

The Ontario Age-Friendly Communities Outreach Program

Communication : C 2
Older Adult Task Force
November 29, 2021
Agenda Item # 4

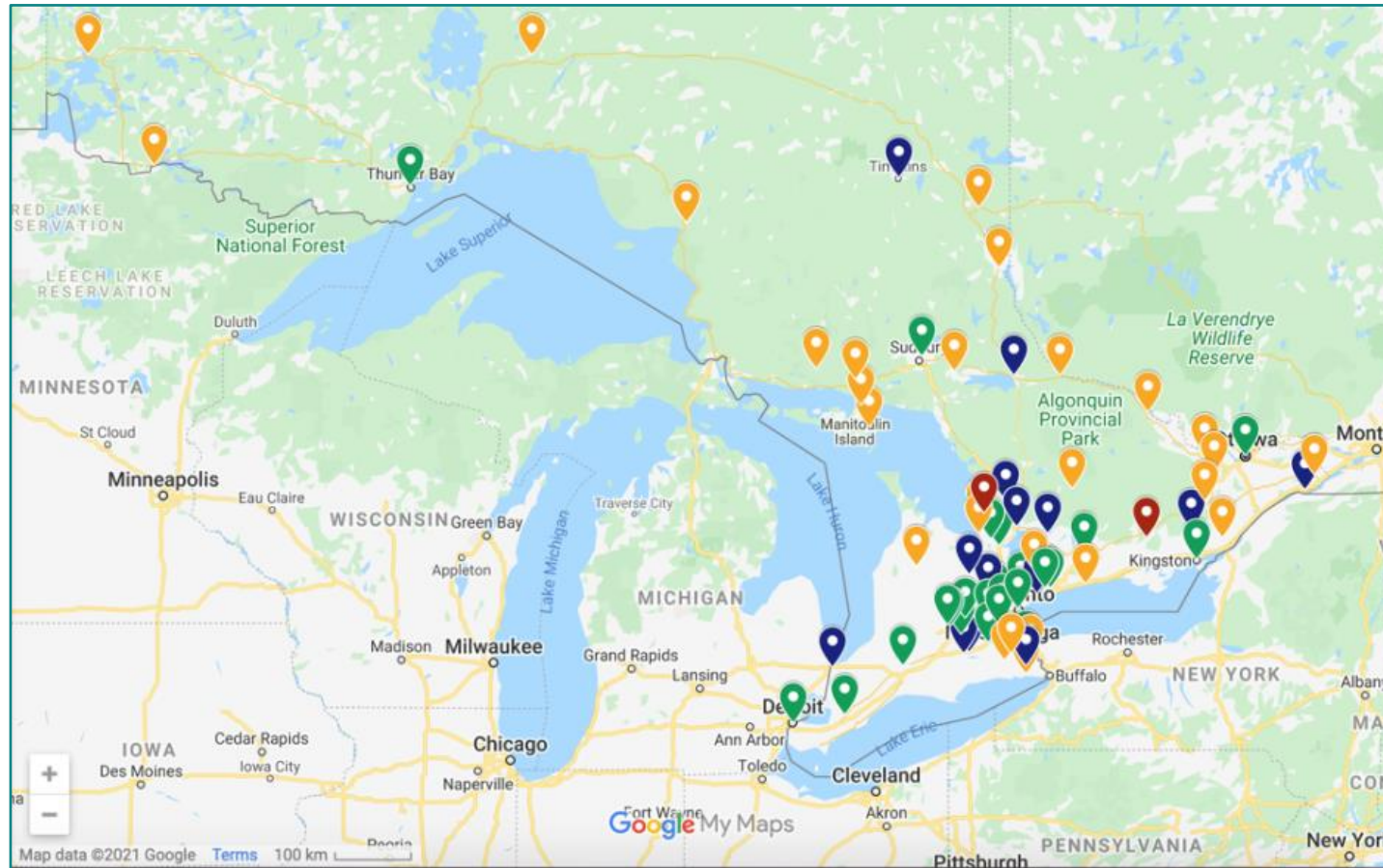
Lisa Brancaccio
The Centre for Studies in Aging & Health at Providence Care



