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Communication

Age-Friendly Vaughan

Advisory Committee – June 24, 2024

Item No. 1

HEALTHY AGING PRESENTATION FOR THE AGE-FRIENDLY VAUGHAN ADVISORY COMMITTEE

June 24, 2024



AGENDA

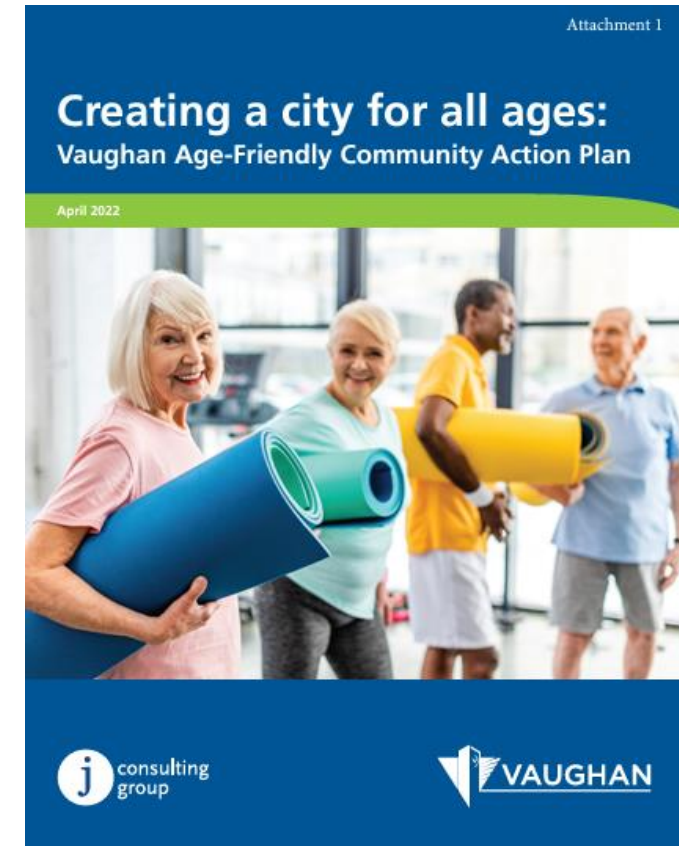
- Healthy Aging Program and making connections to the Vaughan Age-Friendly Community Action Plan.
- Built Environment Program and making connections to the Vaughan Age-Friendly Community Action Plan.
- Discussion and questions.



HEALTHY AGING PROGRAM AND MAKING CONNECTIONS TO THE VAUGHAN AGE-FRIENDLY COMMUNITY ACTION PLAN

HOW DOES YORK REGION'S HEALTHY AGING PROGRAM SUPPORT THE VAUGHAN AGE-FRIENDLY COMMUNITY ACTION PLAN?

- 12. Share information (and promote funding options) for home adaptation, repair, and modification programs.*
- 17. Engage and partner with community organizations to identify and develop programing opportunities that support the diverse needs of residents and older adults.*
- 23. Continue to create positive and inclusive messaging and promotional material.*
- 27. Explore opportunities for additional training for front-line staff to support seniors.*



HEALTHY AGING PROGRAM

Program Goal/Objective:

To reduce the frequency, severity, and impact of preventable injury and reduce the burden of preventable chronic disease among older adults aged 55+.

DETERMINANTS OF HEALTHY AGING

Injury prevention (falls).

Physical activity.

Healthy eating/nutrition.

Substance use (medication, tobacco, alcohol).

Physical environment.

Social connectedness.



KEY FACTS ABOUT OLDER ADULTS AND FALLS

Falls are the main reason older adults lose their independence.

Falls are the leading cause of injury in people 65+.

Falls account for **85 per cent** of injuries resulting in hospitalizations.

Falls are related to **40 per cent** of all nursing home admissions.



KEY FACTS ABOUT OLDER ADULTS AND FALLS

In 2022, **19 per cent** of seniors (65+) had a fall in the last 12 months.

In 2021, **1 in 5** seniors (65+) visited the emergency department for a fall.

In 2021, falls account for **75 per cent** of injury related hospitalizations in seniors (65+).



