

**OLDER ADULT TASK FORCE – FEBRUARY 22, 2021**

**COMMUNICATIONS**

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**Distributed February 17, 2021**

**Item**

C1. Presentation material titled: “Measuring Healthy, Walkable and Age-Friendly Communities”

1

**Distributed February 19, 2021**

C2. Presentation material titled: “City of Vaughan Age-Friendly Community Action Plan”

2

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# Measuring Healthy, Walkable and Age-Friendly Communities

Communication : C1  
Older Adult Task Force  
February 22, 2021  
Agenda Item # 1

February 22, 2021



# YOUR COMMUNITY. YOUR HEALTH.



Provide opportunities for people to incorporate daily physical activity

Support aging in place

Reduce health inequity

Strengthen social connections and support mental health

Improve air quality and reduce heat island effects

Support our  
partners with  
evidence  
informed data

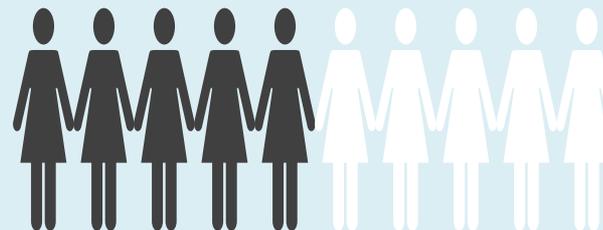


Increase awareness of  
the built environment's  
impact on health to  
support planning

**Engage communities and mobilize groups  
to participate in the development of  
healthy built environments**



150



49%

York Region adults meeting physical activity guidelines



37%

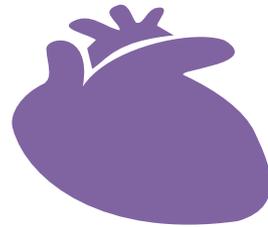
Canadian seniors meeting physical activity guidelines

Minutes of moderate to vigorous intensity physical activity per week for older adults age 65 and older



