Age-Friendly Community Action Plan 2012-2014

1. OUTDOOR SPACES AND CITY BUILDINGS*	RESPONSIBILITY	TIMELINE	PROGRESS MEASURE (INDICATOR)
In partnership with the Seniors Health Promotion Coalition, report on findings of the Move it Outside Project, a three year project that identified recommendations for creating age friendly parks that encourage older adults to be more physically active. **Age Friendly Park Checklist Tool is available for use:** http://www.centretownchc.org/media/82158/shpc_agefriendly_park_checklistfinal.pdf	The Seniors Health Promotion Network	2011-2013 Reporting in 2014	**7 parks were evaluated by 80+ older adults on it's age friendliness (http://www.centretownchc.org/media/96824/assess_your_park_age_friendly_checklist.pdf)** *Share project findings with seniors and other community stakeholders and encourage seniors to use the checklist to assess additional neighbourhood parks. Track all actions undertaken in this area.
2. TRANSPORTATION	RESPONSIBILITY	TIMELINE	PROGRESS MEASURE (INDICATOR)
1. <u>Community Information Events</u>: To provide information on current transportation choices available to Ottawa to multicultural seniors	COA : Ottawa Seniors Transportation Committee in partnership with Settlement Agencies	Oct. 2, 2013.	86 seniors participated in a transportation information event at the COA. These representatives from various ethnic communities now have the tools to share the information on transportation options within their own communities.
2. <u>Volunteer Drivers & Hospital Navigation</u>: To promote the expansion of the successful pilot at the Civic campus	COA / OSTC	2014	Pilot program expanded to all hospital campuses. Efforts documented.
3. <u>Hospital Parking</u>: To advocate for accessible and affordable Ottawa hospital parking with OSTC position paper and proposed practical solutions	COA / OSTC	2015	Information 'bookmark' printed and available at all hospital campuses. Proximity parking improved. Efforts documented.

4. Pedestrian Safety: To advocate for the improvements needed for senior pedestrian safety	COA / OSTC	Sept. 2013	Develop walkability check list and conduct one-day walkability audit. Efforts documented.
5. Rural Transportation: To promote an affordable and compassionate transportation system for seniors and disabled persons living in rural Ottawa.	COA / OSTC	2013	Improve rural-to-rural transportation for seniors and disabled in wheel chairs. Advocacy presentations to ARAC and Transit Commission. Efforts documented.
6. Senior Driving: To identify the major issues important to the safety of senior drivers in Ottawa.	COA / OSTC	2013	Collaborate and participate in "Shifting Gears" seminars for 100+ Ottawa seniors.
7. Ottawa Public Transit: Monitor accessibility and affordability of transit services for seniors	COA / OSTC	2013-2014	New brochure on rural transportation New para transpo application and changes to the booking system
3. HOUSING	**RESPONSIBILITY**	**TIMELINE**	**PROGRESS MEASURE (INDICATOR)**
8. Participate in a one-day round table on affordable housing led by the City of Ottawa and including public and private housing providers (OAP).	City of Ottawa	2014	Attendance at conference and participation in next steps
9. Host a forum for seniors on affordable housing models	COA: Housing Committee	November 2013	# seniors attended and consulted Identify one or more models and explore feasibility for Ottawa
4. COMMUNICATION AND INFORMATION	**RESPONSIBILITY**	**TIMELINE**	**PROGRESS MEASURE (INDICATOR)**
10. Continue to offer Lunch n' Learns on priority topics identified by seniors *ex: 2-1-1 info services*	COA: • Education and Events Committee • Comité Directeur des affaires francophones	2013-2014	# of events linked to the AFO community framework # of participants
11. Special edition Bulletin on Age-Friendly Ottawa and reporting on key findings from the consultations with seniors & providing example of print-friendly communication	COA: • Age-Friendly Ottawa • COA Bulletin Team	Spring 2013	2,000 printed bulletin distributed 5,000 electronic copies emailed bulletin survey responses