Presentation Overview

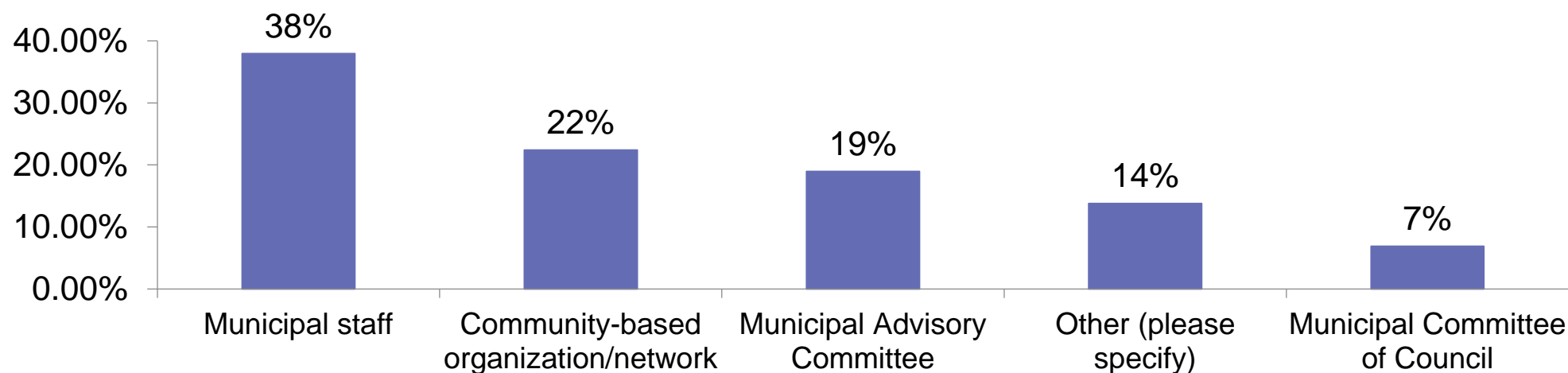
- Age-Friendly Community (AFC) Initiatives in Ontario
- The Ontario AFC Outreach Program
- Resources & Supports:
 - Ontario AFC Planning Guide
 - Website
 - Collaborative Networks
 - Annual Survey of AFC Initiatives
- FAQs: Recognition, Sustainability

AFC Initiatives in Ontario



Governance

Who leads your current AFC I[nitiative] planning/implementation?

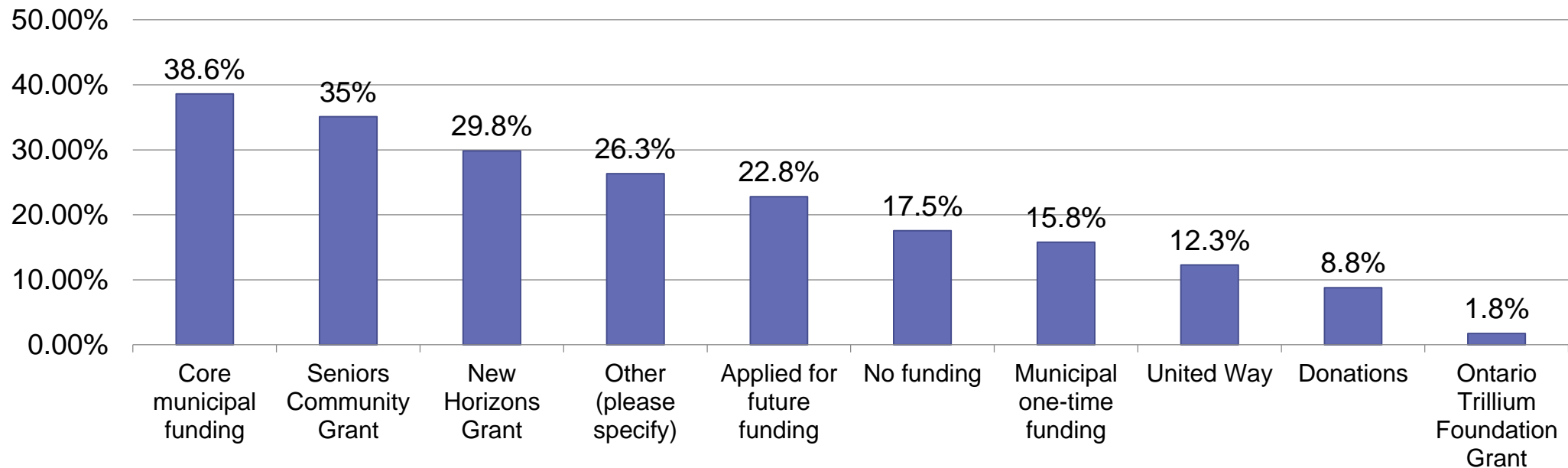


Other (14%):

- Combination of Municipal Advisory Committee and Municipal Staff (3)
- Collaboration with the City (2)
- Recreation Department (1)
- Public Health Unit (1)
- Non-profit organization (1)