PROMOTING HEALTHY AGING — OUR STRATEGIES AND ACTIVITIES

1. Awareness raising and health education.
2. Capacity building for healthcare professionals and community partners.
3. Policy consultation and development.



1. AWARENESS RAISING AND HEALTH EDUCATION

Develop, revise and disseminate program resources including print resources and newsletter articles.

Provide community workshops.

Participate in Seniors Month and Fall Prevention Month activities.



HEALTHY AGING WORKSHOP

17. Engage and partner with community organizations to identify and develop programming opportunities that support the diverse needs of residents and older adults.

The Healthy Aging workshop is a 1 hour fall prevention presentation offered to groups of older adults in the community.

The workshop discusses healthy aging, the definition of a fall, and modifiable risk factors for falling:

- Physical activity.
- Nutrition.
- Medication safety.
- Environmental safety.
- Social connectedness.



STEP AHEAD TO FALL PREVENTION IN OLDER ADULTS

27. Explore opportunities for additional training for front-line staff to support seniors.

The Step Ahead to Fall Prevention in Older Adults

training program is offered as an e-Learning or in-person option for health care professionals working with older adults in the community, personal support workers and caregivers.

It is based on fall prevention evidence-informed research.

Participants engage in group learning activities and discussions to strengthen their fall prevention knowledge and skills.



OUR RESOURCES

23. Continue to create positive and inclusive messaging and promotional material.

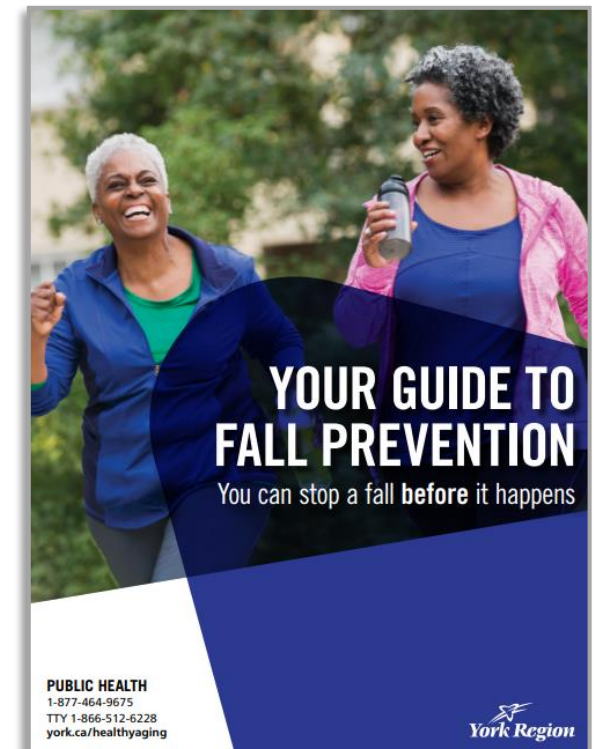
[Your Guide to Fall Prevention](#)

[Fit to Retire booklet](#)

[Fall Risk Self-Assessment Tool](#)

[Tips to Prevent Falls in Older Adults](#)

[Winter Safety Tips for Older Adults](#)



RESOURCES TO GUIDE FALL PREVENTION DECISION-MAKING FOR OLDER ADULTS, CAREGIVERS AND CLINICIANS

Integrated Fall Prevention Clinical Practice Model

Older Adult Fall Risk Screening Tool for Clinicians

Fall Prevention Resource for Adults 65+ and Caregivers

Which Exercise Program is Best for me?

For more information, visit york.ca/healthyaging.

Integrated Fall Prevention CLINICAL PRACTICE MODEL

All members of the community, including individuals, organizations and government departments that work with older adults have a role to play to reduce falls and fall-related injury. The following model outlines evidence-informed strategies to guide decision-making along the health continuum.

The HEALTH CONTINUUM categories are found across the top of the table provided below. The RECOMMENDED STRATEGIES rows are listed vertically on the left side of the table.

Select the appropriate HEALTH CONTINUUM category and fall prevention goal, then move down the column vertically to identify evidence-informed strategies and resources to guide decision-making.

