of Living in Niagara for Seniors doesn't appear to be addressed
- Under transportation: For volunteer options may want to consider volunteer services or alternate transportation not only to medical appointments. As it stands currently these services are for the purpose of medical appointments. To enhance one's health transportation requires should also be considered in social, recreational, and community domains.
- Support with navigation of the transportation services available
- Health-Expand Hospice /Palliative Care Services Community-Promote implementation of the guide-Creating An Age-Friendly Business
- Grocery Store (i.e. Sobey's) in Niagara-on-the Lake so seniors do not have to travel to St. Catharines for groceries. Value-Mart is not a good option - limited choices; poor quality; expensive
- TRANSIT: Polling stations are not age friendly. 2 POLLING stations in the Welland Municipal Election were inaccessible. They were the Yonge Sports Plex on 570 River Rd, and the Welland International Flatwater Centre, on Townline Rd. both in Welland. River RD. was not accessible for handicap vehicles...there are no sidewalks and they would have to drive on the road. Likewise the Townline Rd was inaccessible to walkers from Dain City AND there was no bus transit. Both were high risk to elderly who wish to use their democratic right to walk to the polling station.

Even using a handicap vehicle was a high risk at both. Suggestion: polling stations have to be reviewed for their age friendly accessibility before being approved.

- Housing - 1. Significant government incentives on cost of remodelling existing home. This will reduce the need/cost that would be incurred to for build up more infrastructure like retirement homes. 2. Creating small clusters of housing which are walkable and self contained for day-to-day activities like grocery, medical services, foster social interaction (parks, play areas, and benches) located within designed for with intergenerational residents, since this lifestyle benefits the health and well being of all. Social....Educational: Continuing education: More programs (may be of shorter duration) geared toward formal continuing education since learning is an important component of wellbeing. Tuition costs to be minimum to encourage enrolment. (Niagara College, Brock University) 2.Day programs with a varied variety of activities offered, to be increased Healthcare - Transition between hospital stay and return to home - have support team for this once it is a crucial time especially for an individual who lives alone and / or has minimal family supports. Community - Retail stores to provide more benches / seating within store since older adults may get tired during the shopping trip. (esp. large format stores) Access route to the retail areas and other public areas to be made easy, continuous with the pedestrian areas and surrounding housing, kept maintained/ good repair to prevent falls. Remove any barriers to physical mobility. They should be clearly marked and kept segregated from vehicular traffic areas like to parking lot.
- Did the definition of a "well and fit" senior include the ability to drive? I work with lots of well fit seniors - one 90 year old lady for example - who just don't drive anymore. I feel like well fit seniors would still benefit from transit, shuttles etc. How will they say well and fit if they can't drive to exercises? Also improved sidewalks benefits an entire community. A well fit senior can trip over an uneven sidewalk as easily as any other category - such an event could leave them in a lower functioning category.
- Transportation
- More services for "rural" seniors. Example: There is no access to public transportation in the rural areas of Port Colborne. ALL of the above need to be addressed, especially home care. Seniors don't want to leave their homes just because they may additional help or care. We also do not want to have to move to an unfamiliar senior residence or community because there are no affordable places to live in our own communities if we choose to "downsize".
- Financial help for home care and in-home support for ADL. Social /Recreational Centres should be GTI.
- These look good; fairly complete.
- Page 3 last line states Plan to be released March 2014 should read 2015. Senior's Needs, Social Recreational - Youth engagement being addressed in the Ramp Projects, slow progress but proven most effective if done small and often, Ridgeway. Pelham. First three points in the Community section also being addressed by the raising awareness initiatives currently underway with Brock and Leadership Niagara and the Boards of Education. (Ramp initiative) Nicely timed.

Focus Question: 2. Have any strengths, weaknesses, opportunities or threats been missed?