Funding

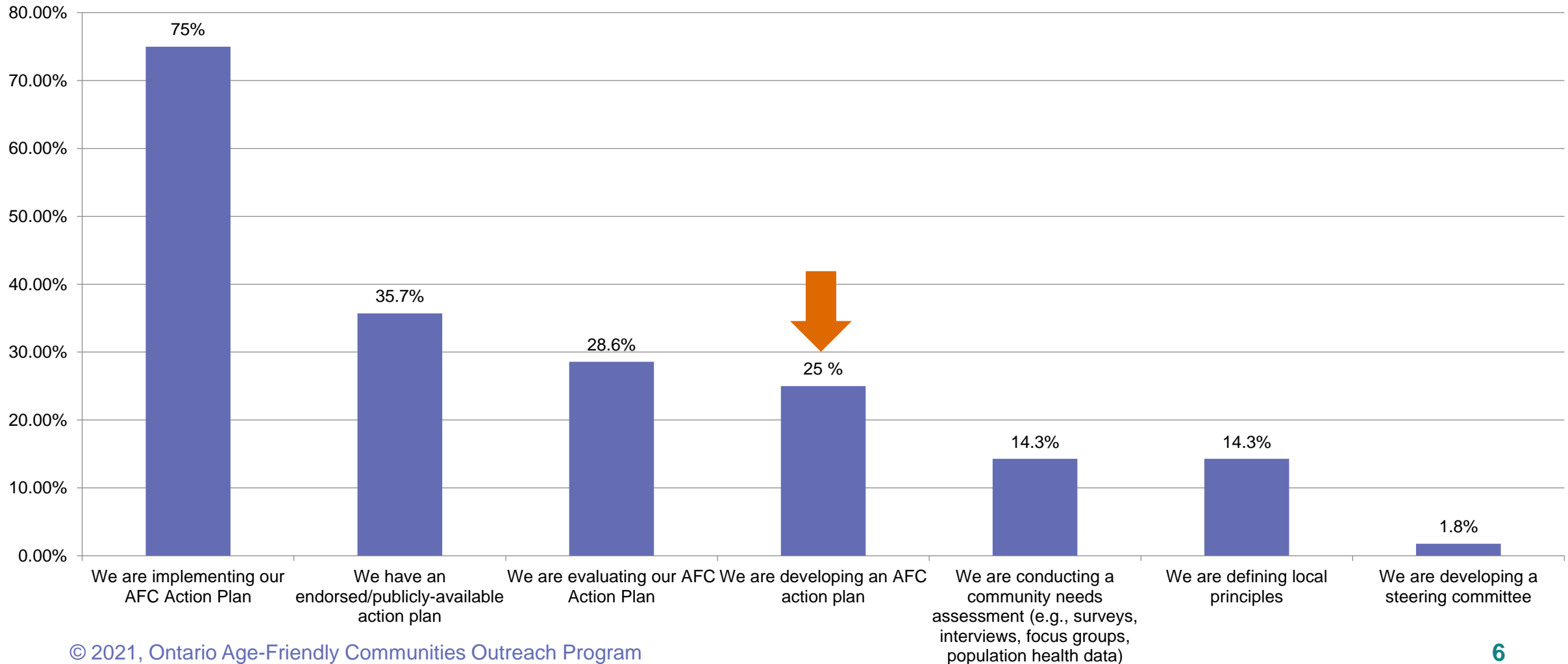
Please select all ... funding sources used for your AFC I[nitiative]
planning/implementation in ... [2020].



- Other sources of funding included: ongoing municipal funding, academic grants, private foundations, advertising fees in the AFCl newsletter
- 45% of AFCIs had multiple sources of funding

Current Activities

Please select the step[s] ... your community is currently addressing.



Ontario AFC Outreach Program

- Established in 2015
- Managed by the [Centre for Studies in Aging and Health at Providence Care](#) in partnership with Queen's University
- Funded by the Government of Ontario through the [Ministry for Seniors and Accessibility](#)

