

AGE-FRIENDLY VAUGHAN ADVISORY COMMITTEE – JUNE 24, 2024**COMMUNICATIONS****Distributed June 17, 2024**

C1. Presentation material.

Item

2

Distributed June 20, 2024

C2. Presentation material.

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Please note there may be further Communications.

C 1

Communication

Age-Friendly Vaughan

Advisory Committee – June 24, 2024

Item No. 2

VMC Signage Pilot Program

Age Friendly Vaughan Advisory Committee

June 24, 2024

Agenda

Key Points of Discussion

- Overview of VMC Signage and Wayfinding Master Plan
- VMC Signage Pilot – Typologies and Locations
- Engagement tactics to evaluate VMC Signage Pilot
- Future Implementation Plan
- Review of Action Items from the Vaughan Age-Friendly Community Action Plan
- Pilot Signage Evaluation



VMC Vaughan Metropolitan Centre Signage and Wayfinding Master Plan

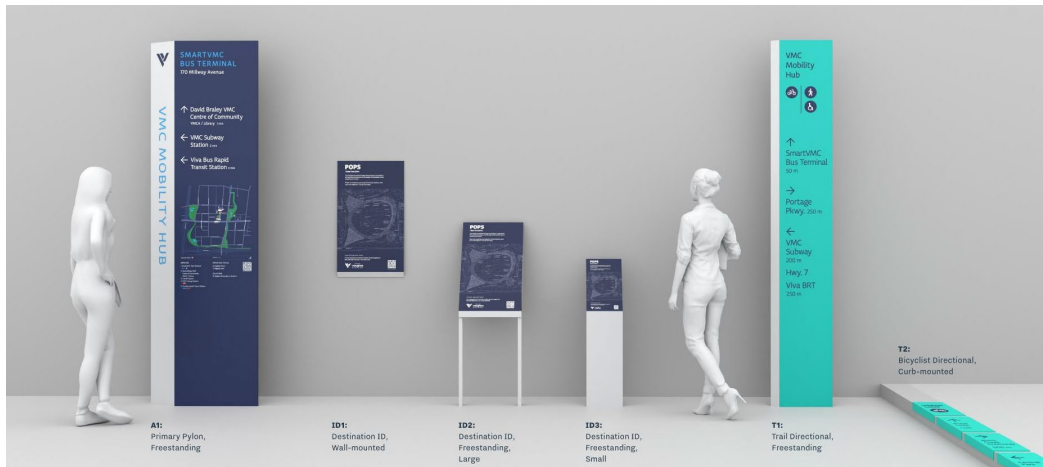
THE CYGHUS DESIGN GROUP INC.
Unit 303, 145 Front St. East, Toronto, Ontario M5A 1E3

DATE
27 September 2023

Signage & Wayfinding

Background and Purpose

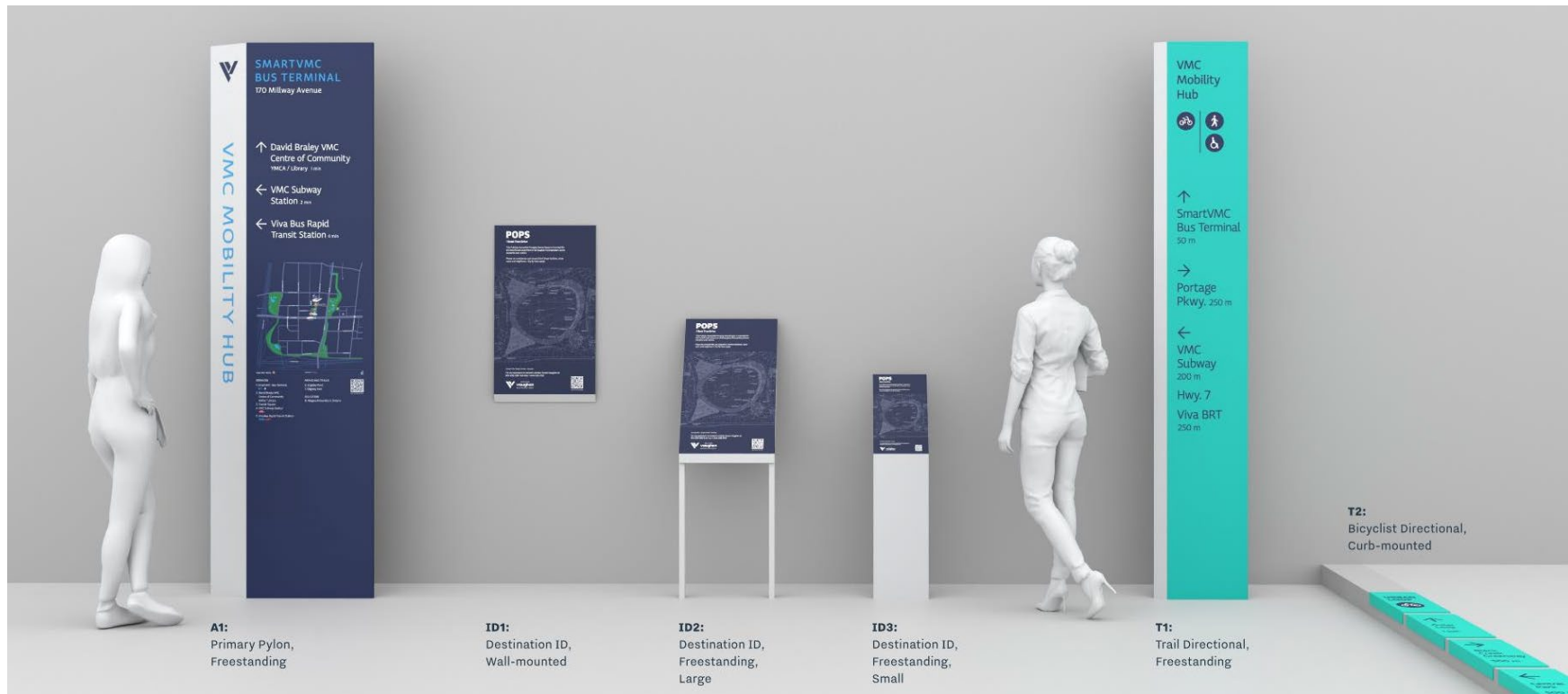
- The Signage and Wayfinding Masterplan was created to support the goals and intent outlined in the VMC Streetscape and Open Space (SOS) Plan and the **VMC Parks and Wayfinding Master Plan (PWMP.)**
- The plan was developed in conjunction with the PWMP by Cygnus Design Group (a sub-consultant) to help define how residents, visitors, and businesses perceive the VMC and navigate through it.
- A public consultation process that included a Technical Advisory Committee (TAC), other key stakeholders and the public helped to inform and shape the plan.



