



A Community for All Ages

www.agefriendlyniagara.com

info@agefriendlyniagara.com

Age-Friendly Niagara Network Bulletin October, 2020

1

The Age-Friendly Niagara Network (AFNN) is a volunteer-led, community-based group of hundreds of passionate older adults and community partners. We envision a welcoming Niagara, that reflects an intergenerational, respectful, and inclusive approach. AFNN leaders represent local municipal older adult advisory committees across Niagara; community organizations speaking for diverse residents; educators; government; non-profits and businesses.

Addressing COVID-19 Impacts on Niagara's Older Adults

May and September, 2020 roundtables of AFNN leaders identified impacts of COVID-19 on older adults across Niagara. This summary provides a call to action: to address challenges in our community by continually sharing and implementing leading practices and innovative ideas.

Staying Well

Mental Health, Physical Fitness

- Emphasize wellness promotion; suicide prevention; promote physical activity at home
- Increase capacity to identify older adults who may need help
- Share leading practices for re-opening older adult centers and offering virtual programs

Social Isolation and Loneliness

- Support older adults to safely maintain social connections
- Build momentum of virtual and telephone-based opportunities for older adults to enjoy connections, programs and wellness checks from the comfort of their own home

Staying Safe

Food Security

- Continue with programs to support grocery order/payment/delivery for older adults.
- Support the work of Niagara's Meals on Wheels organizations, to deliver warm dinners to seniors.

Long Term Care (LTC) Homes and Retirement Homes

- Provide Niagara-focused input to the Ontario LTC COVID-19 Commission.
- Focus on keeping people in LTC safe and socially-engaged.

Staying Connected

Local Municipal Seniors/Age-Friendly/Wellness Advisory Committees in Niagara

- Prioritize safely re-building momentum of Local Municipal Seniors/Age-Friendly Advisory Committees, to strengthen inclusion/well-being of older adults in Niagara.

Improved Virtual Connections

- Focus on building older adults' capacity/access to technology, internet connection, social networks, i.e. online: telemedicine/telehealth, banking, grocery ordering, fitness resources, virtual spiritual and recreational programming/activities

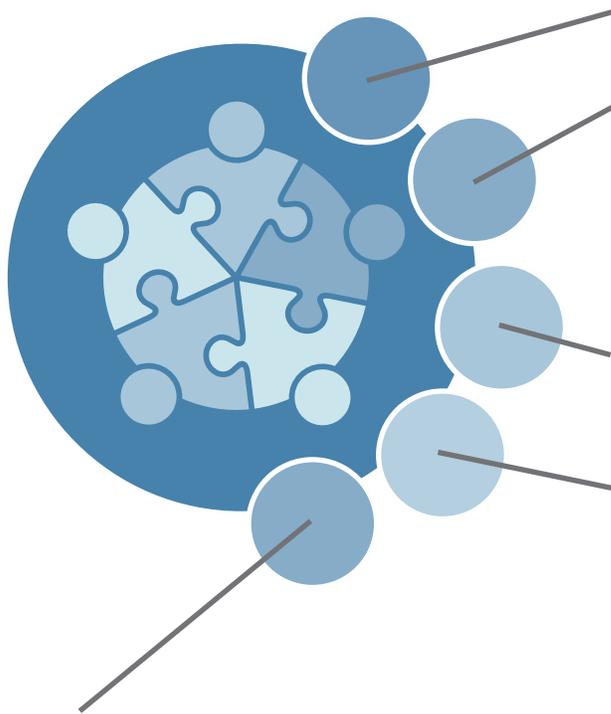
Transportation/Access to Services Programs

- Support older adults having safe access to transportation, services and programs.

PLEASE SHARE this Bulletin with your colleagues and networks,
to benefit as many older adults in Niagara as possible.

Working Together to Build a Caring Community as People Age

Working together to create an Age-Friendly community that “encourages active aging by optimizing opportunities for health, participation and security in order to enhance quality of life as people age” (WHO, Global Age-Friendly Cities: A Guide, 2007)



Age-Friendly Niagara Network (AFNN)

Includes 450+ people with an interest in an age-friendly Niagara

Collaborative of Local Municipal Seniors/Age-Friendly Advisory Committees

A total of 112 volunteers who work at the local municipal level to advocate for the interests of older people and age-friendly principles in their communities. Representatives of these committees meet regularly as a Niagara-wide group, to share information and align planning and action.

AFNN Leadership Council

Includes over 15 volunteers who oversee and plan network-level activities

Niagara Aging Strategy and Action Plan (NASAP) Implementation Focus Areas

People working together to advance NASAP priorities:

1. Community Engagement and Communication
2. Recreation, Learning and Leisure
3. Improved Services, Systems and Infrastructure

World Health Organization (WHO) Eight Dimensions of Age-Friendly Communities

The AFNN is increasing awareness of the eight dimensions through partnerships and activities to share learning, knowledge and planning.

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

Keep up-to-date about
Age-Friendly action across Niagara.

Subscribe to our e-mail list at:

www.agefriendlyniagara.com/contact-us/



A Community for All Ages

www.agefriendlyniagara.com

info@agefriendlyniagara.com



World Health
Organization



PLEASE SHARE this Bulletin with your colleagues and networks, to benefit as many older adults in Niagara as possible.