



City of
Peterborough

To: Members of the Joint Services Steering Committee

From: Ken Doherty, Director of Community Services

Meeting Date: February 13, 2014

Subject: Report CSSSJSSC14-001
Peterborough Seniors Planning Table

Purpose

A report to provide an update on the Peterborough Seniors Planning Table, the Trent Centre for Aging and Society, and the development of an Age-Friendly Plan for the City and County of Peterborough.

Recommendations

That the Joint Services Steering Committee endorse the recommendations outlined in Report CSSSJSSC14-001 dated February 13, 2014, of the Director of Community Services, as follows:

- a) That Report CSSSJSSC14-001, an update on the Peterborough Seniors Planning Table be received for information;
- b) That a presentation from Mark Skinner, PhD, Associate Professor, Geography and Director of the Trent Centre for Aging and Society be received for information; and
- c) That the process of applying for membership to the World Health Organization Global Network of Age-Friendly Cities and Communities, and associated requirements to develop a 3-year Age Friendly Plan, be approved, including letters of endorsement from the Mayor, Warden, and City and County CAO's.

Budget and Financial Implications

There are no budget or financial implications resulting from the approval of the recommendations in this report. The 2014 approved budget includes a \$10,000 draw on the Community Social Plan reserve to support the development of an Age-Friendly Plan.

Background

The global population of older adults is growing. Between 2000 and 2050, the proportion of the world's population over 60 years will double from about 11% to 22%. The number of people aged 60 years and over is expected to increase from 605 million to 2 billion over the same period (Source: World Health Organization). In 2011, 14.8 % or 4,945,065 Canadians were over 65 years of age. This is projected to increase to 10,379,600 in 2036. Peterborough has the highest proportion of people over the age of 65 in Canada, at 20% of the population. In 2011 there were 27,050 people over 65 years with 15,735 in the City and 11,315 in the County (Source: Statistics Canada).

Based on the growing seniors demographic, both the City and County of Peterborough have identified senior's issues as a priority. The City has created a Seniors Portfolio as part of the Community Social Plan (CSP). The CSP Coordinator is a Co-Chair together with Dr. Jennifer Ingram of the Peterborough Seniors Planning Table (SPT). The County participates on the SPT as an ongoing activity as part of their Corporate Strategic Plan. The membership of the SPT is attached in Appendix A.

Peterborough Seniors Planning Table

The Peterborough Seniors Planning Table (SPT) is a committee comprised of local agencies, health care providers, City and County staff representatives and seniors. The SPT was formed to create opportunities for integration and capacity building within the services that support seniors and their families.

June is Seniors Month and the SPT held a series of events in 2013 that engaged and informed seniors about the services and opportunities available in Peterborough area for older adults. Two key events included the *Seniors Showcase*, held at the Peterborough Sport and Wellness Centre in partnership with the Greater Peterborough Chamber of Commerce and the *Seniors Summit* held at Trent University in partnership with Trent University and the Peterborough County-City Health Unit. The Seniors Showcase welcomed over 950 attendees who visited 108 exhibits and participated in 22 workshops. The Seniors Summit was designed as a think-tank where 110 key stakeholders in the areas of geriatric health and community services gathered to provide input and hear presentations on issues central to an aging society.

Keynote addresses were given by the Honourable Deb Matthews, Minister of Health and Long-Term Care and Dr. Samir Sinha, provincial lead for Ontario's Seniors Strategy. The summary report of the Seniors Summit is attached in Appendix B.

In January, the SPT held a Strategic Planning Session to solidify its mandate and determine the future work of the group. Five areas of focus emerged:

- 1) Planning age-friendly events including the continued partnership with the Greater Peterborough Chamber of Commerce to deliver the Senior Showcase in June;
- 2) Develop an education plan that works with local agencies to bring greater awareness to aging issues such as Alzheimer's, dementia, falls prevention, home care, etc.;
- 3) Explore the creation of an award and certification program that recognized age-friendly organizations, businesses and individuals;
- 4) Develop a communication strategy; and
- 5) Create an Age-Friendly Plan for the Peterborough area which is described in further detail below.

Trent Centre for Aging and Society

Identified as a priority in Trent University's current five-year Strategic Research Plan, the Trent Centre for Aging and Society (www.trentu.ca/aging) is a new collaborative and interdisciplinary research, knowledge mobilization and community engagement initiative. It was established in 2013, a year after Statistics Canada declared Peterborough as the country's most senior population and second-largest retirement community. The Centre draws upon Trent's interdisciplinary strengths in the Social Sciences and Humanities to promote research and awareness about aging, old age and the life-course.

