



Age-friendly communities: Possible seed grant application

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Presentation outline

- International and national research
 - Age Friendly Cities (International)
 - Age Friendly Rural and Remote Communities (National)
- HARP seed grant application
- Discussion on MPD seed grants
- Agreement on next steps



Age friendly cities

- “The vast majority of older people live in their homes and communities, but in environments that have not been designed with their needs and capacities in mind.” (WHO, 2007)



Age friendly cities (WHO, 2007)

- 33 cities participated in focus groups
- Questions:
 - What are the age-friendly features of the city they live in? What problems do they encounter? What is missing from the city that would enhance their health, participation and security?



Results

- Key features of an age-friendly city were identified for 8 areas:
- 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.



Examples from checklist

- There are well-maintained and safe green spaces
- Roads have adequate non-slip, regularly spaced pedestrian crossings ensuring that it is safe for pedestrians to cross the road.
- There are separate cycle paths for cyclists.
- Information is disseminated to reach older people close to their homes and where they conduct their usual activities of daily life.



Policy implications

- Making communities age-friendly is one of the most effective policy approaches for responding to demographic ageing.



National research: Age friendly rural and remote communities

- Age-Friendly Rural and Remote Communities: A Guide
- http://www.phac-aspc.gc.ca/seniors-aines/pubs/age_friendly_rural/pdf/AFRRC_en.pdf



National research

- Rural and remote communities face unique social and environmental challenges that can have an impact on health and healthy aging different from those facing urban populations.
- Limited housing and transportation options.
- Travel out of their communities for health services



How to become an age-friendly community?

1. Committee Phase—Forming an Age-Friendly Committee/Team
2. Assessment Phase—A Community Evaluation
3. Planning Phase—Determining Challenges and Opportunities
4. Implementation Phase—Putting the Plan into Action
5. Monitoring progress



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HARP Seed grant application

- Cathy Donovan (Community Health & Humanities)
- Alvin Simms (Geography)
- Gail Wideman (Social Work)
- Wendy Young (Nursing)