- Strengths coordination of services by many groups e.g. CCAC Weaknesses Need more opportunities for social inclusion of senior healthy eating skills are lacking especially if living alone now and budgeting is an issue -- need skills with food planning, cooking for one etc opportunities using seniors as advocates for each other and for services threats many of these threats are also weaknesses and realities
- Strength - growth in potential of volunteers and peer support. Seniors for seniors. Involvement with purpose is wonderful way to maintain health and also creates supports without substantial cost. If done well it is a Win Win for those giving and those receiving. \$ would be spent on Training, police clearance etc.
- Weakness: Lack of safe active transportation (walkable) infrastructure where seniors live. Opportunity: Communities that are moving towards the "Complete Streets" approach in infrastructure redevelopment , where the pedestrian , cyclist, transit and the automobile have EQUAL access the public domain.
- There is a serious lack of Specialized Policing relating to seniors in Niagara. Other areas such as Hamilton have two Senior Support Officers and an extended team that specializes in senior's issue. Here in Niagara we have nobody. This makes a significant difference when dealing with seniors issues such as theft by POA. Niagara needs to catch up to other parts of the province and establish a specialized Seniors Policing Unit. The demographics of Niagara warrant such a department.
- Threat - elder abuse Weakness - financial literacy
- Weakness: Not enough mental health support especially for aging seniors. Many are diagnosed or treated for dementia. However often they have underlying mental health issues. Threats: Aging volunteer base with diminishing number of volunteers each year.
- I don't believe so – it's pretty comprehensive as is
- This might be too parochial but Niagara seems to have a reputation of being the "banana belt" being a peninsula between the two great lakes which tends to have a moderating effect on our weather i.e. less extreme than say Northern Ontario, Eastern Canada etc (Fort Erie & Port Colborne excluded though)
- Weakness: hospitals are NOT age friendly. They remain too bureaucratic and not focused on optimal care of the elderly or communicating with the client and or his/her POA. CCAC is involved in community re-entry however the desire to d/c seniors from hospital (home or to await alternate levels of care) does not incorporate realistic levels of service available.
- As stated in question #1, the strengths of the well and fit senior's population to meaningfully act in voluntary capacities have been greatly understated.
- No. The SWOT appears to be quite thorough.

- Current crisis in care for seniors with mental health issues. Current long term homes do not have the training and resources to manage growing number of younger seniors who need medical and mental care. Long term homes are becoming dumping grounds for these individuals.
- I think they have all been covered
- Weakness -- lack of infrastructure to support walking and cycling (I think the intent is to capture this under transportation issues but unless it is specified the focus goes to infrastructure to increase car traffic)
- Weakness - System Navigation - very challenging for seniors especially with cognitive issues
- Strength - A number of Supportive Housing options currently exist in the region Opportunities - ability to expand existing Supportive Housing options that are already established in the region
- Weakness... no advocacy body for senior's rights. A Seniors Advocate Organization to assist with fair treatment issues, mental health act rights and charged with investigation capabilities. A voice for senior's rights that has weight (not CARP).
- Strength: You have not identified already existing geriatric services i.e. Niagara Health System Geriatric Mental Health, Niagara Health System Geriatric Assessment Program, Senior's Mental Health Program and other services for seniors.
- Weakness-Under estimating the needs of an older population Weakness- inability to coordinate and plan services at all levels of government Opportunities-Increase the use the talents and skills of seniors
- Again, no grocery store in Niagara-on-the-Lake for a population of 15,000 and growing, and a large number of seniors with transportation issues
- Elections: seniors in Extendicare are isolated from the voting process. If they are of sound mind, one person should be able to be the proxy for a few and not just one person....or voting stations must be mobile and come to the Extendicare facilities.
- Weaknesses 1. lack of well paying , jobs that can fuel a career - so younger population moves away in spite of us having a good University and College. Thus there is a tilt in population and the strengths/capabilities of younger adults cannot be leveraged for the benefit of the older adults . Also the taxes that could be generated due to the jobs to fund infrastructure and services is not available. 2.Housing - New housing and subdivision is still not being designed to facilitate walking and physical activity - still is geared toward use of vehicles. We have bicycle lanes but more recreational , not conducive/safe for bicycles as a " mode of transportation " for young adults let alone well and fit seniors.
- There is very definitely not enough senior communities in this area...similar to what is available, for one example, in Florida. Also, there are very few one storey houses/apts. etc. in this area or they are soooo small that there is no room for company, family or grandchildren to stay/visit. There is certainly enough land/space that could be developed for thriving seniors!! If Florida can do it...Why not us??!!

