



2023 Leadership Team

WHAT WE DO



Bring together

representatives of older adult groups, community partners, government organizations, the business community, and individuals

Advocate

for and with older adults

Develop and deliver

branded older adult educational programs in a variety of formats

Keep older adults informed

about relevant issues, events, news, activities, and resources in our community

The Council
on Aging
of Ottawa



Le Conseil sur
le vieillissement
d'Ottawa

A Volunteer Driven Organization

The year 2023 marked a most welcome return to in-person engagement for our organization, as we re-established all our major annual events and activities post-pandemic. From hosting our first in-person Spring Luncheon and AGM since COVID to organizing community roundtables and making numerous presentations in the community, we rekindled connections and strengthened partnerships. Other notable accomplishments included receiving an award for our emergency preparedness workshops with the Red Cross, contributing to initiatives promoting dementia awareness and intergenerational programming, and celebrating the appointment of two City Council Liaisons for Older Adults. As we reflect on the year's achievements, we celebrate the resilience of our community and look forward to continued growth and impact as we approach our 50th Anniversary in 2025.

Since
1975

Led by
10
committees

and more than
145
volunteers



Scan
for more
information



217 - 815 St. Laurent Blvd. Ottawa, Ontario K1K 3A7



(613) 789 3577



coa@coaottawa.ca



www.coaottawa.ca



/coaottawa



ACTION COMMITTEES

The COA is known for uniting volunteers and community partners to advocate and educate for the well-being of Ottawa's older adults.

BILINGUALISM

We are finalizing our recertification as a French language service organization, as we continue to offer all our services in both official languages.

EDUCATION

Leadership - Recruited a Chair of Education and convened an education committee to plan educational events for 2024.

Red Cross Emergency Preparedness - Workshop for seniors to improve emergency response skills gained local recognition and an award from the International Red Cross of the Americas.

Smart Aging in a Box - Providing comprehensive support and resources to older adults, fostering a conducive environment for active aging and community engagement.



AT A GLANCE PUBLICATIONS

- Articles in 55+ Magazine
- Snow Mole Report
- Municipal Engagement Strategy
- Neighbourhood Health and Wellness Hubs Letter
- 1st COA Calendar

HOUSING

Older Adult Liaisons - Successfully advocated for the appointment of Theresa Kavanagh and Allan Hubley as Older Adult Liaisons, one of five recommendations in the Committee's municipal platform.

Gathering Feedback - from older adults on their housing concerns to promote advocacy for age-friendly housing solutions.

Housing Committee - Requested the City of Ottawa to expand affordable and accessible age-friendly housing options and invest in innovative building models for older adults.

OASIS Ambleside NORC-SSP - Interest in Naturally Occurring Retirement Community - Supportive Service Program continues to grow and develop among older adults.



TRÈVA COUSINEAU
COA President

"What would the COA be without the invaluable contribution of its many volunteers!"

A big THANK YOU to each and every one. Together we are improving the well-being of Ottawa's older adults."

"Working with committed, informed people on the Education team of the COA brings worthwhile meaning and fun to my life."

- Susan Davies, Education Committee Volunteer

I enjoy contributing to valuable COA projects as well as learning to be an advocate for an age-friendly community.

- Kathy Beauregard, Housing Committee Volunteer



Older Drivers Transportation Sub-Committee

HEALTH

Amendments to Ontario Regulation 246/22 (Fixing Long-Term Care Act)

Highlighting the need to analyze and test how new proposal elements may affect PSW individuals and workplaces to avoid unintended consequences.

Bill 135 (Convenient Care at Home Act) - Advocating for government action to safeguard health record confidentiality, ensure accountability, include older adults in decision-making, and protect the public system while prioritizing older adults' well-being.

Home and Community Care Working Group focused on exploring the unmet needs of older adults, including mental health, social isolation, and food security.

TRANSPORTATION

Collaborated - on the Carleton University project "Sensor Networks for Safe and Engaged Mature Drivers (SENSE-MD)" and the Ontario Ministry of Transportation presentation on senior licence renewal for drivers 80+.