Background

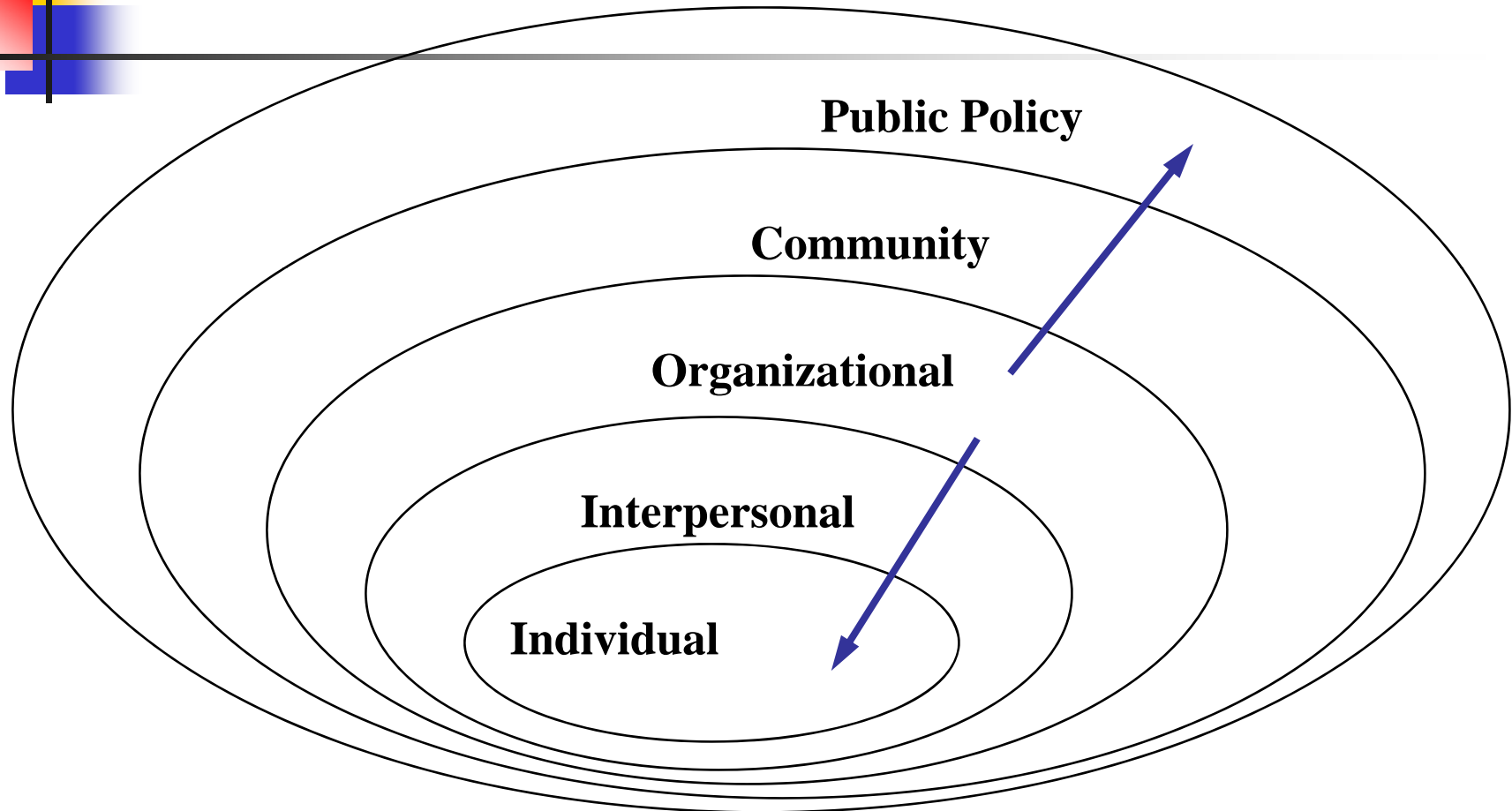
- NL moving forward with Goal 10 of the provincial *Healthy Aging Policy Framework* "
- "communities and municipalities will be more age-friendly".
- Anticipated that a provincial program will be forthcoming.



Background – 2

- Clarenville has formed a committee, the Random Age Friendly Communities, to describe its age-friendly features and barriers, and to develop action plans.
- If a provincial program is launched this project may engage other communities.

Social-ecological model



Whitelaw, 2006



The Social-ecological model

- The health and well-being of older adults will be improved only if we work from a broad perspective.
- Comprehensive planning and partnerships at all levels are required.
- Changes at the individual level will come with improvements at the organizational, community and policy levels.



Our research question

- What has been the effect of the provincial actions designed to promote age-friendliness in rural and remote communities on:
 - individual-level outcomes such as health care utilization, drug utilization, health care status
 - community-level outcomes such as age-friendliness
 - policy-level outcomes, such as the introduction of age-friendly legislation?



We want to:

- Establish an advisory group
- Assess stakeholders' information requirements
- Conduct a literature search and environmental scan of indicators
- Develop an initial set of indicators



Our research team - continued

- Evaluate an initial set of indicators
- Identify and evaluate potential data sources
- Explore the use of advanced GIS tools to measure age-friendliness and visually display results in a user-friendly ways.
- Develop a proposal to compare age friendliness indicators across jurisdictions and across time



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CIHR MPD grants

- Support for meetings
- Stimulate research and knowledge exchange
- \$10,000 for up to one year



Allowable costs

- **Allowable Costs**
- Costs associated with planning, publication, translation, and/or dissemination;
- Fees or honoraria for the preparation of background documents (e.g., environmental scan).
- Travel and accommodation for participants;



Allowable expenses

- Travel and accommodation for participants;
- Meeting rooms and associated meeting costs (e.g., audio-visual equipment, videoconferences);
- Hospitality costs (non-alcoholic refreshments or meals);
- Modest honoraria (up to \$500 CAD) for guest experts.



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Possible proposed activity

- Bring stakeholders together to learn about best practices
- Provide input into research proposal
- Obtain support for participation in research



Next steps

- Details of activity
- Budget