**31%**

Cancer



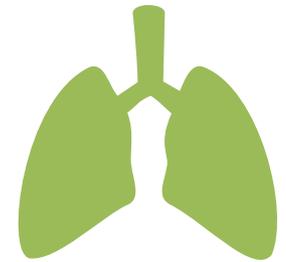
**27%**

Heart Diseases



**9%**

Mental and  
Behavioural  
Disorders



**8%**

Respiratory  
System Diseases

Annual health care cost linked to physical inactivity for Ontario

**\$0.98  
Billion**

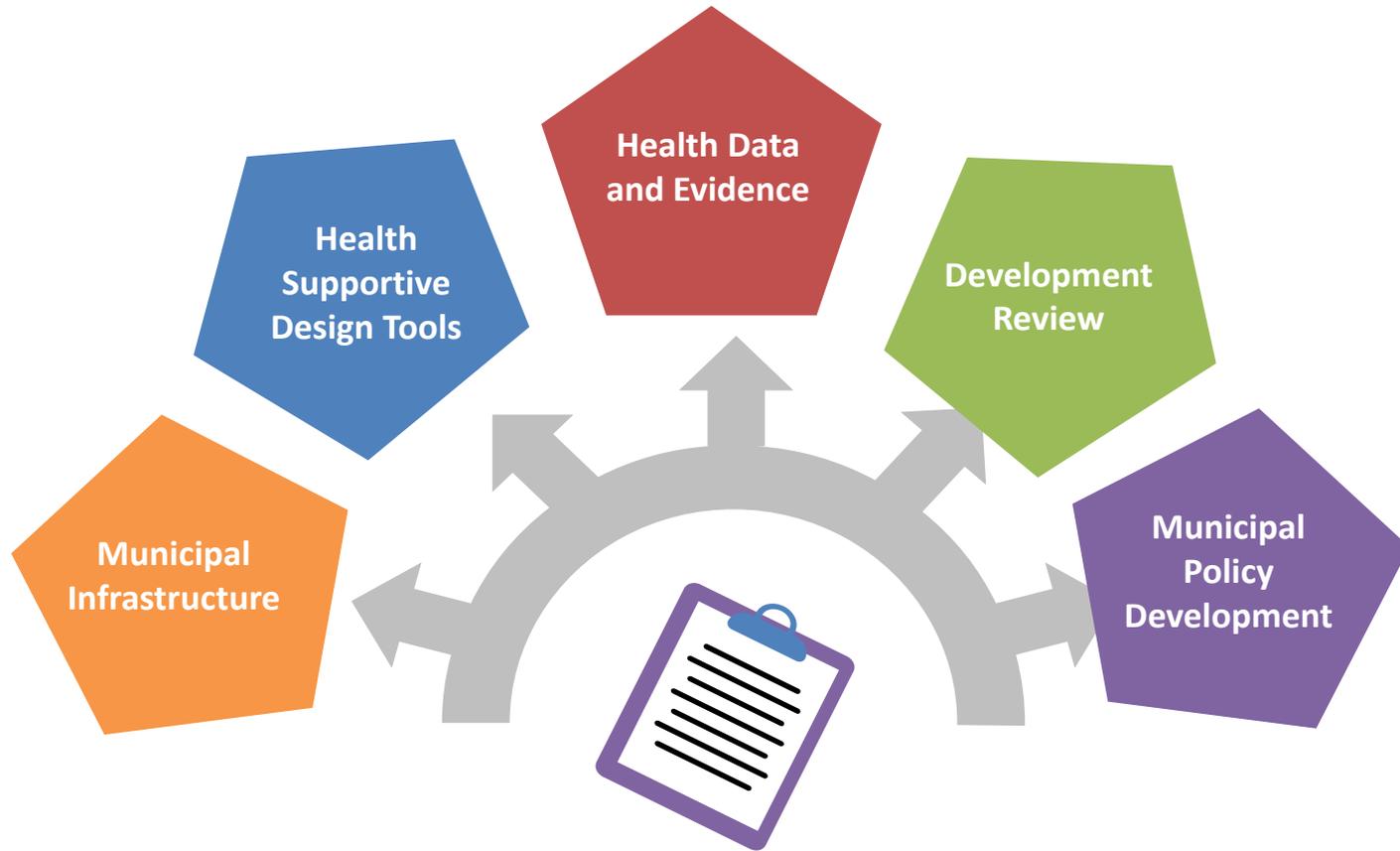
**Direct**

**\$1.65  
Billion**

**Indirect**

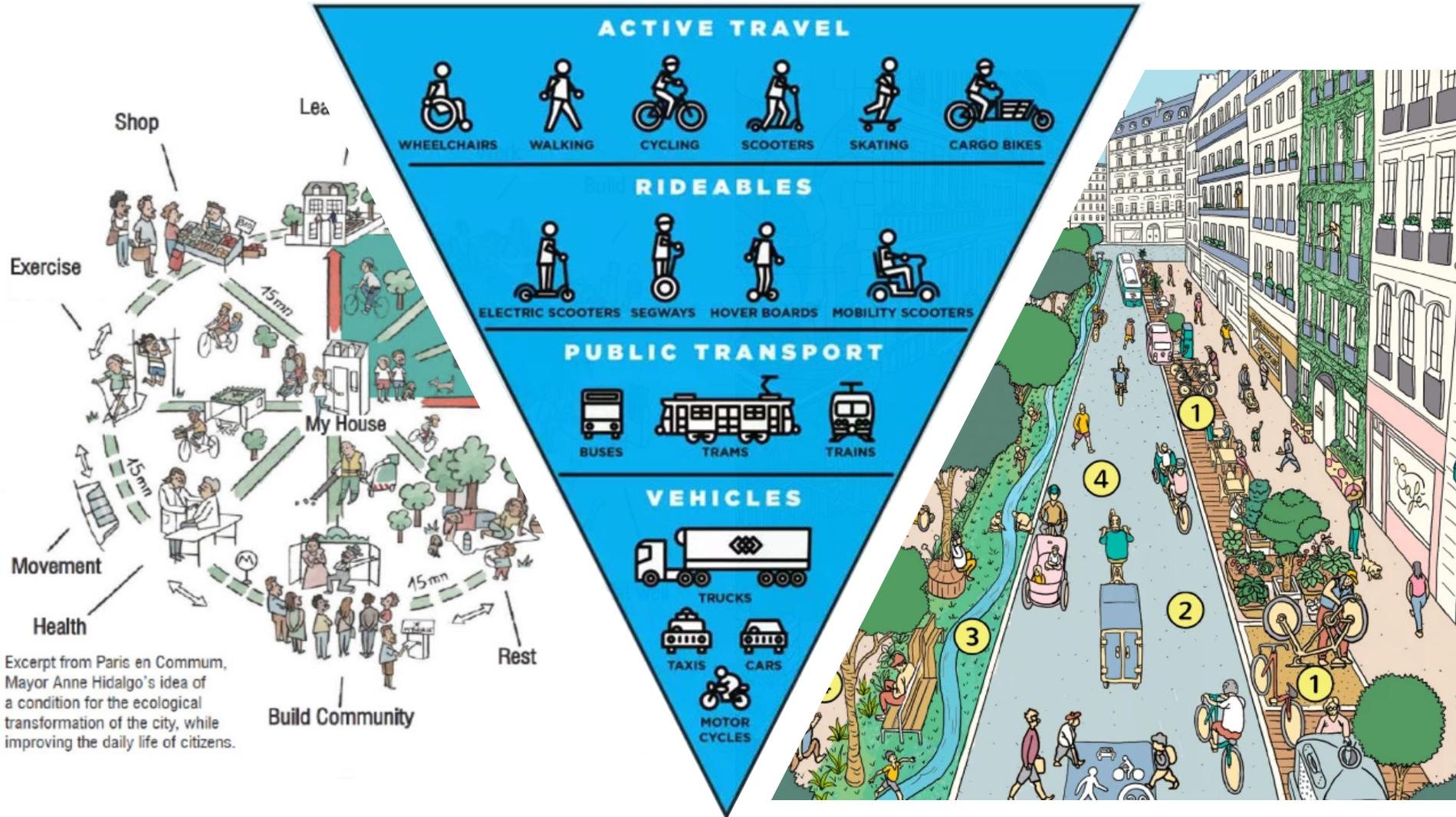
Cancer	Coronary Heart Diseases	Diabetes	Hypertension
<p>Incidence of cancer among 65+ year old slightly decreased (13 to 11.3 cases / 1,000)</p> <p>New cases of all cancer are increasing slightly in the 50 to 64 year olds but mostly among 65+</p> 	<p>Coronary heart disease among 65+ average at 21.4 new cases per 1,000 persons per year</p> <p>The average incidence rate in the 50 to 64 year olds has been 8 new cases per 1,000 persons per year</p> 	<p>Diabetes rate increased among seniors age 65+, from 28% to 34%.</p> <p>Diabetes also increasing among adults age 50 to 64, from 15% to 17%</p> 	<p>Hypertension rate among seniors age 65+ is high and consistent at 70%</p> <p>Hypertension rates for adults age 50 to 64 is stable at 34%</p> 