(Check out Dell Webb communities...very nice with all the amenities but also fairly priced...unlike around here)!

- WEAKNESS- Unwillingness to take on new ventures. See nothing wrong with the Status Quo. Resistance to embrace non senior demographic as partners. Goals too vague to be attainable in some cases.

***Focus Questions: 3a. Have any vision priorities been overlooked?
3b. Feel free to comment on any aspects of the vision.***

Priorities:

- Not sure why lifestyle is separate from health and wellness look at language from the living in Niagara report for category names
- All good. Health and Wellness needs to have high level of focus on mental health as well.
- Are these in any particular order? If they are - that might lead to discussion.
- The overall vision looks good!
- Looks like got them covered. Assume financial needs are included under one of these priority areas.
- Respect (however this may be included under access and inclusion)
- Need for action
- How can quality of life be enhanced without access to grocery store in Niagara-on-the-Lake?
- Every few months we must hold status meetings to see where we are. It is only through dialogue that certain things come out...
- Well covered.
- HOUSING!!
- These look right.

Comments on Vision:

- Vision is very wordy. People won't be able to remember this statement this is not clear language it isn't about the people. There is no accountability for the person -- it implies someone does it for them. there is no empowerment for individuals
- This is a very exciting time for planning and it is good to see these items being a priority.
- The vision statement is a bit of a run on sentence to me, could it be shortened, simplified more.

- Supportive infrastructure must include walkable communities where seniors can "age in place" and have access to an active healthy lifestyle that includes active transportation.
- A strong vision, however appears to be missing any level of commitment from gov't or service providers, or society. A caring community that COMMITS to optimizing opportunities.....
- I think the vision is quite comprehensive.
- A marketing campaign needs to promote these as the retirement place to be, close to everything without the stress!
- It is long and uninspiring
- How will this happen??? Who will lead???
- I believe the vision has to encompass the big picture with a holistic approach to meeting senior the needs of our older population and not just talk about needs but what they contribute to society
- Leadership and Engagement: youth have to be involved. What we had in these seminars we should do them in the high schools. This would give students a perspective as to what is out there, and they might have some ideas that we are not aware of or could not explain. Health and Wellness: We need to get involved with personal experiences as to what are the weaknesses. There are people that I shared my experiences that were the same. We need to bring these forward. Access and Inclusion: We need to keep this going and spread the word. There has to be an attempt to increase the access and bring more people "inclusion" .
- The vision encompasses all aspects very well.
- Not sure that leadership fits in with the rest of the priorities
- A CARING COMMUNITY THAT OPTIMIZES OPPORTUNITIES FOR OVERALL WELL BEING TO ENHANCE QUALITY OF LIFE AS all PEOPLE AGE. I added the word ALL as I think this is overlooked
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Focus Questions: 4a. Have any goals related to leadership been overlooked?

4b. Feel free to suggest specific projects, activities or initiatives that would help meet these goals.

4c. Identify any groups, individuals, organizations or programs that should be involved with the leadership and engagement goals.

Overlooked Goals:

- Focus on proven best practices and implementation of such practices through efficient use of resources.