Signage & Wayfinding

The Sign System

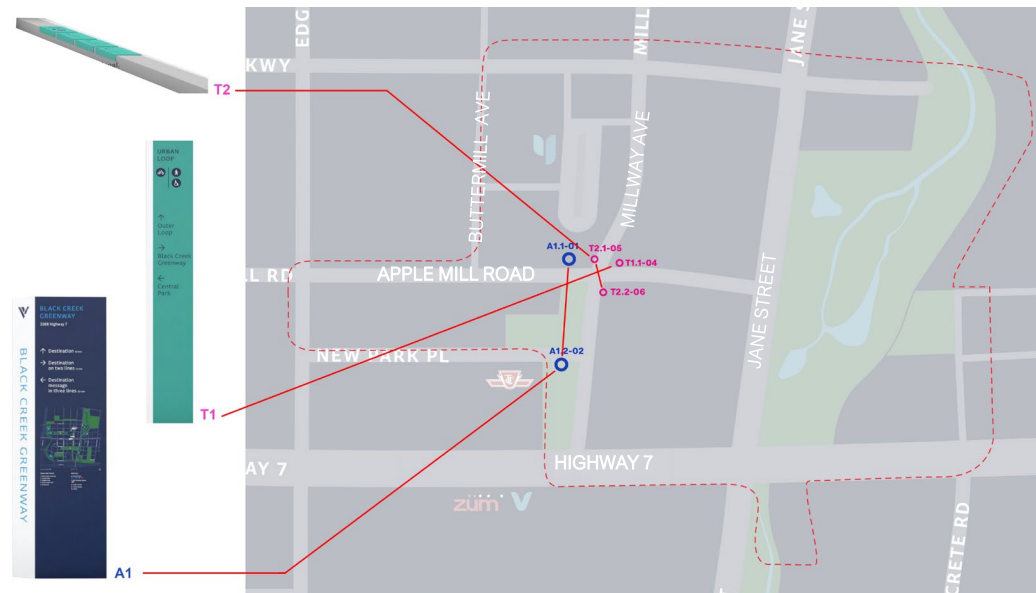
- The VMC Wayfinding Signage consisted of six sign types to help residents and visitors confidently navigate the area, identify points of interest and provide paths to established trails.
- The signage system was designed around key wayfinding principles of **consistency, interconnectedness, simplicity, progress disclosure** and being **user focused**.



Signage & Wayfinding

VMC Signage Pilot

- A Signage pilot has been implemented within the developed core of the VMC to test its efficacy and resiliency.
- Four signs are located at the intersection of Millway Avenue and Apple Mill Road, adjacent to the Smart VMC Bus Terminal. One sign is located south of New Park Place and Millway Avenue, adjacent to the VMC Subway Station
- Prototypes were **fabricated** and **installed** at the end of Q4 of 2023.





Signage & Wayfinding

Engagement Tactics

- VMC Staff have participated in various **Engagement Tactics** with Corporate Communication to call upon residents and visitors to assess the **durability** and **effectiveness** of the signage.

Engagement Tactics include:

1. Online Survey – Begin Q1, 2024 and End Q3, 2024 – Ongoing
Available for all residents and visitors of the VMC to complete, accessible via the Sign QR Code and the City of Vaughan Website.

2. UX Advisory Group – Q2, 2024 – Completed

Four individuals were selected to provide their detailed comments evaluating the functionality, design, accessibility and overall effectiveness of the pilot signage through a prepared workbook assignment.

3. In Person Pop-Up – Q2 and Q3, 2024 – Completed

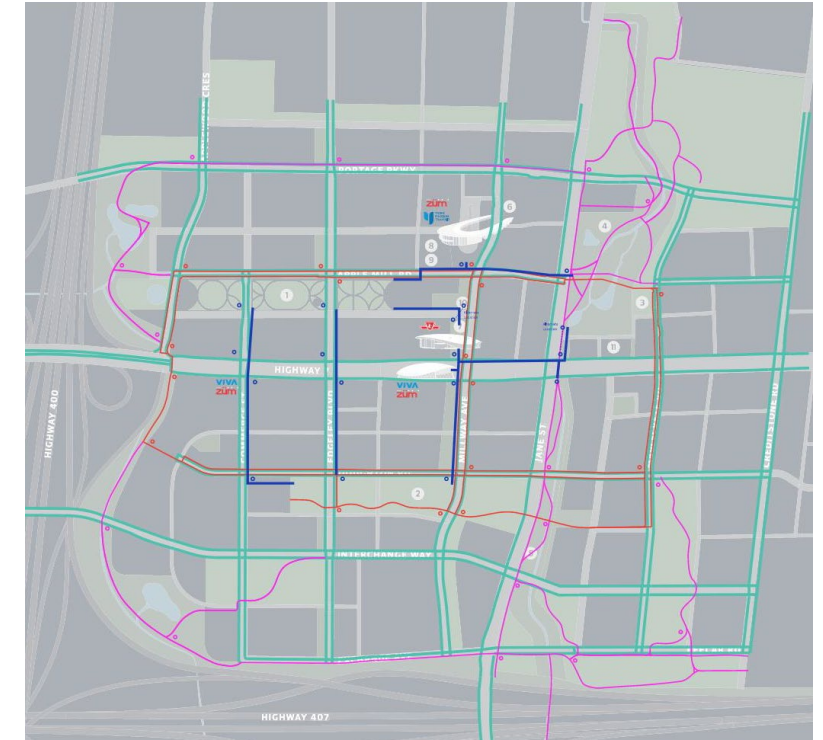
VMC Staff attended a Concerts in the Park event at Transit Square to speak to residents and visitors about the Signage Pilot and gather feedback.



Signage & Wayfinding

Implementation

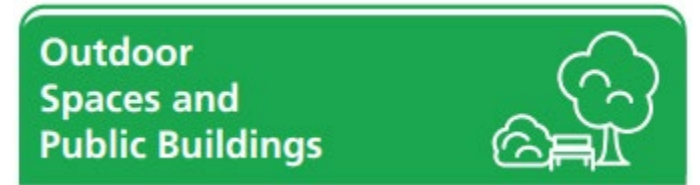
- Feedback received will be used to enhance and further develop the VMC Wayfinding Signage.
- The City could then engage an external consultant to further refine the Wayfinding Signage and produce an implementation plan throughout the downtown.



- Sign Type A1
- Sign Type T1/T2 (Urban Trail)
- Sign Type T1 (Outer Trail)
- On-road Cycling Facilities
- Pedestrian Flow

Age Friendly Community Action Plan

Outdoor Spaces and Public Buildings



#2 – Continue to ensure park and open space design incorporate accessibility, safety, recreational opportunities

#3 – Continue to make improvements to age-friendly street design

- The VMC Pilot Signage Program was designed with a user focus in mind to meet the needs of all community members, regardless of age or abilities.
- Sign locations and sign content must meet or exceed AODA Requirements, the Vaughan Inclusive Design Standard, and other applicable standards. A minimum clearance of 1.5m is required around all signs for accessibility.
- To ensure maximum visibility, wayfinding signs must face perpendicular to the flow of pedestrian traffic, with the white fin closest to the road. At parks and greenspace entrances, wayfinding signage should be oriented to face pedestrians entering the site.