12. *Aging in Ottawa* is a series of one-hour television programs for seniors on local Rogers Community Television designed to provide information on health and social services in Ottawa and how to access these services.	Bonnie Schroeder with Rogers Television	September 2013- June 2014	Successful production and airing of 20 shows One show on the Council on Aging and the Age-Friendly Ottawa Project (September 11, 2013)
5. SOCIAL, RECREATIONAL, AND CULTURAL PARTICIPATION	**RESPONSIBILITY**	**TIMELINE**	**PROGRESS MEASURE (INDICATOR)**
13. Information sessions and events for francophone seniors in the West End	COA : Comité directeur des affaires francophones	2013-2014	number of events number of participants
14. Continuing education courses for seniors in Partnership with the University of Ottawa and Carleton University	COA: Comité directeur des affaires francophones and Education and Events Committee	2013-2014	number of courses offered number of participants in each course number of participants participant evaluations
15. Interfaith Spirituality Conference "Finding spirituality through community"	COA: Education and Events Committee	June 6 2013	# of partners (faith community) - Islam Centre, Interfaith Network, Archdiocese of Ottawa, Help Aged Canada, Jewish Family Services 136 participants (seniors)
6. CIVIC PARTICIPATION & VOLUNTEERING	**RESPONSIBILITY**	**TIMELINE**	**PROGRESS MEASURE (INDICATOR)**
16. Increase the number of seniors engaged on Council on Aging Committees	Council on Aging (COA)	On-going	More seniors sitting on various committees, a greater diversity in representation (seniors representing different minority groups, rural seniors etc.)
7. COMMUNITY SUPPORT AND HEALTH SERVICES	**RESPONSIBILITY**	**TIMELINE**	**PROGRESS MEASURE (INDICATOR)**
17. Position Paper on Health Literacy: Recommendations to help seniors become more empowered by becoming more health literate « Take Charge of your Health » COA project proposal to New Horizons for seniors. Develop an evidence-based health literacy / knowledge transfer framework that could engage seniors in planning for their own health needs	COA: Health Issues Committee Project Proposal submitted to NH in July 2013 and answer expected in the Fall	2014	Position paper is published and distributed broadly to Ottawa seniors

18. 3-month pilot project on Elder Abuse: The Champlain Elder Abuse Response Coalition in partnership with the Community Information Centre (2-1-1) are collaborating to track data on elder abuse calls	COA: Champlain Elder Abuse Response Coalition	Spring-Summer 3013	Result: Statistical Report from '211' to the Champlain Elder Abuse Response Coalition in September 2013
8. RESPECT AND SOCIAL INCLUSION	**Responsibility**	**TIMELINE**	**PROGRESS MEASURE (INDICATOR)**
19. Age-Friendly Ottawa Building *an Age-Friendly Business Community Project* is engaging seniors in recognizing, acknowledging and highlighting exemplary age-friendly business practices in Ottawa. Business that are nominated by seniors will be recognized for their age-friendly features	COA: Age-Friendly Ottawa	December 2013	• 100 seniors involved in assessments • 10 presentations to seniors • 10 presentations to businesses • 25 businesses recognized and certificates issued
20. Engage community organizations to take on other Age Friendly actions from the plan *"Towards an Age-Friendly Ottawa: A community framework"*	COA: : Age- Friendly Ottawa	2013-2014	One(1) or two(2) additional community organizations agree to take responsibility for action from the AFO Community Framework
21. HelpAge Canada (local chapter) Intergenerational mentorship program *The Wisdom of Seniors and the Energy of Youth* – to combat ageism and stereotyping amongst generations	HelpAge Canada	2013 – 2014	Number of seniors Number of children/youth Number of mentoring programs Number of topics Participant satisfaction survey

22. HelpAge Canada (local chapter) *SENIOR'S SPECT- ACT- ULAR* - Engaging seniors with a focus on normalizing the aging process	HelpAge Canada	2013-2014	Theatre troop numbers and genders Number of performances Diversity of performance sites Verbal feedback from performers and audiences
23. The Victorian Order of Nurses (Canada) is training seniors to offer the *Neighbours Helping Neighbours* outreach program in their own communities	Victorian Order of Nurses (National)	2013- June March 2014	# of training sessions offered in English and French # of volunteer trainers # initiatives started in the community by volunteer trainers