	HEALTH CONTINUUM			
	Healthy Active Aging (Low Risk)	Starting to Feel Unsteady (At Risk)	Increased Risk (At Risk)	Vulnerable (High Risk)
Goals for fall prevention across the continuum	Prevent/premit measures to reduce the likelihood of a fall	Prevent/premit measures to reduce the likelihood of a fall	Prevent/premit measures to reduce the likelihood of a fall	Prevent/premit measures to reduce the likelihood of a fall
Assessment/Recovery	Assess fall risk and/or fall history in the context of the individual's health, functional status, and social support. Assess fall risk and/or fall history in the context of the individual's health, functional status, and social support.	Assess fall risk and/or fall history in the context of the individual's health, functional status, and social support. Assess fall risk and/or fall history in the context of the individual's health, functional status, and social support.	Assess fall risk and/or fall history in the context of the individual's health, functional status, and social support. Assess fall risk and/or fall history in the context of the individual's health, functional status, and social support.	Assess fall risk and/or fall history in the context of the individual's health, functional status, and social support. Assess fall risk and/or fall history in the context of the individual's health, functional status, and social support.
Screen and Assess	Screen for fall risk using a validated tool. Screen for fall risk using a validated tool.	Screen for fall risk using a validated tool. Screen for fall risk using a validated tool.	Screen for fall risk using a validated tool. Screen for fall risk using a validated tool.	Screen for fall risk using a validated tool. Screen for fall risk using a validated tool.
Education and Resources	Education on fall risk, prevention and assessment. Education on fall risk, prevention and assessment.	Education on fall risk, prevention and assessment. Education on fall risk, prevention and assessment.	Education on fall risk, prevention and assessment. Education on fall risk, prevention and assessment.	Education on fall risk, prevention and assessment. Education on fall risk, prevention and assessment.
Exercise and Activity	Exercise and activity programs to improve strength, balance and coordination. Exercise and activity programs to improve strength, balance and coordination.	Exercise and activity programs to improve strength, balance and coordination. Exercise and activity programs to improve strength, balance and coordination.	Exercise and activity programs to improve strength, balance and coordination. Exercise and activity programs to improve strength, balance and coordination.	Exercise and activity programs to improve strength, balance and coordination. Exercise and activity programs to improve strength, balance and coordination.
Environment	Environment assessment and modification to reduce fall risk. Environment assessment and modification to reduce fall risk.	Environment assessment and modification to reduce fall risk. Environment assessment and modification to reduce fall risk.	Environment assessment and modification to reduce fall risk. Environment assessment and modification to reduce fall risk.	Environment assessment and modification to reduce fall risk. Environment assessment and modification to reduce fall risk.
Medication	Medication review and management to reduce fall risk. Medication review and management to reduce fall risk.	Medication review and management to reduce fall risk. Medication review and management to reduce fall risk.	Medication review and management to reduce fall risk. Medication review and management to reduce fall risk.	Medication review and management to reduce fall risk. Medication review and management to reduce fall risk.
Support	Support services to assist with fall prevention. Support services to assist with fall prevention.	Support services to assist with fall prevention. Support services to assist with fall prevention.	Support services to assist with fall prevention. Support services to assist with fall prevention.	Support services to assist with fall prevention. Support services to assist with fall prevention.



If you did not answer "yes" to any of the screening questions:

NO - NOT AT RISK OF FALLING – HIGH ACTIVITY LEVEL

☐ Did not answer "YES" to any of the above fall risk screening and assessment questions.

GOAL: To maintain or improve my overall fitness and activity level.
See recommended fall prevention exercise programs and services for those NOT at risk for falls.

Fall Prevention Exercise Programs and Services

- ☐ Visit falls.york.ca/healthline for a list of community fall prevention programs.
- ☐ Visit york.ca/seniors for a list of Seniors Active Living Centres and activities in your community and to improve social well-being.
- ☐ Call 311 or visit 211.york.ca to find out about local events.
- ☐ Visit your local municipal parks and recreation program guide for a list of exercise classes in your area.
- ☐ Contact your local public health unit for information and resources on fall prevention.
- ☐ Follow the **Fall Prevention Resource for Adults 65+ and Caregivers** to navigate fall risk screening, assessment and interventions to reduce your risk of falling.