Signage & Wayfinding

Discussion and Next Steps

- We are looking for volunteers from the Age-Friendly Vaughan Advisory Committee to review the Pilot signage and provide feedback.
- Committee members would be required to conduct an onsite visit and complete the survey. A hardcopy evaluation workbook can be made available on request.
- In the meantime, we have a few questions that we would like to ask the Committee regarding visibility and legibility of the signage.

Signage & Wayfinding

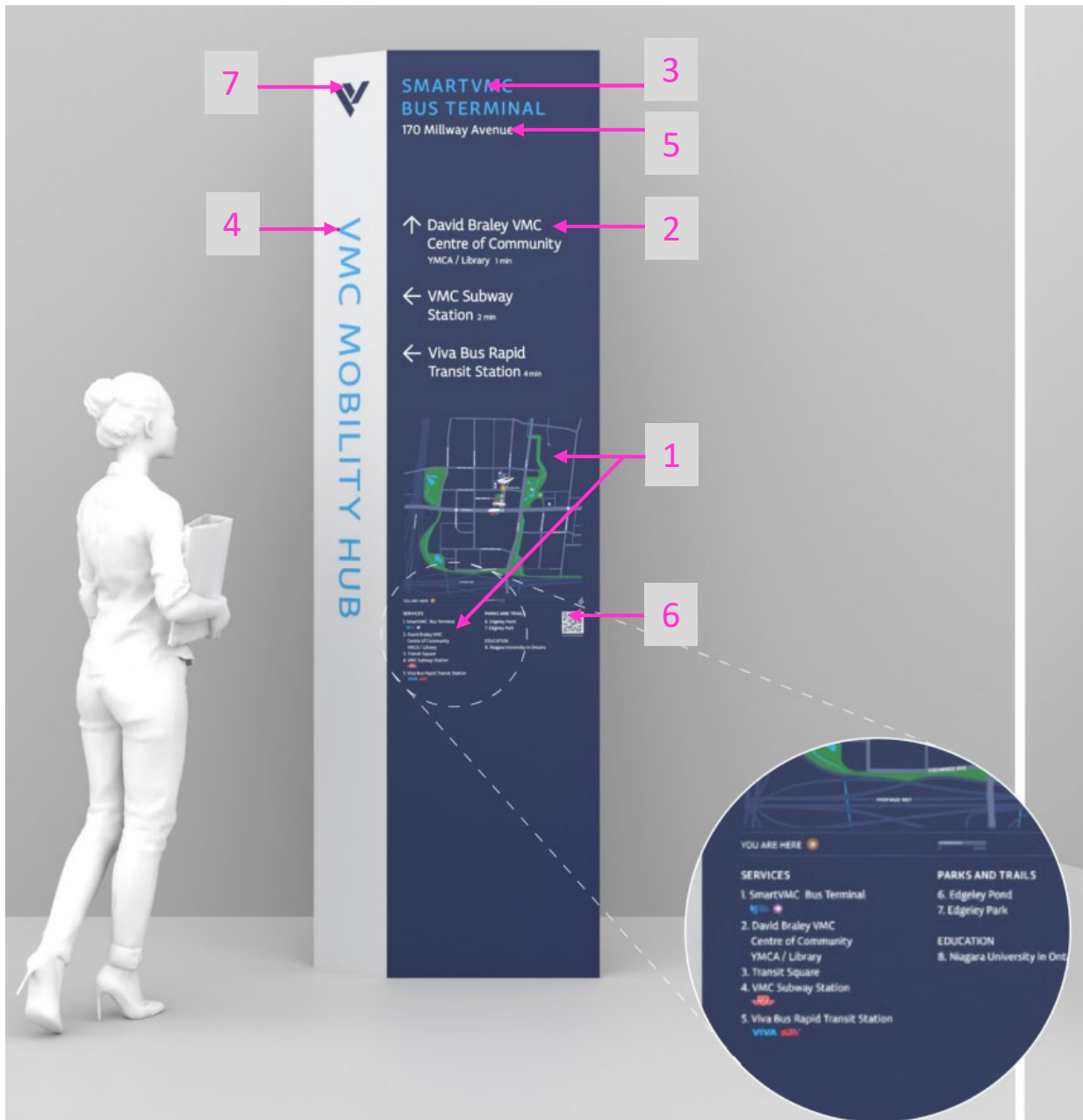
The Sign System

A1: Primary Pylon, Freestanding

- Large, double-sided pylon with area identification and a map directory to orient pedestrians and support them in navigating and understanding the bounds of the VMC.

Sign features:

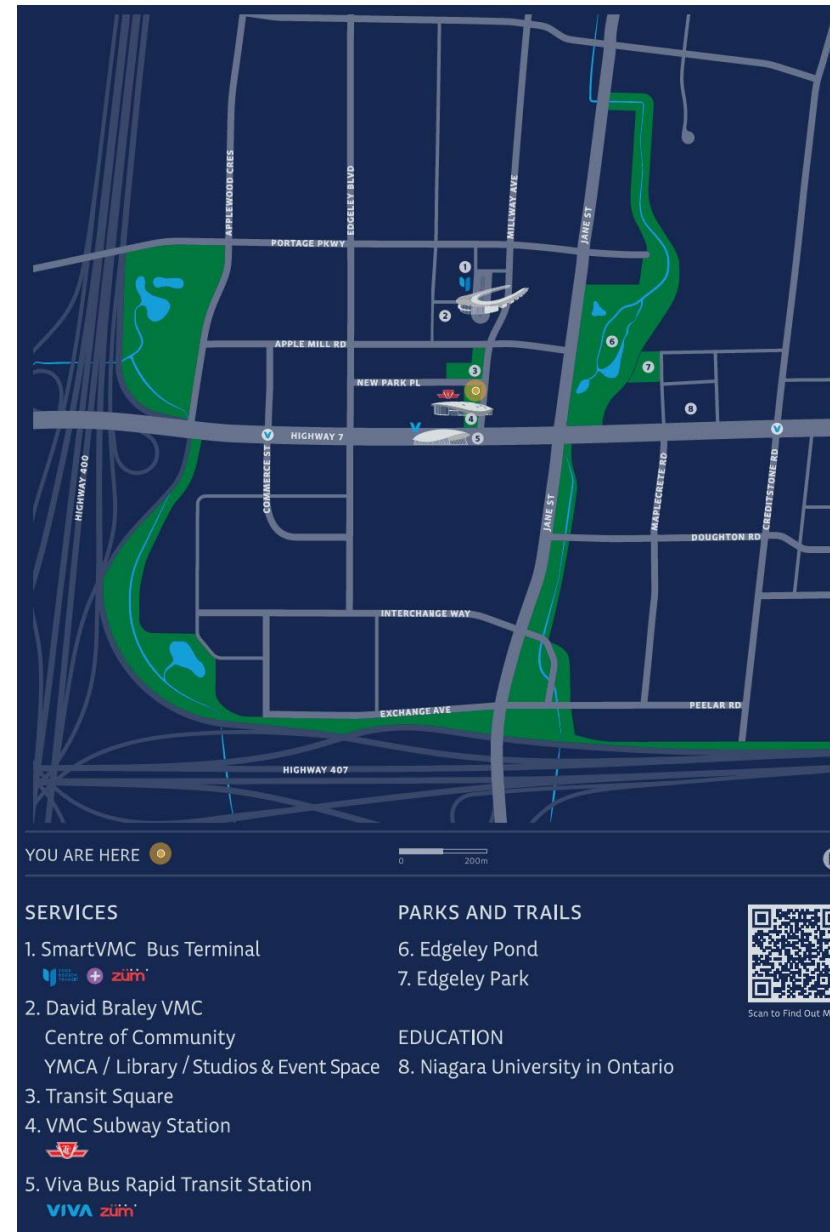
1. Map showing an overview of the VMC, map legend, scale, and north markers
2. Simple directional information to nearby parks and major amenities with average walking times
3. Name of park, area, or transit
4. Name of Urban 'Zone'
5. Nearby address or point of reference to convey to EMS in case of Emergency
6. QR Code to City Website
7. VMC Branding



