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PRELIMINARY AGE FRIENDLY COMMUNITY SUMMIT REPORT

GATHERING #3 – SOCIAL PARTICIPATION

September 18, 2015 – Six Nations Tourism Centre

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PRELIMINARY AGE FRIENDLY COMMUNITY SUMMIT REPORT
GATHERING #3 – SOCIAL PARTICIPATION
September 18, 2015 – Six Nations Toursim Centre

46 PARTICIPANTS

13 Organizations

23 Participants representing:

- Beckett Adult Leisure Centre
- Brant County Council
- Brant County Health Unit
- Brant County Library
- Brantford Public Library
- Brantwood Community Services
- City of Brantford Parks & Recreation
- Creekside Village Retirement Community
- Ensuring Brant
- Homeinstead Care
- Operation Lift
- Seasons Retirement Home
- Six Nations Long Term Care
- Social Services Department, City of Brantford

Retirees

23 Participants indicated they were retired

Where do participants live?

City of Brantford (23):	North end East Ward-Echo Place West Brantford South-Eagle Place
County of Brant (16):	Paris St. George Burford
Six Nations (6):	
Other (1)	Dundas

The participants were advised that this Gathering would provide an opportunity for them to identify what social participation means to them and then to provide suggestions for organizations planning events and activities in the communities.

The Table Facilitators gathered the demographic information and asked each participant to identify the reason for their attendance. These reasons are listed on page 3 of this report. The Table Talk then focused on identifying potential concerns and providing suggestions for consideration.

BECAUSE SIX NATIONS IS A COMMUNITY UNTO ITSELF, AND ITS FUNDING IS DIFFERENT THAN THE CITY AND THE COUNTY, A SEPARATE REPORT IS AVAILABLE AT THE END.

INTRODUCTION

A Traditional Opening was provided in the Cayuga language by 11 year-old Adam Martin. His father, Jeff Martin, then interpreted the opening as giving thanks to all aspects of the environment that is part of the Creation of Mother Earth.

MPP Dave Levac welcomed the participants and introduced Elected Chief Ava Hill to bring remarks on behalf of Six Nations. Chief Hill expressed her appreciation to MPP Levac for including Six Nations in the Age-Friendly Summit process. She also welcomed the participants. Her remarks included an outline of the challenges faced by the elders as well as the responses implemented and planned.

MPP Levac outlined the vision he has for the entire Age-Friendly Community Summit process and expressed his appreciation to everyone for their willingness to participate.

Changing Demographics

It was noted that people are living longer and that by 2030, the population of the City of Brantford and the County of Brant (including Six Nations) will be made up of 35.2% age 55 and over

Different Communities and Services In This Report

City of Brantford An urban community (population 93,650)with a public Transit System, including Brantford Lift for physically challenged riders, and various community activities and services.

County of Brant A rural municipality (population 35,638 including Burford, Glen Morris, Harley, Middleport, Mt. Pleasant, Oakland, Onandaga, Paris, St. George and Scotland) with farming as the major industry. There is no public transportation system but there is a subsidized service for medical appointments.

Six Nations of the Grand: For the purpose of this report, Six Nations (population 25, 660) Long Term Care Staff provided input on identified issues, responses and plans.

It is important to note that this Gathering was a “brain storming” session designed to capture ideas “outside the box”. There has been no attempt to identify impact or cost implications.

Reasons for Attendance

- 13 To provide input from a senior’s perspective
- 13 To gain insight in order to assist clients
- 6 To gain insight on daily living challenges
- 6 To learn what “age-friendly” means
- 4 To provide input re disability challenges
- 2 To learn how to access activities/programs when disabled
- 1 To get ideas for social participation opportunities
- 1 To do research to write a book
- 46** Pariticipants

POTENTIAL SOCIAL PARTICIPATION CONSIDERATIONS

Events/Activities/Settings

Why

- | | |
|--------------------------------------|---|
| -What is there to participate in? | -Lack of knowledge of how to access information |
| -Is it affordable? | -Depends on target audience – i.e. fixed incomes versus money for travelling, etc. |
| -Is it accessible? | -Ramps, railings, push button doors, chairs with arms, wide aisles, railings, elevators |
| -Does it meet the target audience? | -Content, time, location, how to get there, doors opened for mobility needs |
| -Where does one go? | -Clear and concise directional signage or instructions |
| -Does it require registration? | -How to options |
| -Is it a convenient location? | -Parking, bus stops, etc. |
| -Have users been involved in design? | -To ensure needs are met and logistical outcome is successful |
| -How are the accoustics? | -Too noisy reduces ability to hear.....particularly for those with hearing challenges (needs a delicate balance as sound is important to someone with sight challenges) |
| -Are washrooms age-friendly? | -Various toilet heights, wall bars, etc. |
| -Is lighting good? | -Promotes safety |