Adapted from: Ontario Public Health's "Which Exercise Program is Best for Me?" available at: <https://www.ontariopublichealth.ca/healthyaging/docs/which-exercise-program-is-best-for-me.pdf>

Created by the Fall Prevention Committee

2. CAPACITY BUILDING FOR HEALTHCARE PROFESSIONALS AND COMMUNITY PARTNERS

17. Engage and partner with community organizations to identify and develop programing opportunities that support the diverse needs of residents and older adults.

Working groups consisting of community partners such as the **Healthy Aging Working Group**.

Fall prevention training both in person and online to health care professionals working with older adults in the community such as the **Step Ahead to Fall Prevention in Older Adults** training program.



3. POLICY CONSULTATION AND DEVELOPMENT

We provide policy consultation and development on various fall prevention initiatives .

Our actions in the [2024 to 2027 York Region Plan to Support Seniors](#) include:

- Communicating information on healthy aging to raise awareness with seniors, caregivers and staff to help seniors stay healthy and connected.
- Developing policies and programs that link the built environment to healthy aging.

RESOURCES

Resources on healthy aging and fall prevention:

- **York Region Public Health:** york.ca/healthyaging
1-877-464-9675 or: TTY 1-866-512-6228

Information on exercise and fall prevention classes, fall risk assessment, management and treatment services and more:

- **Centralhealthline:** falls.centralhealthline.ca

Information on local programs for older adults:

- **Vaughan Recreation Guide:** vaughan.ca/recreation
- **Local Seniors Centre or Seniors Active Living Centre:** ontario.ca/seniors

ADDITIONAL RESOURCES

Programs and Services for Seniors



Programs and Services for Seniors



Seniors Services



Paramedic Services



Access York



Public Health



Housing Services



Social Services



Public Works



York Regional Police

For more information about these services please contact Access York at 1-877-464-9675 (interpreter services available), TTY 1-866-512-6228 (for deaf and hard of hearing) or email accessyork@york.ca

PUBLIC HEALTH PROGRAMS SUPPORTING OLDER ADULTS

- **Healthy Aging and Fall Prevention:** Provides consultations, workshops, and displays on fall prevention and healthy aging targeting adults 55 years and older living in York Region.
- **Seniors Dental Program:** Provides services at five clinic locations across York Region for eligible Ontario residents as part of Ontario Senior Dental Care Program (OSDCP). Visit: ontario.ca/seniorsdental to learn more about services, eligibility and to enroll.
- **Food Safety for Older Adults:** Explains the importance of reducing the risk of food-borne illness
- **Air Quality Health Index:** Explains how air pollution affects your health and especially for seniors
- **Extreme Heat:** Provides warnings about extreme heat events and precautions to prevent related health impacts (seniors are at increased risk).
- **Outbreak Management:** Prevents and decreases illness in long-term care facilities and retirement homes and other congregate care settings where seniors may live.
- **Immunizations:** Provides COVID-19 and Flu immunization at community clinics for seniors and others and supports COVID-19 and Flu immunization in long-term care facilities, retirement homes and other congregate care settings where seniors live.
- **Healthy Built Environment:** Provides support to planners on how community planning can promote health, including development of Age Friendly Communities.

For more information, visit york.ca/PlanForSeniors.



BUILT ENVIRONMENT PROGRAM AND MAKING CONNECTIONS TO THE VAUGHAN AGE-FRIENDLY COMMUNITY ACTION PLAN

YORK REGION PUBLIC HEALTH — BUILT ENVIRONMENT AND HEALTH

Support our partners with evidence informed data.



Increase awareness of the built environment's impact on health.

Engage communities and mobilize groups to participate in the development of [healthy built environments](#).