Notes: Trends exhibit incidence and prevalence rates from 2007 to 2017



# Walkable 15-minute Communities

# What is a 15-minute Community?



**Ottawa:**  
Westboro Village Mixed-use Neighbourhood

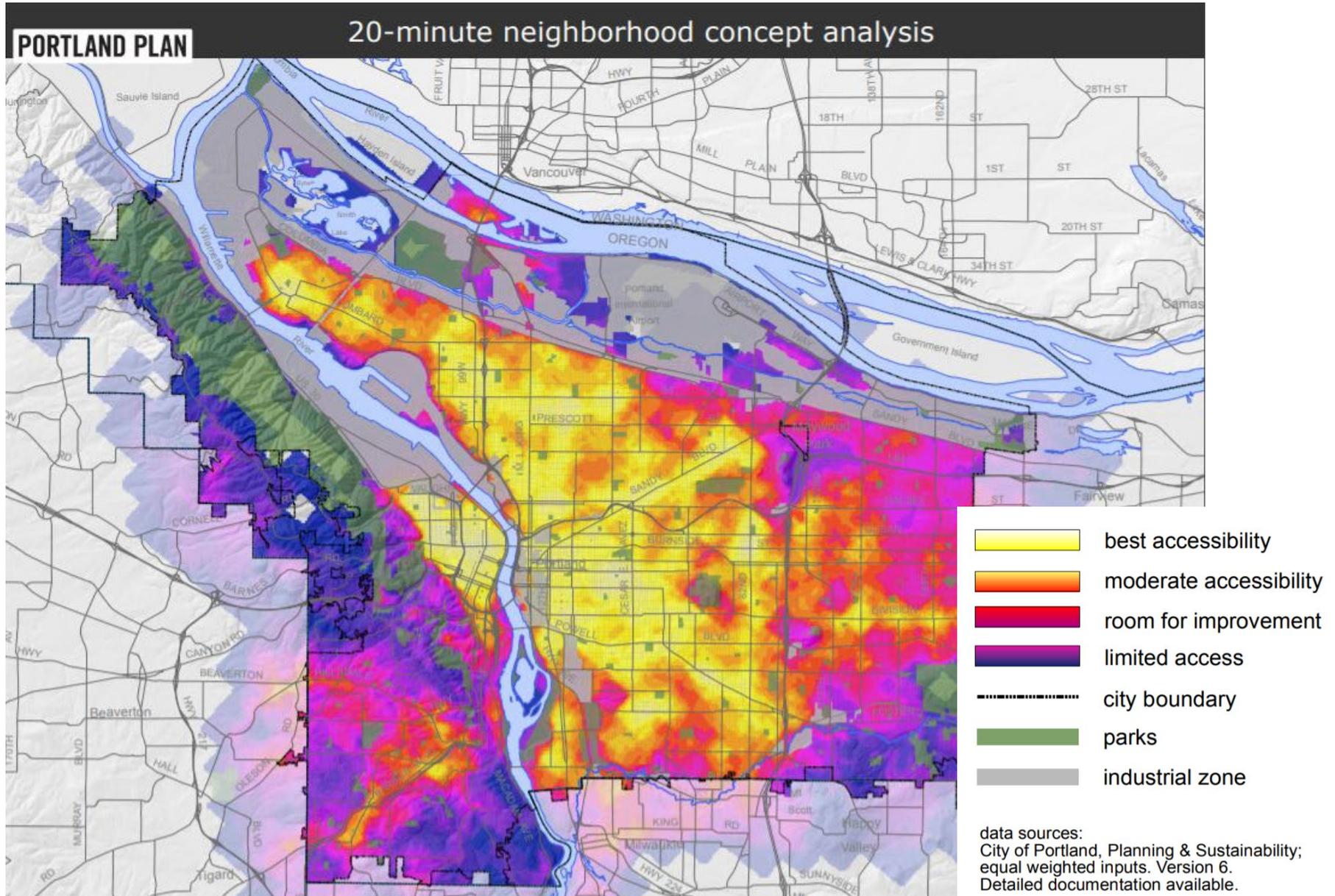


**Brampton:**  
Shoppers World Mall Redevelopment



Source: Hobin Architecture

Source: City of Brampton





# Discussion Question

What makes your walk safe and enjoyable?

Mentimeter



# Discussions

# Thank you!

## Project Contacts:

Healthy Built Environment: Sari Liem

15-Minute Community: Jessica Wu, Jeff Hignett

**Communication : C2  
Older Adult Task Force  
February 22, 2021  
Item # 2**

# **City of Vaughan Age-Friendly Community Action Plan**

**Older Adult Task Force Meeting  
February 22, 2021**



# Overview

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1. Our Team
2. Age-Friendly Communities
3. Project Approach, Work Plan & Timelines
4. Older Adult Task Force – Your Support!
5. Your Questions

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Oraclepoll  
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**PATRICIA, M.S.**

Redesign  
Graphic Facilitator



# Age-Friendly Communities

An Age-Friendly community is one that responds to both the opportunities and challenges of an ageing population by creating physical and social environments that support independent active living and enable older people to continue contributing to all aspects of community life. (Ontario Age-Friendly Community Planning Guide)