SOME REASONS FOR ISOLATION OR SOCIAL WITHDRAWAL

- | | | |
|-------------------------------|------------------------------------|------------------------------------|
| -Death of spouse/mate/friends | -Fear of use of washroom | -Perceived or real inaccessability |
| -Retirement from work force | -Fear of Building access | -Embarrassment re mobility |
| -Family members are not local | -Fear of slip and fall | -Embarrassment re appearance |
| -Fixed income | -Lack of social skills /introvert | -No social interaction |
| -No Transportation | -Failing health, hearing, eyesight | -No knowledge of options |
| -Feels comfortable at home | -Does not like new experiences | -Fear of Technology |

ISSUE/OPPORTUNITY

BENEFIT

Addressing Isolation

- Create Age-Friendly Neighbourhood Hubs
 - Neighbourhood Watch with personal contact
 - Promote Activities within walking distance
 - Design youth/senior activities/programs
- Establish Little Brother/Sister Programs
- Retirement Communities to invite neighbours to activities
- Development of "Shut-In Visit" services
- Provide Services to Homes or Hubs i.e. Library Mobile Books

- Creates an opportunity for neighbours to work together on social and health benefits for all.
- Out of town family members could enrol a loved one
- Includes seniors in own homes and introduces the option of retirement community living
- To provide social connections
- Ensures a visit and an activity

Social Activity Planning

- Target an audience and involve a senior
- Evaluate all physical aspects of the venue
- Consider the start and finish time – morning, day, evening
- Plan Delivery of Content
- Develop Promotion Plan
- Develop cost/benefit analysis
- If transportation is a barrier, consider car pools

- To ensure activity is pertinent and logistically accessible
- To determine that the needs of the audience will be met
- To maximize transportation and personal time options
- To ensure all can participate, hear, and see in comfort
- To Reach desired audience
- To ensure affordability
- To provide viable options for attendance

Communication/Information Options

- Library Social Media/Technology Training
- Promotion of Web site links – i.e. City, Council on Aging
- Utilize "community" pages/columns in print media
- Utilize Local Radio & Television Community happening spots
- Organization/membership "Phone Trees"
- Encourage community "champions" to spread the word
- Sensitivity Training for all personal contact positions
- Include Community Announcements on Utility Bills

- Removes fear of technology
- Increases availability of choices
- An option for those not using technology
- An option for those who do not read
- For isolated or mobility challenged individuals
- Provides more community knowledge of "what's going on"
- Demonstrates respect and encourages inclusion
- To Highlight upcoming major events

Education

- Orient all planners, engineers, architects to "age-friendly"
- Orient residential builders and trades to "age-friendly"

- To result in age-friendly new buildings, spaces, services
- To ensure age-friendly new and renovated homes

-Offer Age-Friendly Tax Incentives

-To encourage home owners and builders to do the work

Gathering #3 Preliminary Report

Social Participation

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SIX NATIONS OF THE GRAND RIVER

It is important to note that a sign in front of the Six Nations Tourism Centre indicates that the Six Nations Culture is to “**practice kindness and respect**”. With the Traditional Opening and the Welcoming Words from elected Chief Ava Hill, all participants were immediately engaged in the 3rd Gathering related to Social Participation. However, because Six Nations is a community unto itself and its funding streams are different from the City of Brantford and the County of Brant, it was important to capture the extent of what is or will be done in that community.

Chief Ava Hill pointed out the following difficulties:

- There are no formal transportation options
- There are many “shut-ins” but no way for visitors to reach them
- There are a combination of activities available to residents during the days
- Some residents have indicated they would like some evening activity options – but no transportation
- There is no one place for seniors to congregate – hence the building of the new Ohsweken Youth/Elders facility anticipated to be complete in 2016

The above comments were confirmed by six staff members from Six Nations Long Term Care. **As well, the Social Participation and Isolation points on page 3 apply to this population.** The following needs were also identified:

- Indoor walking space
- Storage for activity items
- Four or Five annual events to bring seniors from the community base together
- Affordable Car Pooling or van service
- Advertising needs to be more than by word of mouth –need to optimize radio and print media
- Access to and introduction to use of technology
- Programs to create trust
- Formal list of activities to choose from
- Physical facilities need to become age-friendly
- Diabetes impacts a large number of older residents and programs need to take that into consideration
- Financial/affordabilityre no extra pensions
- Child care options for grandparents raising small children

New Programs are:

- Public Health will be conducting home visits to all residents over 65 to identify needs and develop a response to same
- Planning to create a “Senior Tool Kit” booklet
- Will use Elders as speakers to share their knowledge when the new Youth/Elder Facility opens

SINCERE APPRECIATION IS EXPRESSED TO SIX NATIONS FOR THE HOSPITALITY EXTENDED AT THE OPENING AND AT LUNCH.