- Ensure the communication piece is included in the "celebrate successes" portion so that others can readily be advised/or notified of such successes - this may have already been considered though and assumed.
- Stress the use of seniors' expertise.
- No, this area appears quite complete.
- A lot of resources are found already with Information Niagara, yet senior related information needs to be separated and marketed for seniors by seniors.
- Big agenda... covers a tremendous amount of work... WHO will be leading this overall initiative? WHO will be bringing it to those who will implement the results to improve our Community? WHO will lead the implementation of the Community improvements to get the outcomes expected? I don't see any Leaderships goals in regards to assuring these goals have been reached. As Moe Norman would say (a savant athlete) too big, too big, too big.
- Leadership-Require Municipalities to have Senior Advisory committees or councils
1.3 promote guide-Creating An Age-Friendly Business across the Region
- Change image of seniors as that of being ill, decrepit, consumers of health care dollars, confused and waiting to die, to that of vital contributors to the economy, and possessing knowledge, skills, and experiences that are untapped resources.
Eliminate retirement age and educate employers
- Seniors engagement with local municipalities: We need to get "eye of seniors on city council" and work with groups like "youth eyes on city hall". We need to be the central driving force of the "eyes"
- This is not a specific goal, but a thought - Partner Seniors with young adults so that goals can be achieved using the strengths offered by both age groups. By working in groups of seniors alone - we may indirectly fan the "ageism" flame by identifying this population as a "separate" group.
- I think there is a need for clear language and a regard for more of the audience and their ability to determine what can be done based on the high level ideas presented here... High level Establishment of advocacy strategy.... will fall on willing yet deaf ears in most cases. I look at my Father as an average senior and today's verbiage (expand opportunities for intergenerational programs and activities, input to educational curriculum, and developing a marketing template) would not be seen as actionable items and therefore more interest is lost.

Projects, Activities, Initiatives:

- Volunteer training with mixed ages. Group fun event to increase volunteer participation for/with seniors
- Walking Clubs for seniors, mall walking groups,
- Newspaper/flyer/advert/emails or something to communicate the engagement that's been done and advanced so it stays in the forefront of peoples mind/radar
- Connect with the local college/university to develop continuing education courses/seminars to address self advocacy and empowerment issues.

- In Victoria, B.C there is a program called Seniors Helping Seniors. This help is provided for all manner of activities, from providing rides to visit hospitalized or institutionalized family members to social visits to taking seniors for outings in the community. My brother in law has benefited greatly from this voluntary organization. In Providence, Rhode Island there is a program called Learning in Retirement. Seniors volunteer to teach or coordinate short 10 week courses which other seniors sign up to take. Through this program my 78 year old sister has studied many diverse subjects and also has led a couple of courses. The cost of the courses is really minimal. As a 'well and fit' senior, I would love to have such a program in Niagara.
- Related to 1.3, high school students could be encourage to complete their required volunteer hours with seniors' organizations/homes etc. Possibly work with schools to promote this option.
- Better communication between all service groups. Something like a Niagara Seniors Information Bureau - where all services/products in the region are available - by seniors for seniors for all! Seniors need a place to turn to easily get information about anything senior and everything senior related.
- A Seniors Only Volunteer Fair - organizations/municipalities would showcase what their volunteer needs are - Community Support Services of Niagara did try to get a grant to host - not successful...
- Need to get representation from each ward. Need to define issues and work with city councillors to take action. Need to develop a "social media" network to get the message out there.
- Usually, it is students/ young volunteers who got o the seniors place, instead arrange to bring community - dwelling Seniors groups to the places of younger adults for participation in activities or just attend events (Spring converts in schools, Sports day events etc) Partnering of educational institutions with seniors programs and services so a bond is formed between seniors and students and then seniors may be more willing to participate and be socially active.