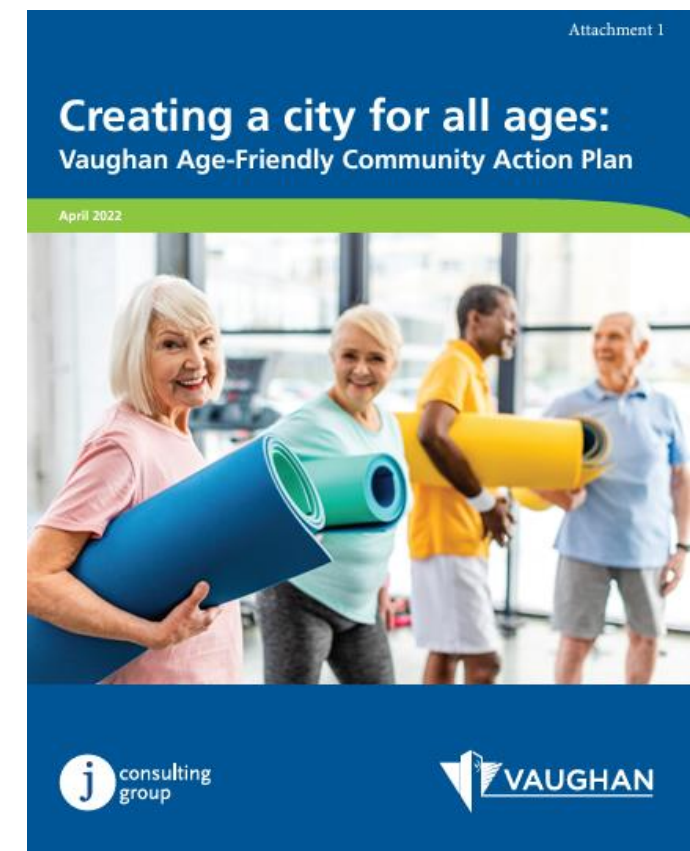
HOW DOES YORK REGION'S BUILT ENVIRONMENT PROGRAM SUPPORT THE VAUGHAN AGE-FRIENDLY COMMUNITY ACTION PLAN?

2. Through parks planning, continue to ensure that park and open space design incorporate spaces and amenities that are accessible and encourage physical activity, wellness, and recreational opportunities for all ages.

3. Continue to make improvements to street lighting, pedestrian crossings and signal times, and overall community safety.

4. Expand opportunities to support the development of community gardens accessible to all ages and abilities.

5. Identify opportunities to create more walkable neighbourhoods.



COMPLETE COMMUNITIES



Support convenient access to amenities.



Provide transportation options and mitigate climate change.



Increase access to green spaces for outdoor recreation.



Support equitable access to nutritious and affordable food.



Provide low carbon, affordable housing options.

AGE-FRIENDLY COMMUNITIES

- **Most seniors prefer to age in place:** To stay in their own home as they grow older or in a more appropriate home in the same community.
- **Keep seniors healthier, longer:** As seniors get older, they are more likely to develop chronic health conditions and issues with mobility.
- **Age-Friendly Complete Communities support seniors to age in place through:**
 - Innovative and affordable housing options.
 - Movement around the neighbourhood as conveniently and independently as possible.
 - Easily accessible support services.
 - Easily accessible amenities.