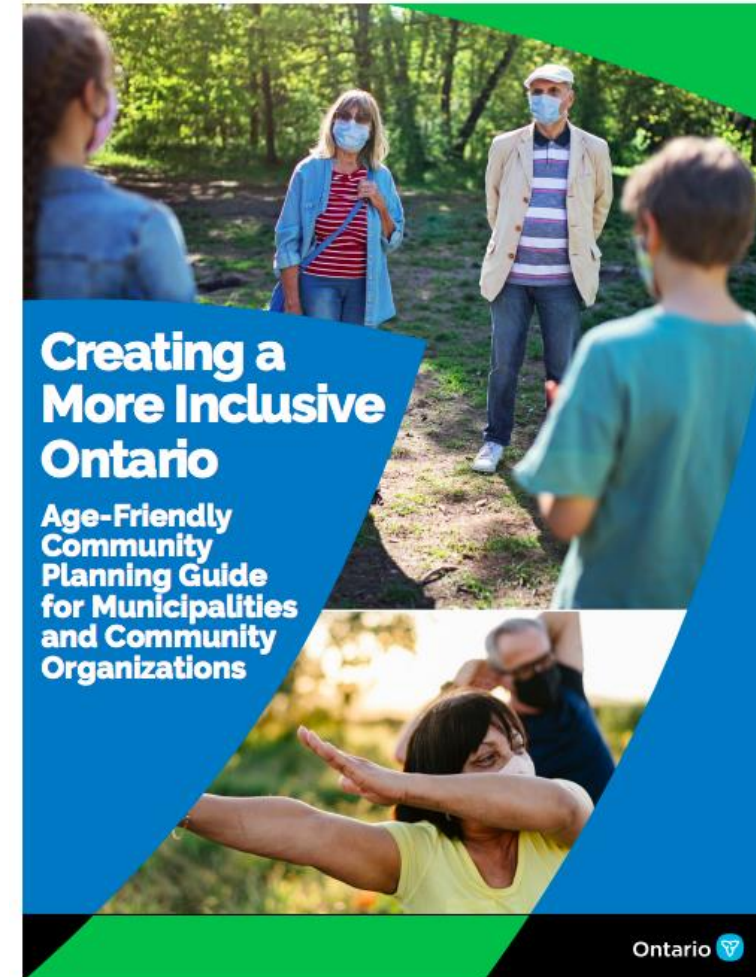
Ontario AFC Outreach Program

- Provincial Knowledge Translation and Exchange program designed to support AFC development in Ontario
- Goals are to:
 1. **Strengthen community capacity** to implement, evaluate and sustain age-friendly activities
 2. **Increase collaboration** by connecting people, ideas and resources
 3. **Raise awareness** about AFC benefits, promising practices and planning principles

Ontario's AFC Planning Guide

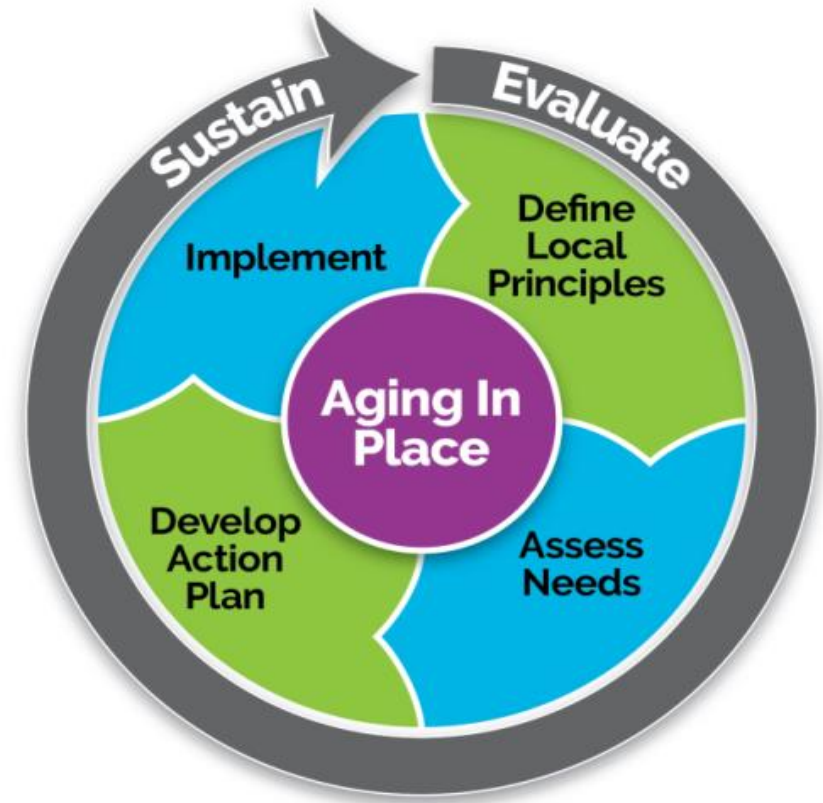
Creating a More Inclusive Ontario: Age-Friendly Community Planning Guide for Municipalities and Community Organizations

- Diverse populations addendum
- AFC planning toolkit
- Virtual events planning resource



Ontario's AFC Planning Guide

- 4 interconnected steps:
 - Define Local Principles
 - Assess Need
 - Develop Action Plan
 - Implement
- Evaluation as integral and ongoing activity throughout
- **12 AFC Planning Questions** help produce a detailed plan for implementing and evaluating Action Plans



Graph courtesy of *Creating a more inclusive Ontario: age-friendly community planning guide for municipalities and community organizations*.
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12 AFC Planning Questions

Step 1: Define Local Principles	<ol style="list-style-type: none"> 1. Are the right voices at the table? (Governance) 2. What is the vision for our work together? (Vision)
Step 2: Assess Needs	<ol style="list-style-type: none"> 3. What are the underlying needs and assets in the community? (Needs and Assets)
Step 3: Develop an Action Plan	<ol style="list-style-type: none"> 4. What are the short-term and long-term goals, target populations, and objectives? (Goals)
	<ol style="list-style-type: none"> 5. What changes, interventions or programs should be used to reach your AFC goals and objectives? (Best Practice)
	<ol style="list-style-type: none"> 6. What actions need to be taken so that the selected strategies “fit” the community context? (Fit)
	<ol style="list-style-type: none"> 7. What organizational capacities, partnerships and resources are needed to implement the Action Plan? (Capacities)
Step 4: Implement and Evaluate	<ol style="list-style-type: none"> 8. How will the Action Plan be implemented? (Plan and Implement)
	<ol style="list-style-type: none"> 9. How will the implementation of the Action Plan be monitored? (Process Evaluation)
	<ol style="list-style-type: none"> 10. How well did the Action Plan perform? (Outcome Evaluation)
	<ol style="list-style-type: none"> 11. How can the quality of the Action Plan be improved over time? (Quality Improvement)
	<ol style="list-style-type: none"> 12. If the Action Plan is successful, how will it be sustained and refreshed? (Sustain)