Signage & Wayfinding

The Sign System A1: Primary Pylon, Freestanding

- Can the Pylon sign be easily spotted from a distance? Are there additional features that could be added to make the sign more identifiable?
- Is the sign easy to interpret and legible to read? Are the directional arrows and estimated walking time helpful?



Signage & Wayfinding

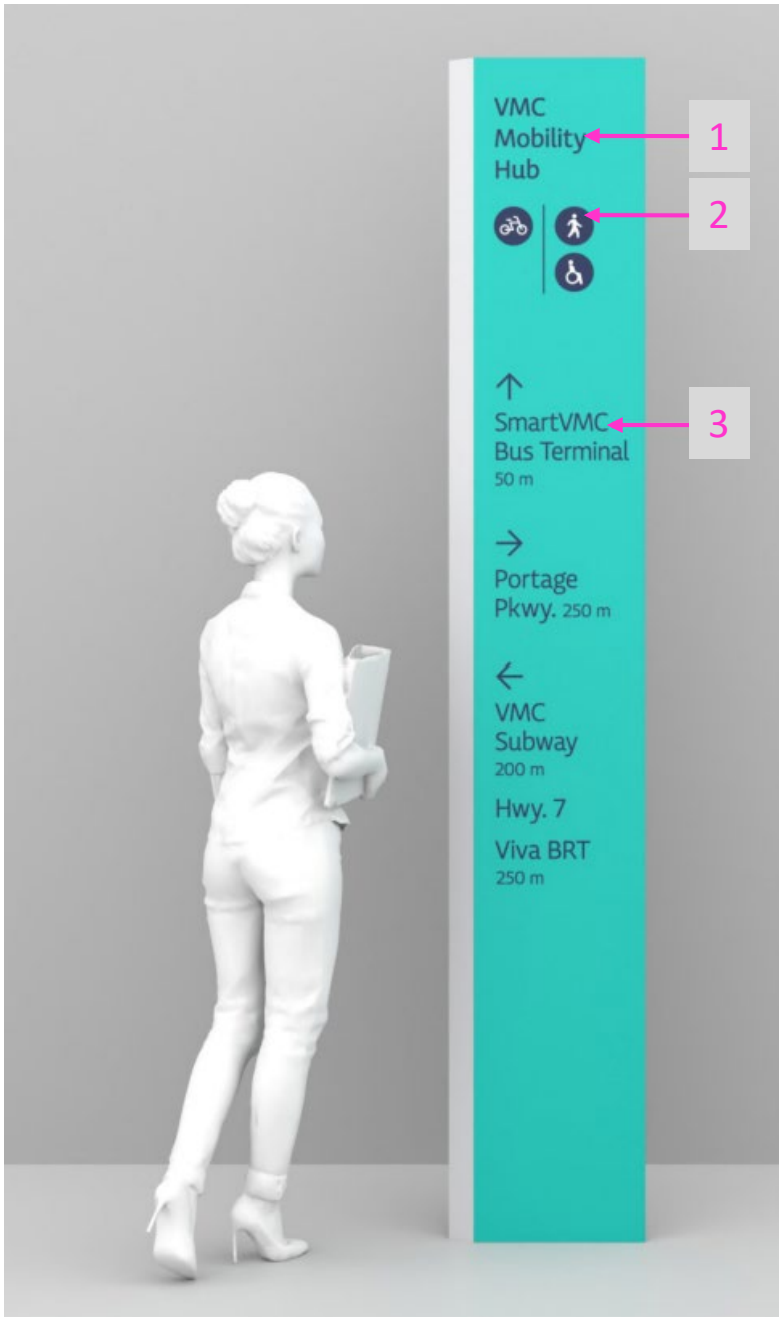
The Sign System

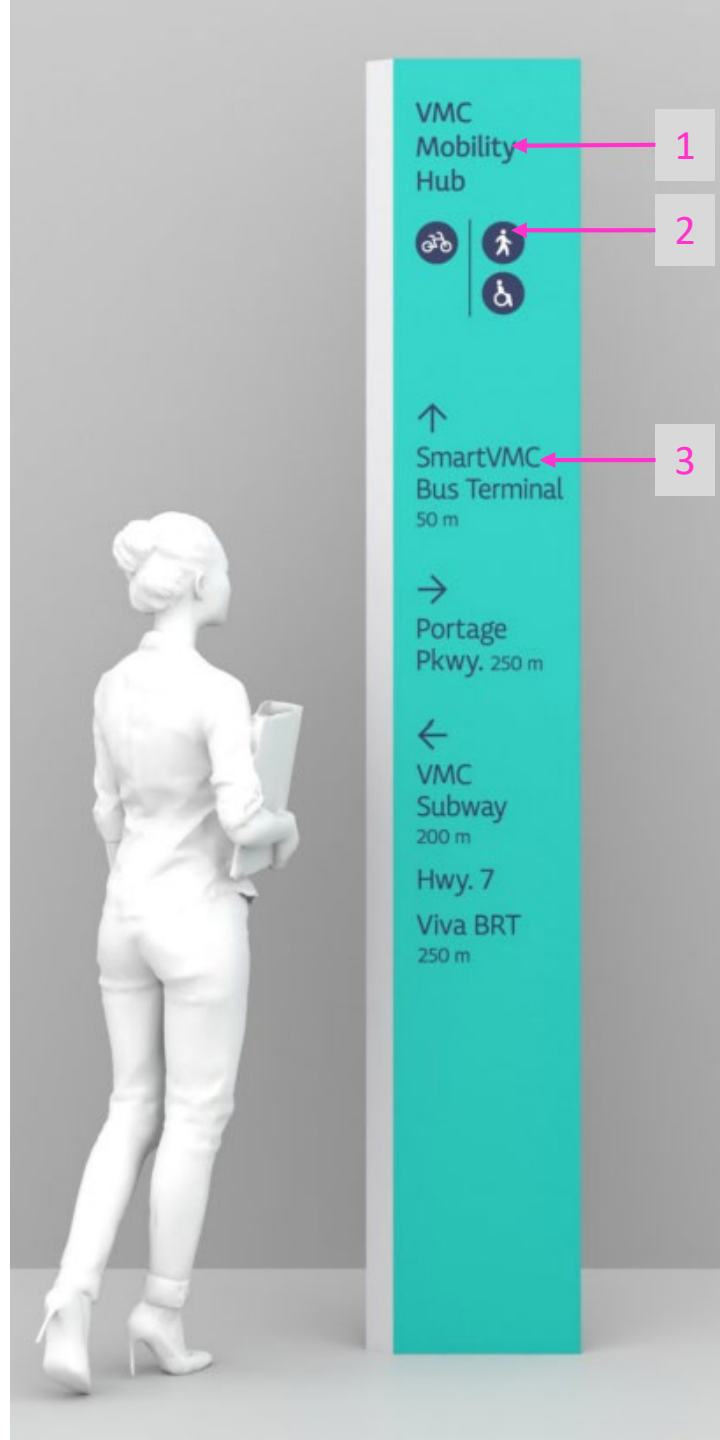
T1: Trail Directional, Freestanding

- Positioned along Pedestrian, Cyclist Trail Routes intended to provide directions to nearby parks and amenities, and assist in navigating along the established trail. The sign may also be used on curb-less routes where installation of T2 sign is not feasible.

Sign features:

1. Identification of the trail or area.
2. Identifies permitted trail users, and where applicable, to which trail lane they should be using.
3. Simple directional information to nearby parks and major amenities with average walking times





Signage & Wayfinding

The Sign System

T1: Trail Directional, Freestanding