Who to Involve:

- Canadian Mental Health Association, Seniors themselves, Parks and Rec. Depts, YMCA, YWCA, member from Regional Council, etc
- Seniors Advisory Committee's at municipal centres.
- Senior attending Community Centers, YWCA, or seniors programs in the community. Seniors from church groups or multicultural organizations may be other groups to draw from for participation.
- Municipalities - perhaps in their local magazines advertising the businesses/opportunities that the town provides, all community centres and ymcas- all health care providers, doctors offices, libraries, senior day care programs, LTC facilities
- Local municipal seniors committees; municipal council; media advisory groups; provincial senior secretariat; college /university programs that specialize in

marketing/broadcasting(projects to highlight members of the community);
educational program development with education partners

- Retired university professors, college teachers and secondary school teachers should be involved in providing for educational goals for seniors themselves. At the September forum, all educational discussion centred around the needs of service providers, not seniors.
- As mentioned above - high schools/school board, high school students.
- All of them! Most would be found with Information Niagara.
- Municipal advisory groups
- Hospitals, family physician's, CCAC, CSS agencies, seniors, Health Links, Supportive Housing organizations, LHIN's?, Regional Housing
- The education system in Niagara Senior Advisory committees Senior centers and clubs
- Hospital, and school board and city council Extendicare facility leaders. Nutritional dietitian consultants.
- Falls Prevention Network Niagara
- Municipal Senior Advisory committees
- Senior Centers, Senior organizations of any kind
- I was a mentor with Big Brothers, Big Sisters and I found it very interesting, rewarding, and fun for all. This is a program bringing seniors, as mentors, together with boys and girls in grades 1 to 4.

Focus Questions: 5a. Have any goals related to lifestyle been overlooked?

5b. Feel free to suggest specific projects, activities or initiatives that would help meet these goals.

5c. identify any groups, individuals, organizations or programs that should be involved with the lifestyle goals.

Overlooked Goals:

- Provide technology training for seniors this exists. it should be expanded perhaps Conduct ongoing research and monitoring of trends and developments in technology for seniors not sure how this is lifestyle missing cultural piece
- Recreational opportunities should meet a wide range of level of ability.
- Continuing technological training for seniors would be much appreciated. The world of tablets and smart phones can easily get away on us. These programs should be well advertised.
- Helping seniors to maintain their driving skills and driver's licence

- There is nothing related to healthy eating what do you mean by facilities? Could this refer to trails? There is no reference to multigenerational type opportunities
- What about helping seniors find meaningful work that will help support living in your own home? There are those seniors who still have to work because living in Niagara has become very expensive if the only income that you have is your pensions. In this community the tourism sector did/does not provide their employees with company pensions.
- Provide transportation for senior centers and senior housing
- Ensure funding for bicycle Friendly infrastructure as well as other forms of Active Transportation, i.e. Walkability.
- Healthy Nutrition to be encouraged - services that provide freshly cooked made, simple, nourishing meals delivered if necessary for a nominal fee, healthy cooking demos at community centres, facilitating access to purchasing of fruits, vegetables. (In season - access to local produce), reducing the dependence on processed foods.
- Location & time. Many people do not like driving long distances or at night to engage in learning opportunities or recreation.
- Financial help for transportation to existing recreation, wellness centres and natural landscape interests.

Projects, Activities, Initiatives:

- Gathering seniors centre around Niagara and discussing ideas could be helpful.
- 2.1 Development and maintenance of safe, walkable communities for active healthy living.
- We need to remember that a lot of seniors aren't comfortable with computers and accessing information via the computer. Tapping in to the well senior population to assist with programs and education.
- As mentioned in the previous question, a Learning in Retirement program would add
- In 2014, the Ontario Seniors' Secretariat offered Seniors' Community Grants that could be used for a variety of projects to keep seniors active and engaged in the community, including recreation, volunteering, computer training etc. This grant may be offered again in 2015 - seniors' groups might want to watch for this. More information on the Ontario Seniors Secretariat website.
- Maybe a Driver's Program Specifically for Seniors
- Placement opportunities for Niagara or Brock students
- In home computer training (would provide a visit along with the opportunity to access technology to keep connected with family/friends)
- Provide program info etc for seniors
- Municipal/Regional Budgets reflect yearly funding for these initiatives. Planning departments ensure that a Master Bicycle Plan/Active Transportation is incorporated in their Master Plans.