Website: www.agefriendlyontario.ca



HOME HEALTH CARE RESEARCH & INNOVATION KNOWLEDGE EXCHANGE EDUCATION AFC PARTNERSHIPS ABOUT US

ONTARIO AFC OUTREACH PROGRAM

What is an AFC?

Ontario AFC Planning Guide

AFCIs in Ontario

Interactive Maps

AFC Resources

AFC Knowledge Exchange

AFC Webinars

INITIATIVE DE SOUTIEN AUX
COLLECTIVITES-AMIES DES AINES



ABOUT THE ONTARIO AGE-FRIENDLY COMMUNITIES OUTREACH PROGRAM

The Government of Ontario funds the Ontario Age-Friendly Communities (AFC) Outreach Program through the Ministry for Seniors and Accessibility. The AFC Outreach Program is managed by the Centre for Studies in Aging and Health in partnership with Queen's University.

The AFC Outreach Program builds on and complements the *Ontario Age-Friendly Community Planning Guide*. The AFC Outreach Program aims to increase:

- awareness of age-friendly planning principles
- access to best-practice research and information
- connectivity between age-friendly community initiatives to enable the spread of promising practices and collective response to emerging gaps
- capacity of age-friendly community initiatives to plan, implement, evaluate and sustain their age-friendly activities

For any age-friendly questions, please contact the program Knowledge Broker, Lisa Brancaccio, by phone 1-844-276-5756 or email brancacl@providencecare.ca.

AFC Resources

AFC Resources

This page contains resources to inform age-friendly planning, implementation and evaluation.

[AGING](#)[AGE-FRIENDLY BUSINESSES](#)[AGE-FRIENDLY COMMUNITIES](#)[AGING RESEARCH CENTRES IN ONTARIO](#)[CIVIC PARTICIPATION & EMPLOYMENT](#)[COMMUNICATION & INFORMATION](#)[COMMUNITY SUPPORT & HEALTH SERVICES](#)[DEMENTIA-FRIENDLY COMMUNITIES](#)[HOUSING](#)[LGBTQ2S+](#)

AFC Resources

- [Global Age-friendly Cities: A Guide](#) (WHO)
- [Applying an Equity Lens in Age-friendly Communities Planning](#) (BC Healthy Communities)
- [UN Decade of Healthy Ageing](#) (WHO)
- [Impact of the COVID-19 pandemic on Canadian seniors](#) (Statistics Canada)
- [Building Connections: Promising Practices to Reduce Older Adult Social Isolation for Age-Friendly Community Initiatives](#) (Ontario AFC Outreach Program)

Knowledge Exchange: Knowledge Broker

- Ask questions
- Get connected (to people, resources etc.)
- Consult
- Request presentations
- Update online profile
- Ask for a letter of support

Knowledge Exchange: Monthly e-newsletter

- News stories
- Events
- Funding announcements
- Resources



Hello Lisa,

Our recent webinar, [Intergenerational Connections through the GrandPals Project: Insights, Discussion and Next Steps](#), discusses a successful intergenerational program, called [GrandPals](#), that connects middle school students with older adults for mutual learning, storytelling and friendship. GrandPals was first implemented in 2010 in Orangeville, Ontario with the support of the local age-friendly community initiative (AFCI) and has since been implemented in 55 classes at 9 elementary schools.

Intergenerational activities are an important age-friendly practice that have the potential to [reduce ageism, foster social inclusion](#) and enhance community vitality. AFCIs have been identified as a key partner to strengthen the impact of GrandPals and enable its growth to more communities. To view the webinar and learn how to get involved with GrandPals, [click here](#).

Kind regards,
Lisa

—
Lisa Brancaccio
Age-Friendly Communities Knowledge Broker
brancacl@providencecare.ca

Upcoming Events

November 17, 2021

Canadian Centre for Activity and Aging: [An Exercise Boost to Brain Health and Cognition](#)

Knowledge Exchange: Collaborative Networks

- Regional Age-Friendly Networks
 - Connect with other AFC Initiatives in your region
 - Bi-monthly virtual meetings
 - Northern, Eastern, Central, Southwestern
- Age-Friendly Businesses Working Group
- Community of Interest on Social Isolation and Loneliness



Webinars

■ AFC Webinar Series

PAST AFC WEBINARS

AFC Webinar – Intergenerational Connections through the GrandPals Project: Insights, Discussion and Next Steps

This webinar will provide an introduction to intergenerational programming, share key learnings from a program called GrandPals and outline the connections with age friendly action plans. GrandPals is a successful, intergenerational program that started in 2010. It connects middle school students with older adults (55+) enabling learning, storytelling and meaningful friendships.