*Picture Source: Centre for Age-Friendly Excellence*



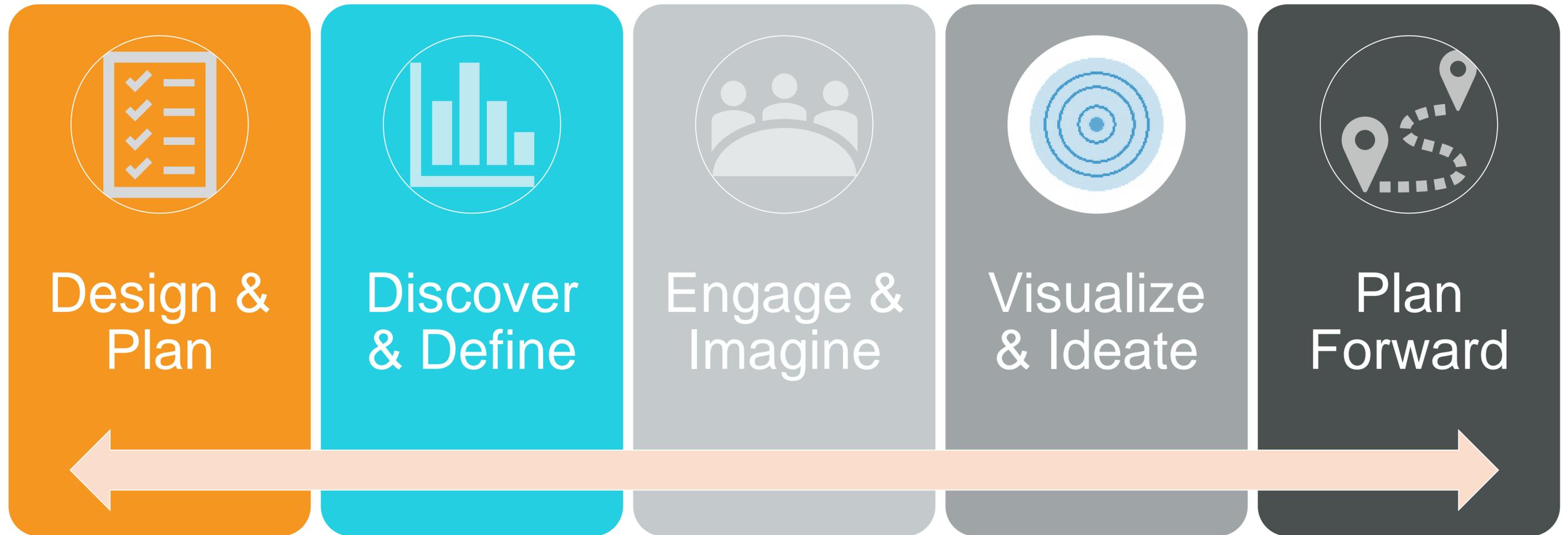
# Approach

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Key aspects of our general approach to the project are to:

- Take a **collaborative approach** with open communication, recognizing that stakeholders have critical insights and information that needs to be incorporated to achieve the desired outcomes
- Engage in **inclusive consultation** built on mutual respect, trust and informed decisions
- Bring a balance of **creative and critical thinking**
- Use **multiple lines of inquiry**, meaning that findings from different sources can be triangulated to support both fulsome understanding and greater confidence in the findings
- Provide analysis that will help to inform decision-making, facilitate learning and support improvement moving forward

# Project Phasing



# Engagement Objectives

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- To conduct a public engagement program that raises awareness and provides opportunities to gather stakeholder and public input on community strengths, needs, and opportunities to becoming an age-friendly community;
- To facilitate meaningful engagement with targeted engagement methods and communications materials; and
- To co-create, validate, and support the future direction of age-friendly planning across the City of Vaughan.

# Engagement Tools

Webpage

Survey

Interviews

Workshops

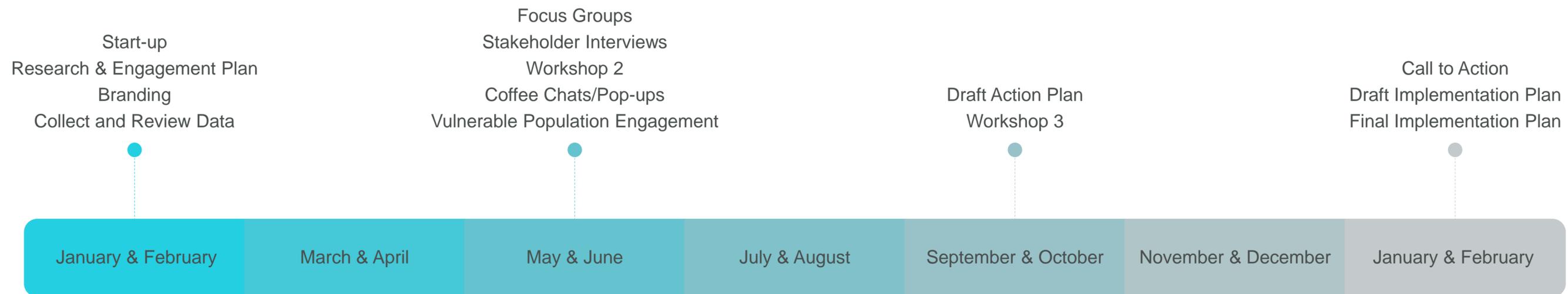
Coffee Chats &  
Pop Ups

Focus Groups

Workbooks

Engagement  
with Vulnerable  
Seniors

# Timelines



Data Analysis  
Environmental Scan  
Analysis of Services & Benchmarking  
Current State Analysis Report  
Survey  
Interviews  
Workshop #1 - Visioning

Engagement Summary Report  
Age Friendly Action Plan Framework

Final Action Plan  
Presentation of Final Plan

**Team Progress Meetings: Bi-weekly**  
**Progress Reports: Monthly**  
**Task Force Planning Meetings: February, April, September, November, January**

# Key Deliverables

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Five major deliverables will be provided to the City:

1. Research and Engagement/Communication Plan
2. Current State Analysis Report
3. What We Heard – Consultation Report
4. Age-Friendly Community Action Plan
5. Implementation Plan and Key Performance Indicators

# Older Adult Task Force

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Throughout the development of the City of Vaughan Age-Friendly Community Action Plan, we are looking for your:

- **Guidance** on project planning and approach
- **Validation and feedback** on key research findings
- **Input** into overall vision and principles
- **Participation** in various engagement activities (as appropriate)
- **Promotion** of age-friendly planning initiatives
- **Ideas!**
- **Participation** at OATF Age-Friendly Planning Meetings



# What does Age-Friendly mean to you?

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# Questions?

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