- Some universities and schools provide FREE ADULT EDUCATION. We need to find these and teach others how to access them.... the mind needs to be constantly training and developing
- Healthy Cooking sessions using fresh ingredients of 10 or so seniors facilitated by someone experienced with cooking (e.g. Niagara college culinary program students) - where 5 dishes can be prepared by groups of 2 , and shared between 10 participants. So they each go home with 10 meals main dishes for that week (can be frozen). Purchase of grocery can be done in advance by a volunteer - cost to be borne pro rata by participants. They would meet once a week for 6 weeks with co-ordinator involvement till they get comfortable doing this group activity on their own. So possibly, day program centres or community centres can include small kitchen units (just like they have a library)
- Day tours to local places of interests. Summer picnics,

Who to Involve

- Active Transportation Committees. Groups, Networks etc., in various communities. Niagara Active Transportation Network. (Healthy Living Niagara)
- Retired educational and recreational professionals who could volunteer some time should be involved.
- Seniors Groups - Welland Wellness, Coronation Centre, Legions, YMCA Partnership with Brock or Niagara for technology piece
- Falls prevention organizations, existing health and wellness providers (both LHIN funded and private), organizations that can provide transportation, LTC, retirement, and Supportive Housing facilities with existing exercise programming, volunteers to train seniors with technology, students from local schools, pharmacies, disease specific organizations (osteoporosis Canada, MS society, CNIB, organizations that educate communities on senior specific prevention topics)
- There seems to be a slight slant towards seniors who have sufficient financial support that would allow them to engage in what is suggested. What about those who can't afford to do these things. Is there a level of engagement in place for those who are healthy and active but have no extra cash to spend?
- Alzheimer Society Community Support Services of Niagara Educational Institutions Seniors Groups
- Senior centers, senior housing, YMCA
- Municipal/Regional Councils and staff.
- Those in university positions that know the process of providing the adult education
- Niagara college culinary program
- Municipal senior Advisory committees
- Any that are willing (i.e. senior committees, centers, local schools & colleges, service groups etc.
- Non seniors

Focus Questions: 6a. Have any goals related to health and wellness been overlooked?

6b. Feel free to suggest specific projects, activities or initiatives that would help meet these goals.

6c. Identify any groups, individuals, organizations or programs that should be involved with the health and wellness goals.

Overlooked Goals:

- Hard to see in home supports and respite care section under health and wellness 3.2 could be focused on aging in place remove 3rd bullet in 3.1 -- this is covered by 1st bullet in 3.3 3rd bullet in 3.3 should refer to health care providers in general. They are also tapped out 4th bullet in 3.3. is beyond scope of control there is nothing about prevention and health and wellness -- it is just lumped in one bullet this takes a sick lens to health and wellness this should align more with the fit and well and ADL group instead it captures the needs of the 24/7 group missing injury prevention missing healthy eating missing physical activity although
- Healthy active living opportunities (walkable, pedestrian friendly communities)
- There is a serious lack of Specialized Policing relating to seniors in Niagara. Other areas such as Hamilton have two Senior Support Officers and an extended team that specializes in senior's issue. Here in Niagara we have nobody. This makes a significant difference when dealing with seniors issues such as theft by POA. Niagara needs to catch up to other parts of the province and establish a specialized Seniors Policing Unit. The demographics of Niagara warrant such a department.
- Existing assets does not list the 3 English language Community Health Centres (CHC) and the one French Language. Again may be too parochial but Welland and West Niagara do not have CHC's. Which are LHIN funded entities.
- Decrease wait time to see primary care physicians and specialists.
- Dementia is not the only form of mental illness i.e. schizophrenia, bipolar. Also, no mention of addiction programs for seniors.
- Under mental health - Need to increase access to psychiatry for seniors
- There is no reference to healthy eating there is no link to recreation made in lifestyle or transportation in infrastructure that can impact physical activity/wellness
- True advocacy for senior's rights.
- Under 3.3 "Ensure effective primary care" I believe "primary care" is used incorrectly. Primary care is associated with care received by patients from their primary health care practitioner. You may want to consider changing the title and removing the word "primary" as the points below are not reflective of "primary care".
- Public campaign to promote wellness active life styles