October 27, 2021 @ 12:00 pm - 1:00 pm

AFC Webinar – Age-friendly Peterborough Health and Housing Navigation Study

In 2019, Age-friendly Peterborough (AFP) began a project to consolidate many community service directories and identify all health services and housing options available to older residents who live in the city and county of Peterborough and Curve Lake and Hiawatha First Nations.

September 15, 2021 @ 12:00 pm - 1:00 pm

AFC Webinar – Building Connections: Promising Practices to Reduce Older Adult Social Isolation for Age-Friendly Community Initiatives

The Ontario Age-Friendly Communities Outreach Program has developed Building Connections: Promising Practices to Reduce Older Adult Social Isolation for Age-Friendly Community Initiatives to provide age-friendly community initiatives (AFCIs) with an evidence-based outline for creating or adapting community programs to increase social participation and mitigate social isolation and/or loneliness in older adults.

April 14, 2021 @ 12:00 pm

AFC Webinar – Rural age-friendly communities in the 2020s: Insights from Trent University

A series of projects led by Elizabeth McCrillis and conducted by the Rural Aging Research Team at Trent University examines rural age-friendly initiatives and the factors that may help or hinder their sustainability.

October 28, 2020 @ 12:00 pm - 1:00 pm

AFC Webinar – No Place Like Home(Share): Insights from an Intergenerational Homesharing Program in Toronto

Dr. Raza Mirza shares insights from the implementation, research and evaluation, as well as ideas and solutions for scaling up projects based on the Toronto model to other areas of the province and country.

September 30, 2020 @ 12:00 pm - 1:00 pm

AFC Webinar – Rainbow Steps to LGBT2SQ Seniors

Devan Nambiar and Kristin Loates discuss aging in the LGBT2SQ communities and how service providers can deliver more inclusive and supportive programming. The impact of minority stress, challenges of growing up in an era when it was criminal to be LGBT2SQ, stigma, discrimination and isolation, as well as strengths such as resilience and identity are explained.

June 24, 2020 @ 12:00 pm - 1:00 pm

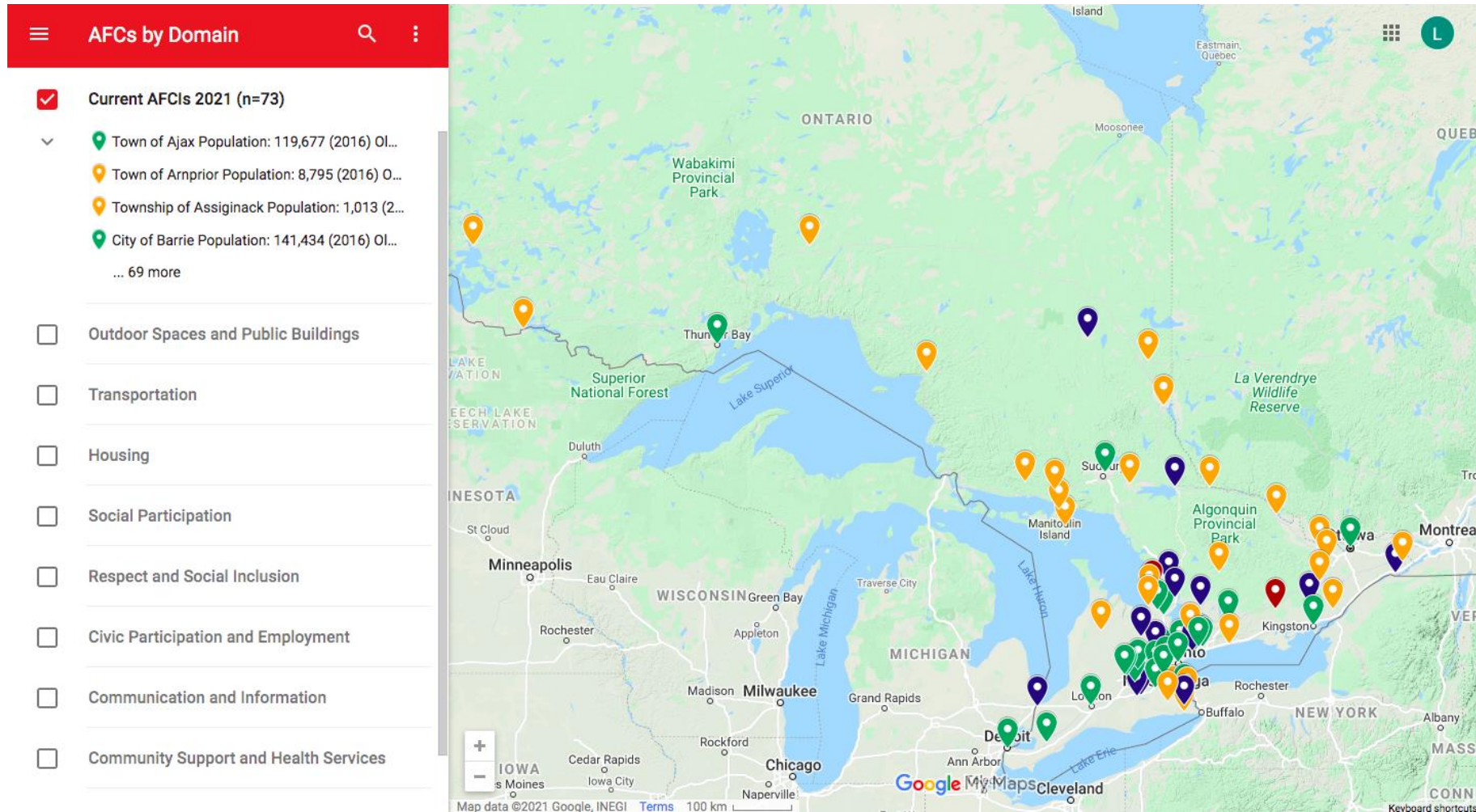
AFC Webinar – Connectedness, Purpose, and Belonging: Role of Social Prescribing in Integrating Health Care and Social Supports