Acknowledging that aging is about much more than medicine and healthcare, the Centre's mandate is to mobilize a critically-informed academic and public dialogue that advocates for the diversity of aging experiences. It challenges ageist policies and practices, develops expertise for understanding and planning for Canada's aging population, and is responsive to the challenges facing older people and aging communities in the Peterborough area. Its objectives are to bring together Trent faculty, visiting scholars, students and community members with an interest in aging and to cultivate and support innovative research and educational programs on aging both within the university and in the community.

The Centre was launched at the Seniors Summit. Its membership includes Trent's newest Canada Research Chair in Feminist and Gender Studies and leading researchers from Canadian Studies, English Literature, Geography, History, Nursing, Psychology and Sociology. The founding Director, Dr. Mark Skinner, is an internationally-recognized health geographer with expertise in aging communities. He is also a member of the Peterborough Seniors Planning Table and the Peterborough Age-Friendly Community Plan Steering Committee. In fall 2014, the Centre plans to offer its first graduate course and welcome its inaugural visiting Post-Doctoral Fellow, Dr. Linn Sandberg from Linköping University, Sweden.

Age-Friendly Plan for the City and County of Peterborough

In 2007, the World Health Organization (WHO) developed a guide for assisting cities and communities to develop age-friendly action plans. The guiding principle for developing a plan is to foster “active aging”, which is “the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age” (WHO: Active Aging: A Policy Framework). The SPT supports the concept of active ageing and is in the initial stages of developing an Age-Friendly Plan (the Plan) for the Peterborough area that will develop specific actions and strategies to improve the quality of life for older adults. The Plan will be built around the following eight domains identified by the WHO in their age-friendly guide:

1. outdoor spaces and buildings,
2. transportation,
3. housing,
4. social participation,
5. respect and social inclusion,
6. civic participation and employment,
7. communication and information, and
8. community support and health services.

The WHO created a checklist of essential features of an age-friendly community for each of these domains. This checklist is attached in Appendix C.

The goal of developing the Plan is to promote and support active and healthy aging and to insure involvement of older adults in defining their issues, needs and priorities as well as participating in the planning, development and implementation of specific initiatives to make Peterborough a more age-friendly community. This will foster more accessible, inclusive, enabling and supportive environments in the eight domains while recognizing that older adults “are a resource for their families, communities and economies in supportive and enabling living environments” (WHO: Global Age-friendly Cities: A Guide). To start, a series of community consultations will be organized in the City and all 8 Townships with seniors, care givers, family members of seniors, agencies, and government officials to receive their input on the current status of the eight domains in the Peterborough area and what actions can be taken in each domain.

The guidelines developed by the WHO for developing age-friendly plans are being used by cities and countries world-wide. The SPT is requesting the City and County of Peterborough to endorse the WHO process which will enable the City and County to join the WHO Global Network of Age-Friendly Cities and Communities.

To join the Network, municipalities must successfully complete the following process:

- a) Complete an online application form.
- b) Include a letter from the Mayor/Warden and Chief Administrative Officer indicating their commitment to developing a Plan.
- c) Commence the development of the 3-year Plan.

The SPT is preparing a collaborative Ontario Trillium Foundation (OTF) Grant application to be submitted on March 1, 2014 to hire a Coordinator and resource the creation of the Plan. The Municipality of Trent Lakes is the lead applicant for the OTF application with the City of Peterborough, County of Peterborough, Trent University, Fleming College, Peterborough County-City Health Unit, Peterborough Social Planning Council, and Community Care Peterborough as collaborators for the application.

The Plan will take into account relevant age-friendly research done locally, provincially and globally. Local research, reports and surveys will contribute to the Plan, including work done by the Peterborough Social Planning Council, Selwyn Township and the Workforce Development Board. Provincial initiatives, such as the Ontario Seniors Strategy and the Ontario Age-Friendly Community Planning Guide will have an impact on how the local Plan will move forward. Globally, there are many cities and countries (e.g. Kingston, London, Ottawa, Thunder Bay, New York City, Ireland and Australia) that have gone through this process and can lend their best practices to inform the plan being developed for the Peterborough area.

Summary

There is a global trend toward an aging population with Peterborough area having the highest percentage of people over the age of 65 in Canada. The Peterborough Seniors Planning Table is working to improve the access, awareness and level of services provided to seniors. This is being done through events such as the Seniors Showcase and Seniors Summit and partnerships with local seniors' organization, including the newly formed Trent Centre for Aging and Society. One of the top priorities of the Peterborough Seniors Planning Table is to create an Age-Friendly Plan for the City and County of Peterborough. The Plan will be based on the guidelines developed by the World Health Organization and lead to membership in the WHO Global Network of Age-friendly Cities and Communities.

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Attachments:

Appendix A – Membership of the Peterborough Seniors Planning Table
Appendix B – Seniors Summit Report
Appendix C – Checklist of Essential Features of Age-friendly Cities