- As this email has been sent to me...because I submitted to it...we need to develop a process whereby we might get on the mailing list of the above service agencies. We need to find a way to draw these people to the senior.
- 1. Physical Activity and Exercise to be introduced, facilitated and made accessible throughout the continuum of the life course , with opportunities available to ALL, based on any level of strength or frailty. (There would be something for everyone regardless of level of capability)... keep them moving. 2. Under in-home supports - role of home assessments and subsequent recommendation of equipment/devices/technology to function independently
- Professionals that are dealing with seniors definitely need training for the specific differences & conditions that seniors have & how to deal with them/us in a caring and positive manner!

Projects, Activities, Initiatives:

- Increase the number of "Hub" models providing personal support throughout the region.
- One source for information/guidance; perhaps the development of a "health navigation hotline" for caregivers and seniors to call with questions when they are in need of direction (not medical or paramedical advice). Responses to: where do I get...? Where can I go...? Who should I ask....? Should I ask.....? How much... How long..... Etc...
- Recruitment Project for both Primary Care and Psychiatrists
- Health links, Hospice Niagara has new LHIN funded initiatives,
- Nordic walking groups - an example of exercise Occupational therapist home assessment and Home healthcare stores involvement for various options available.

Who to Involve:

- MH charter should be focus for this
- Niagara college applied research ;
- CCAC, Community Care Centres
- Support and information for families of seniors.
- Ministry, LHIN, NHS, Teaching Universities to assist with recruitment
- Community Health Centres, public health, family health teams
- Participation in the Health Links Community tables
- Hospice Niagara, CSS agencies, CCAC, supportive housing providers, hospitals - discharge planners, family physicians, health links
- Dieticians, social assistance, in house home care, fire department to make the home safe, police to make the home protected,
- Occupational Therapists, Home Healthcare "Speciality" stores that are have a variety of equipment in stock and capability to procure others, and have well trained staff to educate customers about it.

- Municipal Senior Advisory Committees
- Definitely need HOSPICE!!

Focus Questions: 7a. Have any goals related to access and inclusion been overlooked?

7b. Feel free to suggest specific projects, activities or initiatives that would help meet these goals.

7c. Identify any groups, individuals, organizations or programs that should be involved with the access and inclusion goals.

Overlooked Goals:

- Where are the goals to address fit and well group? Communicate available subsidies, discounts and financial support programs -- this should be about knowledge exchange. Communicate to whom?
- Hurrah for the volunteer service for home visiting.
- Consider and put in place alternatives to computerized access to community support services.
- No the best line is "continuously see and formalize opportunities" These large one day sessions are a great opportunity to share experiences and develop ideas.
- Repeating the importance of inclusion & access for "rural seniors"!

Projects, Activities, Initiatives:

- Perhaps there should be a regular newsletter that goes out to all seniors across the region informing them of the activities and services that are available to them.
- Friendly Visitor programs
- Help religious group define their role with seniors especially those house bound
- These large one day sessions are a great opportunity to share experiences and develop ideas. They should not be abandoned. The last one was amazing.

