



Age Friendly Regina Update: April 2021

Age Friendly (AF) is an initiative of the World Health Organization (WHO). Saskatchewan Seniors Mechanism (SSM) responded to the request from the Public Health Agency of Canada to educate and encourage Age Friendly communities throughout Saskatchewan. On behalf of SSM, Age Friendly Saskatchewan (AFS) supports fifteen AF communities in Saskatchewan who have embarked on the AF journey.

The approach of AF is that the concerns of older adults will mirror those of persons of all ages. The life experience of older adults gives them a unique viewpoint.

Age Friendly Regina (AFR)

The vision of AFR is to build an age friendly community where people of all ages can live safely, enjoy good health and remain involved in their community.

The AFR Steering Committee was formed early in 2018. At that time it was composed of individuals and community organization/business representatives. AFR began following the steps of the AF process:

1. Establish the support of municipal government
2. Assess (survey) the community to identify AF gaps and needs
3. Based on the assessment, develop an action plan, implement and publicize.

AFR Status

We developed a survey and distributed it both in hardcopy and online. It was available from January to June 2019. 385 responses were gathered and analysed, and we issued a final report in the fall of 2019. The report identified concerns and needs of the community. However, a high volume of answers were in the "I don't know" category, suggesting that many will only look for this information when the need arises.

From these learnings *Age Well Regina* was developed. This 64-page document outlines:

1. Supported Housing/Care Options
2. Mental "Wealth" and Services
3. Crime Prevention and Safety

All documents are available at: <https://agefriendlysk.ca/regina/>.

An AFR presentation to the community was planned for June 2020, but was cancelled due to COVID-19.

Recently AFR reviewed the structure and workings of the AFR Steering Committee. The new structure is now composed of the Steering Committee itself and a newly defined Stakeholder Interest Group. The Terms of Reference were updated, roles and responsibilities were defined and a planning and priority setting exercise was completed. City of Regina staff participated in the planning exercise. We are now implementing these changes.

AFR short-term goals are:

To request a motion of endorsement from City Council for Regina to become an AF community.

In the AF process there are 4 major milestones for a community to become accredited as Age Friendly. One of these milestones is to “secure the support of municipal government”. This is part of the motion presented today.

To add an AF “lens” to City of Regina planning

Our survey shows many of the concerns expressed fall under the responsibility of the City of Regina. If an AF “lens” is applied throughout planning, the results will more closely address these concerns. The AF “lens” can be achieved through actions such as:

- Adding older adults to advisory panels, commissions etc.
- Ensuring older adults are easily able to participate in town halls (location, time of day, length of session)
- Engaging City of Regina managers in awareness of AFR goals and actions particularly in the AF focus areas (domains)
- Identifying City of Regina departments responsible for specific concerns raised through the survey, follow and publicize results
- Review and evaluate effectiveness of the above actions.

To expand our survey distribution to address shortfalls in representation and to achieve 1000 responses.

Once established, the data from 1000 survey responses will provide a statistically relevant basis that will be useful for a number of years

- Simplify the survey language and include demographics
- Procure a greater number of responses spanning the spectrum of the people of Regina (newcomers, Indigenous, the homeless and lower income older adults)
- Identify gaps and needs, update final report
- Develop action plans to address identified gaps and needs
- Publicize results.

Complete the implementation of the new AFR structure.

AFR has undergone a comprehensive analysis to define efficiencies within the structure of the Steering Committee. A Stakeholders Interest Group has been formed from all our partner organizations, associations and interested individuals, all who are supportive of AF objectives. Actions will be taken to broaden the interest group.

This gives access to a wide range of resources for supporting the AF “lens” and for participating in public City planning initiatives.

AFR long-term goals are:

- Develop a pool of older adults who can consult/work with City Departments
- Focus on the need to assist older adults to more easily locate required services
- Explore potential financial options with partners, Stakeholders and Not-For-Profit organizations.

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