Sonia Hsuing describes how social prescribing is an intentional pathway that deepens the integration between health care and social supports, how it relates to your work, and how we can build a more connected, co-created, equitable, and resilient community together.

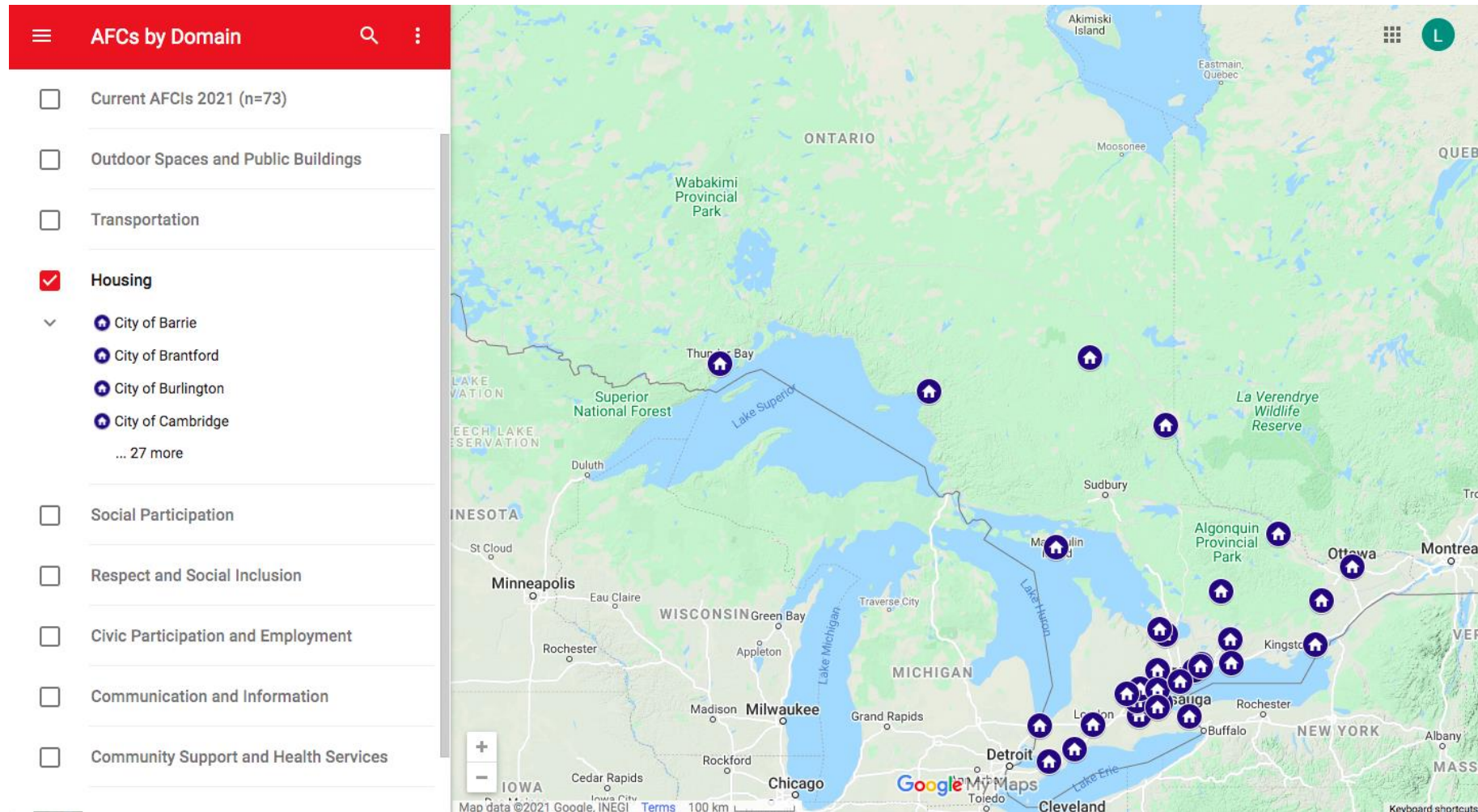
April 29, 2020 @ 12:00 pm - 1:00 pm

AFC Webinar – Older Adults, Physical Distancing & Social Isolation During the COVID-19 Pandemic – What can Communities do NOW?

Interactive Maps



Interactive Maps



Interactive Maps

← City of Thunder Bay →

name
City of Thunder Bay

description
Age-Friendly GIANTS Housing Castle event

<https://sagelink.ca/age-friendly-community-north-thunder-bay/>

Details from Google Maps

Thunder Bay, ON
www.thunderbay.ca
[View in Google Maps](#)

10 photos from Google Maps

Map data ©2021 Google, INEGI Terms 100 km

Age-Friendly Community Profile



Thunder Bay, City of

AFC Communities - North, Age-Friendly Communities, Age-Friendly Communities Outreach

COMMUNITY PROFILE

Name of Committee: Age-Friendly Thunder Bay

Population: 107,909

Contact:

- Website: www.agefriendlythunderbay.ca
- Email: agefriendlythunderbay@outlook.com or Bonnie Kryswaty (Age-Friendly Coordinator) bonniekryswaty@gmail.com

Funding:

- Municipal annual core funding since 2018
- Sponsorship from local business for annual Age Friendly Senior Award
- Recipient of various government project funding programs
- Donations from various individuals for specific initiatives

This profile was updated December 2020.

AGE-FRIENDLY PROGRAM DESCRIPTION



CURRENT AND COMPLETED AFC PROJECTS, PROGRAMS AND INITIATIVES



COMMUNITY DOCUMENTS



Annual Provincial Survey

- Monitor and evaluate AFCL implementation, sustainability, enablers, challenges, and outcomes
 - Results over time, regional, provincial, size
- Get feedback and inform the Outreach Program's ongoing activities and supports offered
- Report findings and key takeaways to stakeholders, including MSAA partners

Annual Provincial Survey

Benefits for AFCIs:

- Gain an understanding of the AFC movement in the province
- Consider other strategies to sustain your work
- Learn about other leadership, governance and funding structures
- Reported enablers and benefits can be used in messaging to municipality, grant applications, local businesses, community members etc.
- Add to local evaluation process