Who to Involve:

- Multicultural Centres (Welland, St. Catharines/Niagara Falls, Fort Erie for newcomer/ethnic groups; Niagara Poverty Reduction Network for low income groups; francophone seniors' residences; "Be Fair" project in Niagara has been involved in Financial Literacy training
- Community Support Services of Niagara, Region's Community Programs, EMS Pilot Project to check in with high risk seniors
- Each one day session can deal with a specific group or groups to show how they work and see how we can work with them or give access to others.
- Gatekeepers Niagara

Focus Questions: 8a. Have any goals related to infrastructure been overlooked?***8b. Feel free to suggest specific projects, activities or initiatives that would help meet these goals.******8c. Identify any groups, individuals, organizations or programs that should be involved with the infrastructure goals.*****Overlooked Goals:**

- Increase financial support for Non-Profit Agencies to retrofit or rebuild to meet accessibility requirements Better quality/cost effective mental health supportive housing for seniors
- Not sure what a transportation template is -- suggest -- establish transportation master plans for every municipality that includes transit, pedestrian and cycling master plans.
- Need funding.....
- Yes... but it only happens at election time... that is access to polling stations to be age friendly and easily accessible

Projects, Activities, Initiatives:

- Complete streets
- Give transportation fares assistance to those people who are working for minimum wage.
- Polling stations need to be listed as to what is being considered 3 months before any election. This gives citizens time to discuss and offer their opinion. It should not be etched in stone. That is wrong.
- Working with local colleges & businesses to recruit entrepreneurs that have the initiative to start up businesses & supports in all of these areas....also grants from communities & colleges to do so. Maybe all the young people who grew up in this area would, then, not have to leave to find employment.

Who to Involve:

- Perhaps lobby builders, developers, engineers more so that they keep the above in mind in their planning as well...
- Healthy Living Niagara (through Public Health at the Region) is very involved in Active Transportation.
- Active transportation committees in Thorold, Welland, Pelham, Grimsby, Niagara Falls, St. Catharines and Fort Erie. Municipal and Regional Planners and Engineers, Public Health
- LHIN, Municipalities

- Civil servants, polling clerk responsible for these stations and any building being considered. These owners should know their limitations.
- Communities, elected officials, colleges, high schools

Focus Question: 9. Feel free to offer any other suggestions or comments pertaining to the Niagara Aging Strategy and Action Plan

- Generally the categories don't seem right it seems to align more with tertiary prevention not primary doesn't seem to support fit and well group and ADL does not address the pre-seniors group need goals to keep people active where they live not a lot about accessibility and disability. just seemed to look at disability in the 24/7 group
- There is a serious lack of Specialized Policing relating to seniors in Niagara. Other areas such as Hamilton have two Senior Support Officers and an extended team that specializes in senior's issue. Here in Niagara we have nobody. This makes a significant difference when dealing with seniors issues such as theft by POA. Niagara needs to catch up to other parts of the province and establish a specialized Seniors Policing Unit. The demographics of Niagara warrant such a department.
- I am late addition to the group but don't see much relating to elder abuse prevention and education. The NRPS is attempting to develop a strategy but this should be part of the overall Strategy and Action Plan
- I suggest that any future forum- like activities be more seniors-friendly. My experience at the September forum was that my ideas were often discounted out of hand because I did not represent an organization looking to provide services for pay.
- Thanks for the opportunity to comment. I like that to date this process is transparent.
- When this study is complete we continue to duplicate, study, carry out research with generally the same findings. I believe we know what is needed and nothing will change unless all levels of government and community organization ACT
- The action plan has covered all important aspects. Several services/ businesses already exist in our community that can take care of the requirements of older adults. As rightly mentioned in this Action Plan, the information has to be made available to those needing it. Having said that, barriers to the access of these services also need to be removed. For example older adults living in a retirement community should be able to access any service of their choice. However, business providing the services that would benefit the residents do not get the opportunity of showcasing their offerings. - The barriers come from the administration/management of these facilities. So what ends up happening is that the resident who may need a product or service doesn't get it because they don't know how or where to access, it whether or not it is affordable and whether funding is available for it. This is an example from my experience. But I am sure several such situations exist - a fair playing ground must be MANDATED for both, service providers and those needing our services.
- I'm proud to be part of this excellent plan