- Can the sign be easily spotted from a distance? Are there additional features that could be added to make the sign more identifiable?
- Is the sign easy to interpret and legible to read?
- Are the directional arrows and estimated distances helpful?

Signage & Wayfinding

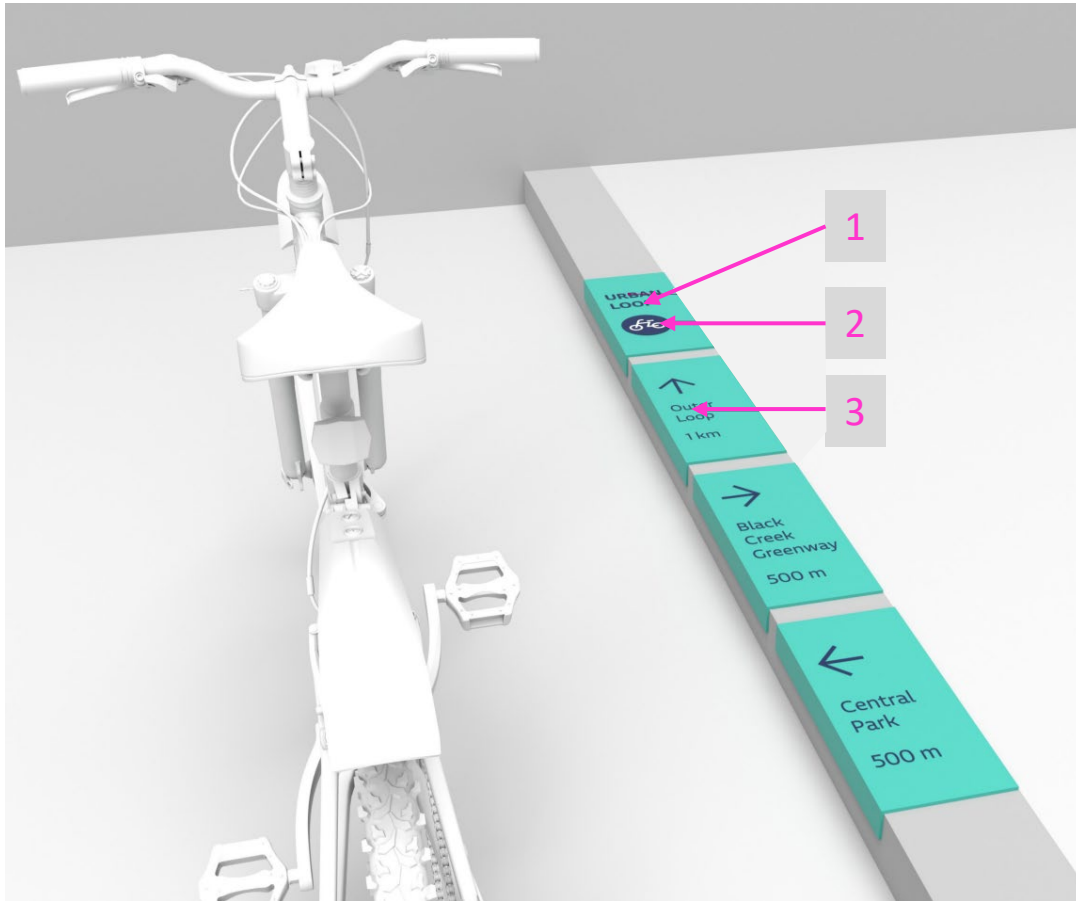
The Sign System

T2: Bicyclist Directional, Curb-Mounted

- Positioned along cycling facilities and are intended to provide directions to nearby parks and amenities and assist in navigating along established cycling facilities.

Sign features:

1. Identification of the trail or area.
2. Identifies trail for cyclists
3. Simple directional information to nearby parks and major amenities with average walking times



Signage & Wayfinding



The Sign System T2: Bicyclist Directional, Curb Mounted

- Is the curb mounted signage easy to see from a distance? Are there additional features that could be added to make the sign more identifiable?
- Is the signage easy to interpret and legible to read?
- Are the directional arrows and estimated distances helpful?