Delivered - a presentation on "fitness to drive as we age", CarFit educational events, 55 Alive Driving courses

Older Adults and Rural Transportation - Assessed OC Transpo's 5-Year Roadmap, requested return to separate reporting of rural response times in the Annual Paramedic Service Report, made preparations to address the cost of rural ParaTranspo at the Rural Summit 2024.

Ongoing Reports - Continued work on "Transportation Services for Seniors and Adults with Physical Disabilities in Rural Ottawa". Researched driving schools' costs and willingness to serve older adults and assess their driving skills.

Represented the COA - on the City of Ottawa's Seniors Round Table providing feedback on implementation of the Older Adult Plan, City of Ottawa's taxicab meeting, City of Ottawa's Safer Roads Ottawa Community Group, and the Motorcycle Safety Work Group.

Snow Moles - Submitted 2022-23 Recommendation Report to the City, continued to advocate for updated Winter Maintenance Quality Standards, launched the 2023-24 campaign and hosted the "Groundhog Day" walk with councilors and community leaders.

AT A GLANCE EVENTS

- Smart Aging Program
- Annual Spring Luncheon
- 3rd Annual President's Breakfast
- Grande Parade
- Age-Friendly Housing Community Conversations
- 55 Alive Refresher Driving Course



SARAH BERCIER

Executive Director

"The COA is grateful for the leadership displayed by our volunteers in providing the programs, publications, and advocacy which address the foundational needs of Ottawa's older adults."



EAEA | Capital Day Care Centre

"For the past 7 years, I have volunteered at the COA in various capacities, with events, registration, database, and serving on a committee. Though retired, it was wonderful to be still able to contribute and feel my efforts made a difference."

- Donna McLeod

INCOME SECURITY

Advocacy - Met with the Federal Finance Department regarding tax rules governing RRIFs and wrote a letter expressing the committee's views.

Awareness - Dialogued with influential stakeholders to advance our awareness of priority income security issues for aging Canadians.

Bill C-228 (To increase the priority of unfunded pension liabilities in bankruptcy proceedings) - Offered views on the Bill's intent but suggested further examination of potential drawbacks.

Canada Pension Plan - Expressed our concerns about the possibility of Alberta leaving the CPP.

Privy Council Office - The panel took its case to the PCO for an arm's length review on income security and social programs required for an aging society. Responses and dialogue began to emerge in 2024.

INTERGENERATIONAL PROJECT

Development - Improving our Intergenerational Evaluation Toolkit and Best Practices Handbook on sustaining intergenerational child care programs.



Health, Safety, and Recruitment - Created a Statement of Risk to address the importance of balancing health concerns with the benefits of social interaction, developed materials for Grandfriend recruitment.

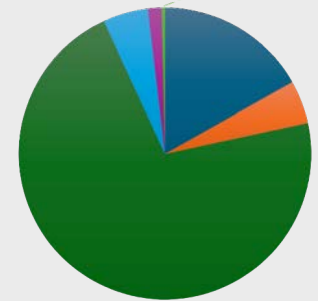
Pilot Programs - Launched the iGen program at Capital Child Care Centre, and introduced a playgroup at Perley Health.

Training and Education - Developed online learning modules on ageism, accessibility, communication, and safety for early learning educators.

The COA gratefully acknowledges the financial support of



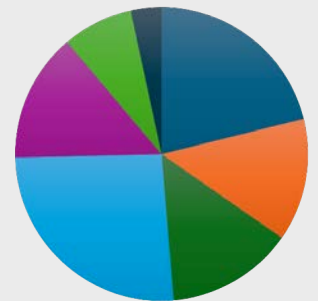
Revenue



- Grants \$419,933
- Donations \$98,588
- Sponsorships \$29,279
- Program Fees \$28,091
- Investment Income \$8,758
- Other \$2,183

Total = \$586,832

Expenses



- Program Hub \$115,901
- Member Services \$74,410
- Action Committees \$77,133
- Education \$142,506
- Intergenerational \$77,960
- Communications \$42,675
- Other \$18,621

Total = \$549,206