Survey Findings: Outreach Program Supports

In 2020, how useful have the following Ontario AFC Outreach Program supports been to your work?

Table 1: Outreach Program Survey of Age-Friendly Community Initiatives in Ontario (2021)

Answer Choices	Useful + Very Useful (%)
Monthly AFC e-newsletter	91
AFC Webinars	88
AFC Knowledge Broker	87
Regional AFC network meetings	87
Ontario AFC Website	84
Online profiles of AFCIs	79
AFC interactive maps*	50

*newest resource

Survey Findings: Outreach Program Supports

“We have used **The AFC website, online profiles of other [age-friendly] communities, and the interactive maps** to conduct environmental scans for various planning activities. These resources are invaluable!”

“**Online profiles** of other age-friendly communities has been useful for networking, and gaining new ideas with similar sized municipalities to help build steps moving forward.”

“At our **regional network meetings** we share information on the development and implementation of [age-friendly] plans as well as successful programs or services that are offered. We borrow ideas from each other and implement them . . .”

“I have found the AFC **knowledge broker** to be very instrumental in connecting me directly to others within the province who may have worked through a problem or issue before we have, enabling us to get experiential advice and learning from another community addressing the same concerns . . .”

“The benefits of [the] **AFC Outreach [Program]** include things that are not easily measured like encouragement, feeling of belonging and knowing that we are all at different stages and that is OK.”

– AFC Initiative Leads, Outreach Program Survey of Age-Friendly Community Initiatives in Ontario (2020, 2021)

FAQ: Recognition

- Ontario's Network of Age-Friendly Community Initiatives
- Public Health Agency of Canada's Pan-Canadian AFC Recognition Framework
- The World Health Organization Global Network for Age-Friendly Cities and Communities

FAQ: Sustainability

- Community champions
- Partnerships
- Strategic alignment
- Dedicated staff time/person
- Funding
- Evaluation
- Inclusivity of diverse populations
- Ontario AFC Outreach Program

Questions? Get in touch!

Lisa Brancaccio

Knowledge Broker

The Centre for Studies in Aging and Health at Providence Care

- Email: brancacl@providencecare.ca
- Phone: 1-844-276-5756
- Website: www.agefriendlyontario.ca