Signage & Wayfinding

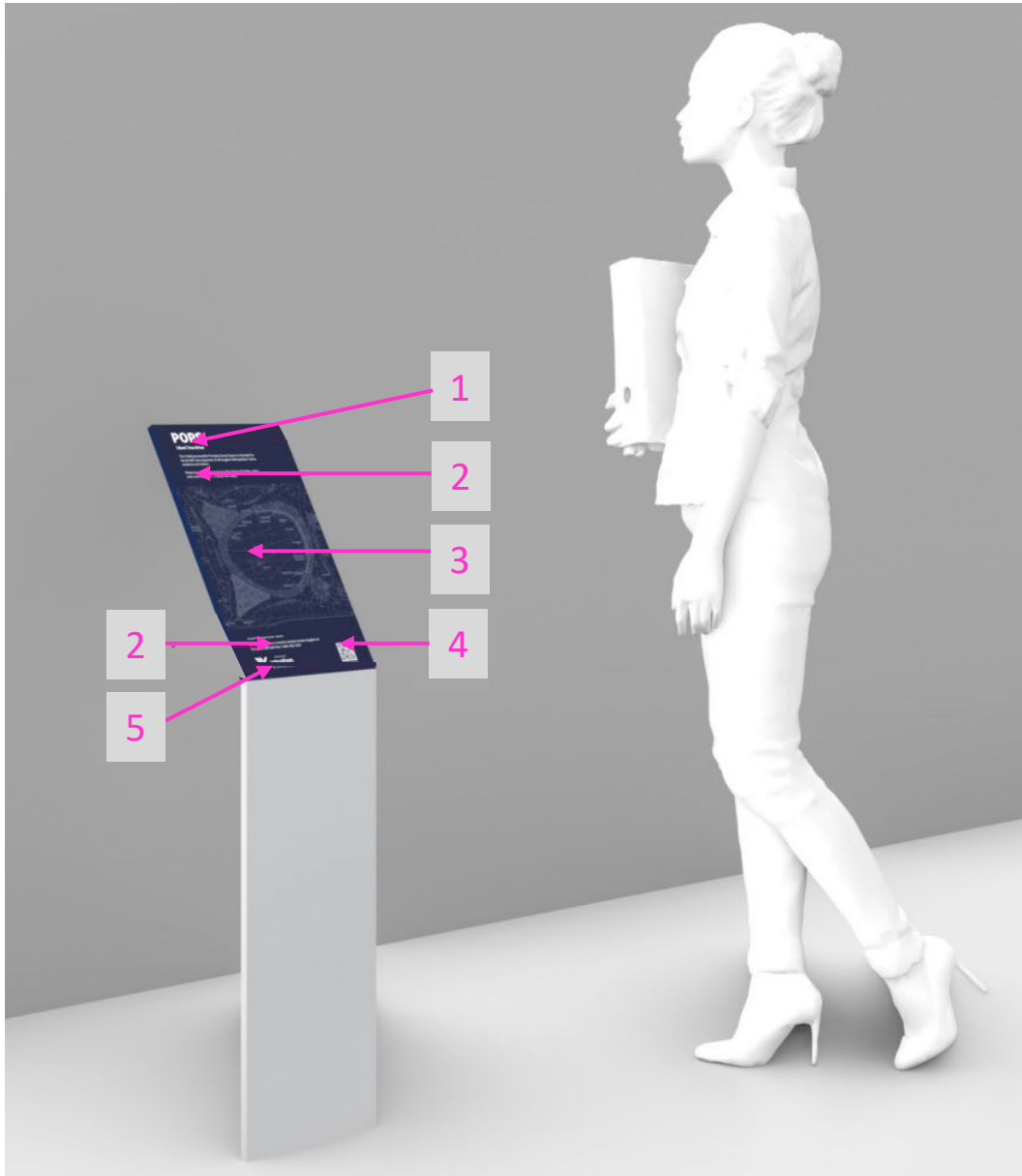
The Sign System

ID3: Destination ID, Freestanding, Small

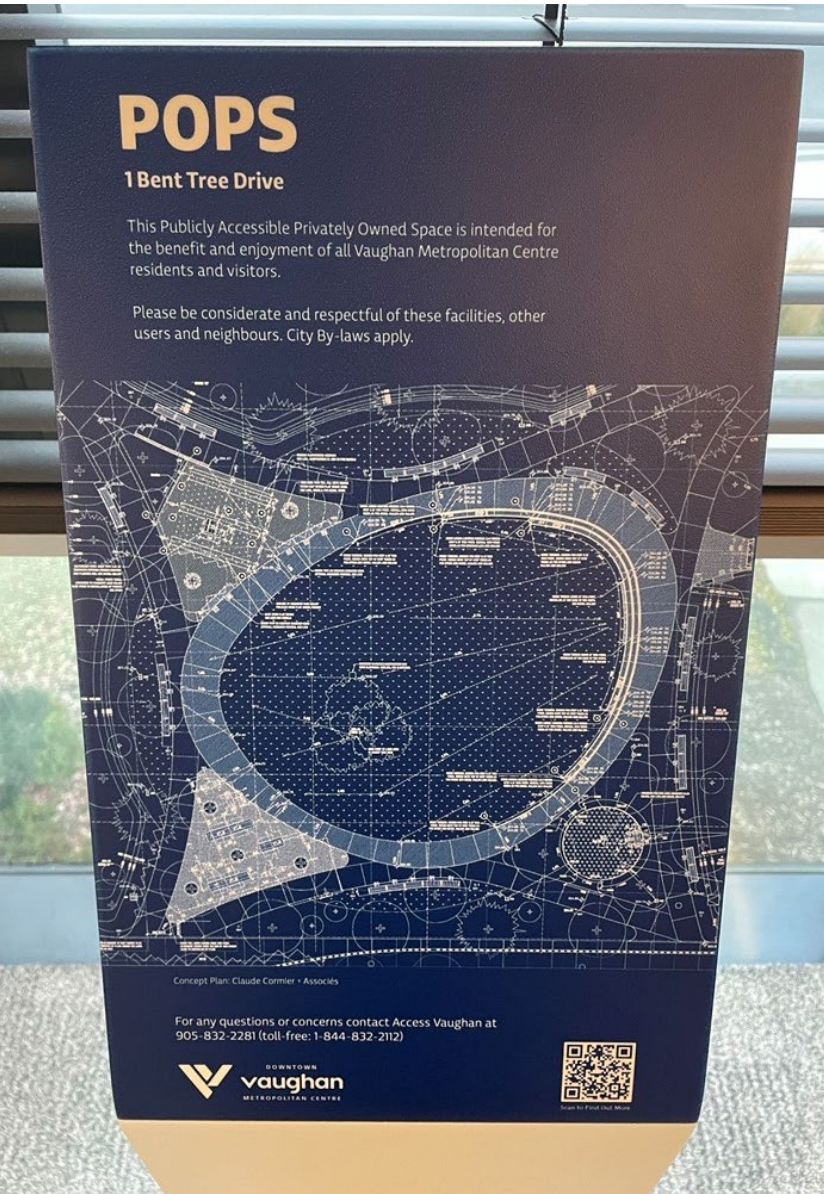
- Identifies publicly accessible areas, such as mews or pops, and provides interpretive information to the reader about the site location, history, proposed amenity feature etc.