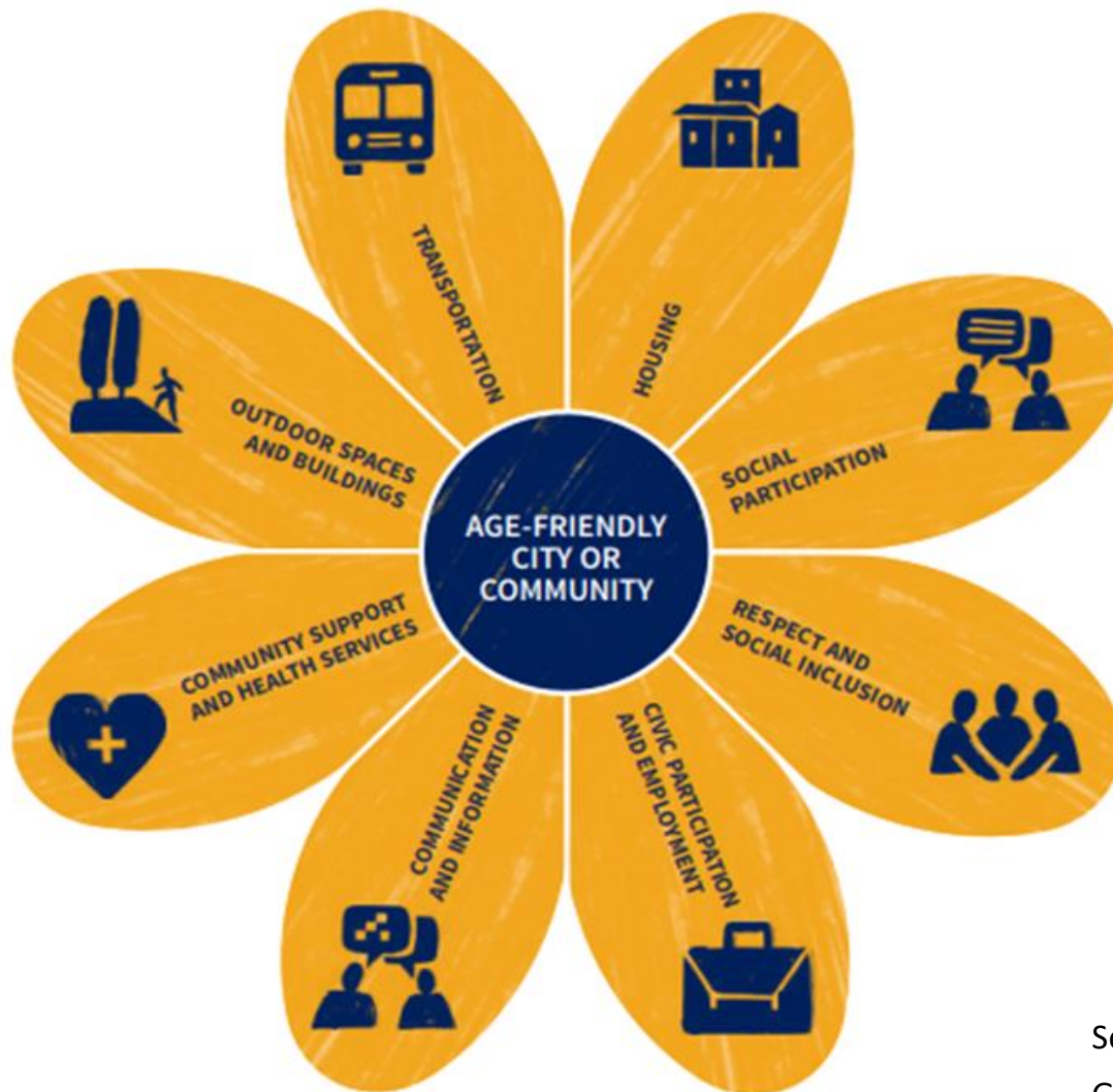
CANADIAN PHYSICAL ACTIVITY TARGETS FOR OLDER ADULTS

- The Canadian Physical Activity Guidelines recommend at least 150 Minutes of moderate to vigorous intensity physical activity per week for older adults aged 65 and older:
 - Only half of York Region adults meet these guidelines.
 - Only 33 per cent of individuals 60 to 79 years of age in Canada meet these guidelines.
- Meeting these physical activity guidelines helps to maintain strength and flexibility, balance and coordination, which help to reduce the risk for falls and maintain good health and independence.
- Age-Friendly, Complete Communities support opportunities for residents to be physically active while carrying out daily activities.

THE BUILT ENVIRONMENT AND HEALTH OUTCOMES

Providing greater availability of and greater access to well connected communities, parks, green spaces, healthy food options, and active transportation options can:

- Increase physical activity rates for all age groups.
- Reduce chronic disease.
- Reduce social isolation.
- Improve mental health.
- Improve health outcomes.



WHO Age-Friendly Domains of Action:

- Communication and Information.
- Community Support and Health Services.
- Civic Participation and Employment.
- Housing.
- Outdoor Spaces and Buildings.
- Respect and Social Inclusion.
- Social Participation.
- Transportation.

Source: [National programmes for age-friendly cities and communities: a guide.](#)
Geneva: World Health Organization; 2023. License: CC BY-NC-SA 3.0.IGO.

DISCUSSION AND QUESTIONS

DISCUSSION QUESTIONS

1. Are there any community partners or groups of older adults you work with who could benefit from our Healthy Aging workshop? Please contact us at IPHABE@york.ca or 1-877-464-9675 ext. 71084.
2. Are there any seniors serving organizations or caregivers who could benefit from the Step Ahead in Older Adults training program?



QUESTIONS?



THANK YOU!



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