Sign features:

1. Identification for the Mews or POPS area, including its address
2. Interpretive information (optional)
3. Graphic plan layout of the proposed public space
4. QR Code to City Website
5. VMC Branding



Signage & Wayfinding



The Sign System ID3: Destination ID, Freestanding, Small

- Can the sign be easily spotted from a distance? Are there additional features that could be added to make the sign more identifiable?
- Is the sign easy to interpret and legible to read? Is the text size and plan graphic readable?

Connect with VMC Program

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Gaston Soucy

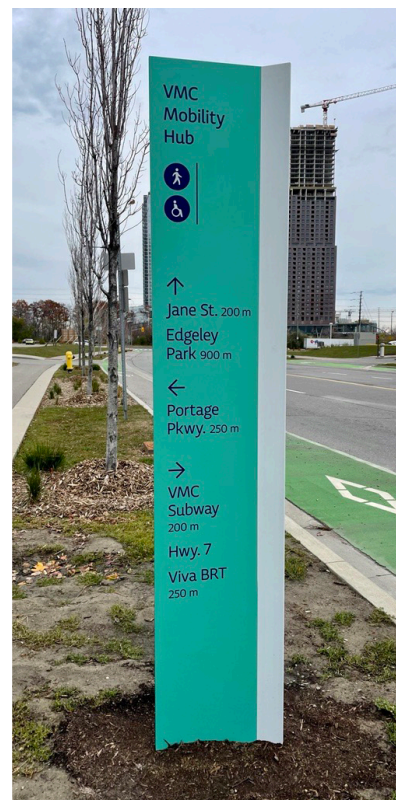
Senior Manager, Planning and
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Gaston.Soucy@vaughan.ca

Andrea Shotlander

Project Manager, Urban Design,
VMC Program

Andrea.Shotlander@vaughan.ca



Have you seen the new wayfinding signs around the VMC?

We want to hear from you!



Take a survey

Complete an online survey at vaughan.ca/VMCParks until **Monday, Sept. 30.**

Contact: Andrea Shotlander, Project Manager
andrea.shotlander@vaughan.ca
905-832-2281, ext. 8035



C 2

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

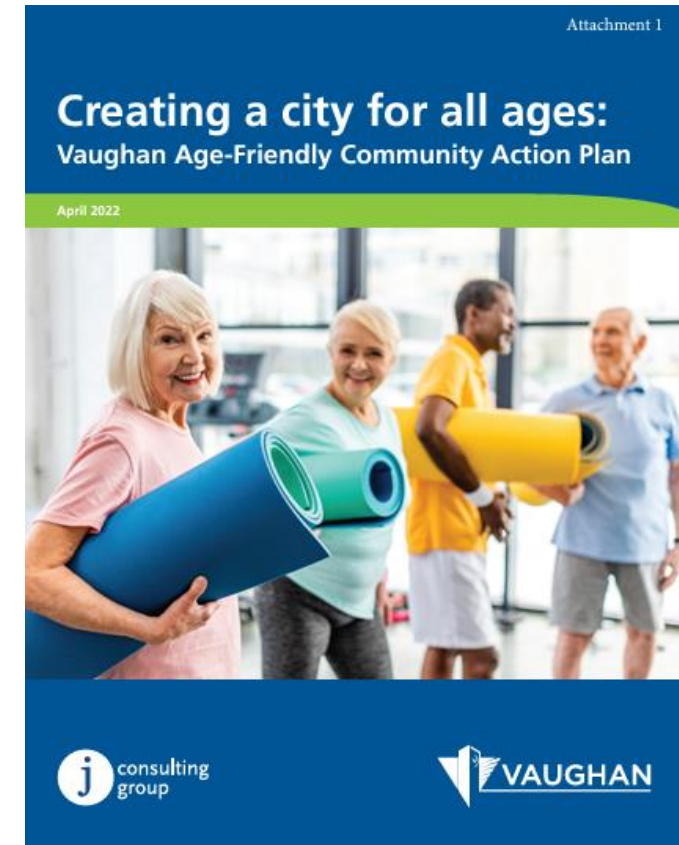
- Healthy Aging Program and making connections to the Vaughan Age-Friendly Community Action Plan.
- Built Environment Program and making connections to the Vaughan Age-Friendly Community Action Plan.
- Discussion and questions.



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.

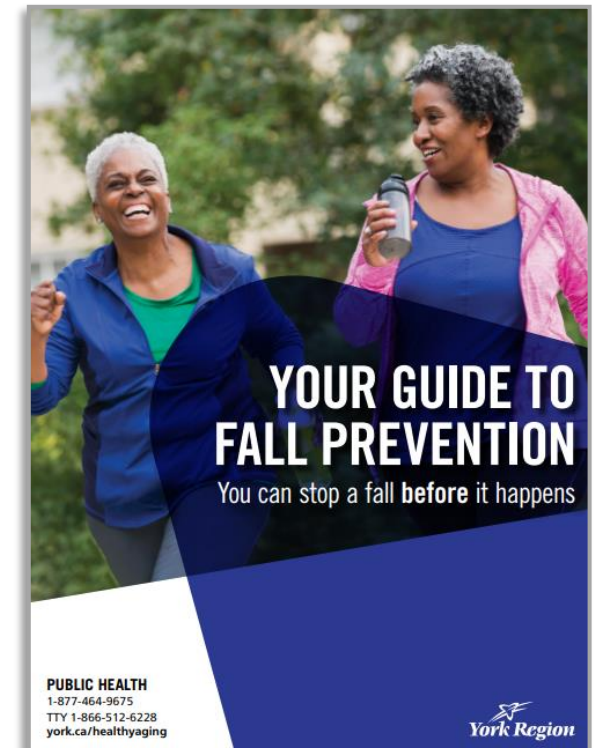
[Your Guide to Fall Prevention](#)

[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 resources to reduce the likelihood of a fall	Prevent/premit resources to reduce the likelihood of a fall	Prevent/premit resources to reduce the likelihood of a fall	Prevent/premit resources to reduce the likelihood of a fall
Assessment/Referral	• Screen for fall risk using validated tools (e.g., Timed Up & Go, Berg Balance Scale, etc.)	• Screen for fall risk using validated tools (e.g., Timed Up & Go, Berg Balance Scale, etc.)	• Screen for fall risk using validated tools (e.g., Timed Up & Go, Berg Balance Scale, etc.)	• Screen for fall risk using validated tools (e.g., Timed Up & Go, Berg Balance Scale, etc.)
Screen and Assess	• Screen for fall risk using validated tools (e.g., Timed Up & Go, Berg Balance Scale, etc.)	• Screen for fall risk using validated tools (e.g., Timed Up & Go, Berg Balance Scale, etc.)	• Screen for fall risk using validated tools (e.g., Timed Up & Go, Berg Balance Scale, etc.)	• Screen for fall risk using validated tools (e.g., Timed Up & Go, Berg Balance Scale, etc.)
Interventions	• 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
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



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/services for a list of Seniors Active Living Centres and activities in your community and to improve social well-being
- ☐ Call 211 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.healthline.ca/healthline/2015/04/01/which-exercise-program-is-best-for-me/>

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](#).

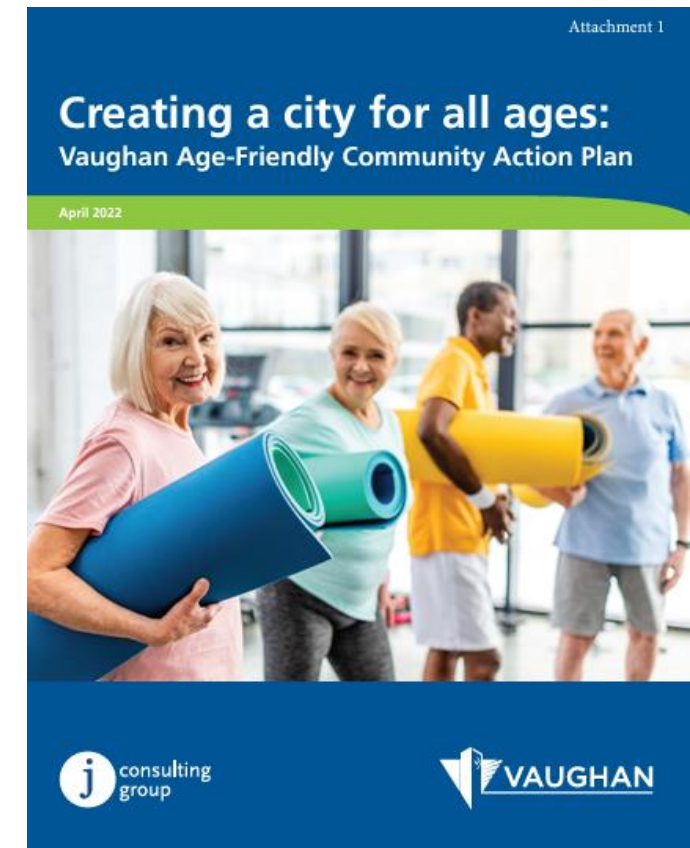
HOW DOES YORK REGION'S BUILT ENVIRONMENT PROGRAM SUPPORT THE VAUGHAN AGE-FRIENDLY COMMUNITY ACTION PLAN?

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.

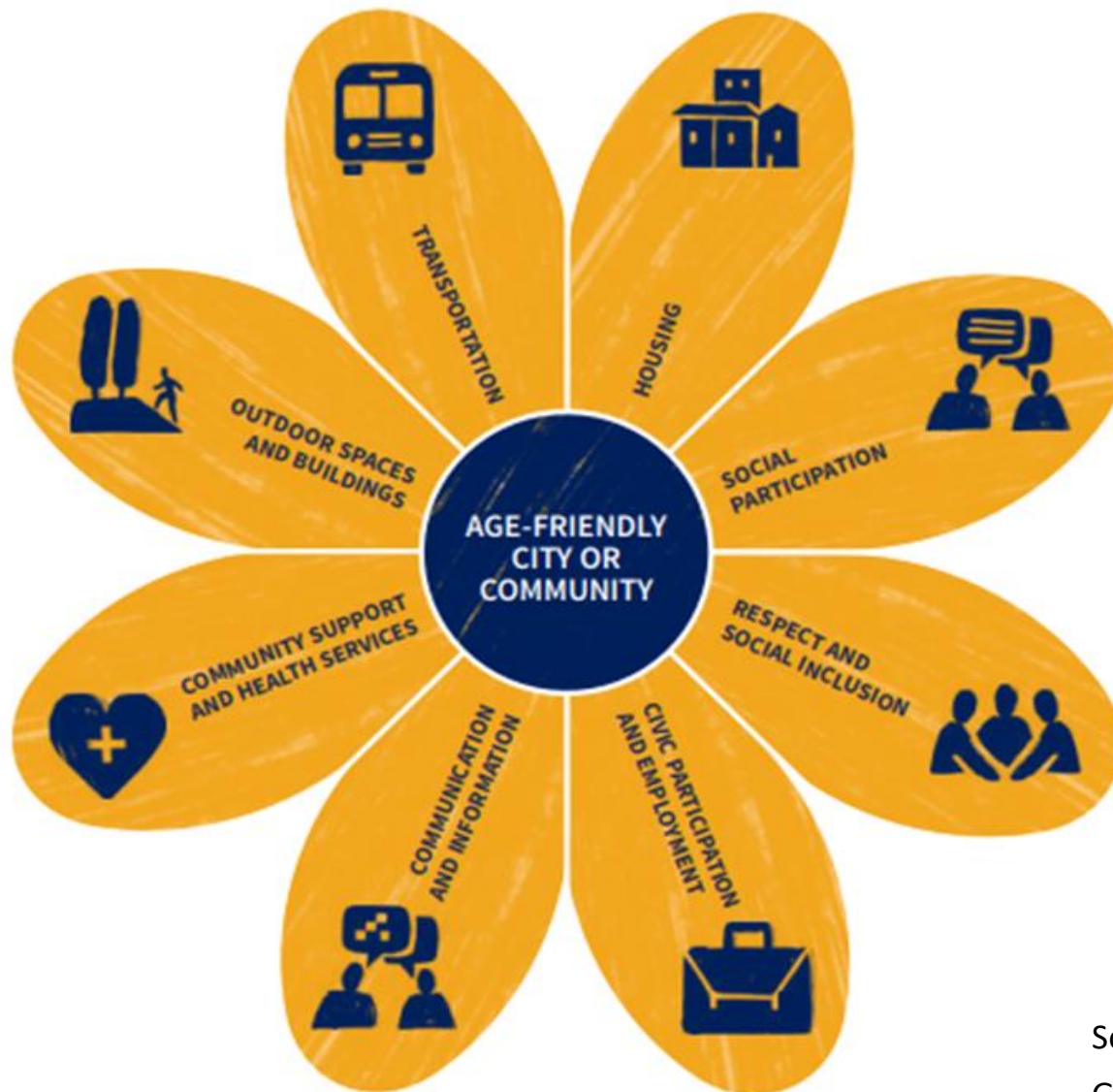
CANADIAN PHYSICAL ACTIVITY TARGETS FOR OLDER ADULTS

- 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!



REFERENCES

1. City of Vaughan. Creating a city for all ages: Vaughan age-friendly community action plan [Internet]. Vaughan, ON: City of Vaughan; 2022 [cited 2024 Jun 5]. Available from: <https://www.vaughan.ca/sites/default/files/VAUGHAN%20AGE-FRIENDLY%20COMMUNITY%20ACTION%20PLAN%20%28April%202022%29.pdf?file-version=1714054610047>
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