



Age Friendly Community Capacity Building In Newfoundland And Labrador

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Outline

- Background
- Method
- Results
- Discussion



Background

- Project background
- Population aging
- National and provincial context
- Age-Friendly - WHO
- AFNL Program – Gov. of NL
- Social Capital Theory
 - ▣ Defining social capital
 - ▣ Seniors' social capital & health
 - ▣ Social capital in the current study
- Objective, questions & hypothesis



Method

- Approach & design
- Pilot study
- Survey
 - ▣ 23/29 communities (79%)
 - ▣ 45 surveys
- Community Accounts
- Focus groups/interviews
 - ▣ 11 communities
 - ▣ 35 committee members
 - ▣ 43 seniors
- Ethics

Total: 108 participants & 24 communities



Results

- Quantitative:
 - ▣ Descriptive analysis
 - ▣ Social capital and community well-being

- Qualitative
 - ▣ Defining Age Friendly
 - ▣ Impact
 - ▣ Social capital



Analysis of Variance

Satisfaction with Life and Social Capital

$$F(2, 40) = 3.37, p < .05, \eta^2 = .14$$

- Participants from communities with a high overall satisfaction with life had a significantly higher social capital score.

Income Per Capita and Sense of Community

$$F(2, 35) = 3.6, p < .05, \eta^2 = .17$$

- Participants from communities with a high income per capita had a significantly lower sense of community than those living in a medium income per capita community.

Regression

Does Community Well Being Predict Sense of Community/Social Capital?

$$F(1, 32) = 5.75, R^2 = .15, p < .05$$

- Population change significantly predicated sense of community. Communities experiencing outmigration experienced a lower sense of community

Table 16 – Programming Produced by Age-Friendly Committees

Seniors' Resources

Resource book/brochures/seniors' guides
Monthly seniors calendars/newsletters
Vial of Life program
Lawn mowing & maintenance services for seniors (by students)
Caregivers meetings
Seniors' municipal snow removal

Information Sessions

Legal
Seniors' advocate
Will and estate planning
First Aid
Pensions
Health care directives
ParticipACTION
Healthy eating
Canada's Food Guide

Seniors' Events

Bus trips
Seniors' fairs

Arts and Crafts

Sewing
Knitting
Crochet
Quilting
Christmas crafts
General crafting

Fitness

Walking programs
Community gardens
Square dancing group
Bocci
Yoga

Zumba
Curling
Swimming
Bowling
Hiking
Family skating
General exercise classes

Community Service

Health related events to target isolated seniors
Intergenerational youth programming
Dolls and hats, for Afghan children, to be sent overseas with soldiers
Quilts for children in the Janeway
Leg aprons for stroke victims
Seniors entertain at nursing homes (singing programs)
Food baskets and gifts for isolated seniors
Effort to engage isolated seniors

Awareness & Partnerships

Public awareness of seniors' concerns
Businesses aware of seniors' concerns
Municipal age-friendly lens
Addressing seniors' affordable housing needs
School partnerships
Newspaper articles profiling age-friendly
Government partnerships
Law enforcement partnerships
Health authority partnerships
Community organizations partnerships
Encourage municipal seniors' property tax discount

Infrastructure

Seniors' chalet
Benches
Seniors' walking areas/trails/parks/nearby playground/rest stops
Grocery store widened aisles
Cross walks painted
Seniors' library shelving
Ramps in community buildings
Public washrooms made wheelchair accessible
Accessible parking at community halls/stores/government buildings
Lighting around public buildings
Canada Post push button for heavy door
Treadmills/recreation equipment/snowshoes

Technological

Computer classes
Technology room

Social

Volunteer appreciation dinners
Seniors' dinners
Summer music program
Seniors' Christmas party
Santa Claus parade float
Hot chocolate get-together
Home welcoming
Sing alongs
Potlucks
Dances
Live music sessions
Cookie swaps

Defining Age-Friendly

We want nobody to be able to recognize that this is a seniors' group...whether they are doing square dancing with a bunch of high school kids, or with the brownies, or the Girl Guides or whatever, and teaching those skills. And we have kids in the community teaching an exercise program for example...so they are passing on traditional skills to the children and then the children are passing on mostly social media skills from the bottom up, and that looks great because it integrates all of the age groups in the community, and I think it makes the seniors' group feel a little more at ease.

Health Impacts

I mean we did everything from curling, swimming, bowling, we go bowling once a month...we have people who when they first came to us, did nothing but sit around the table and they could barely walk from the car to here, and in a few months they were out on hikes with us.

Social Impacts

The social aspect is critical. Very important. Getting people out of their houses who never would have left.

I think it's a place to go and not be alone.

Educational Benefits

Some seniors used to be terrified to even touch a computer mouse – wouldn't even touch it – now they're comfortable.

I still work seasonally; I'm a grounds keeper and I deal with a lot of things like tree diseases and plant diseases, and things go wrong and I have no clue what they are. In the last few years I used to get my wife to do it for me, but now I can look it up myself.

Outmigration

Families are pulled apart because one or both parents have to spend most of the year out of province working. The male population decreases drastically certain times of the year due to working away. Less children for our schools, less recreation due to lack of young people, more seniors with no one to care for them.

Many seniors have little or no support. Aged citizens are left without family members to help and care for them.

Volunteer Burnout

When we met to plan for our volunteer week, the same people are in all the same organizations and they're a little burned out.

Community Champions and Partnerships

Rob is what's keeping us together. You've got to have that person, you know, keeping the group together.

This would not be possible if we didn't have free access, free computers, free books printed for you there, all I have to do is buy the binders, the college here provides the paper for us and the employees here print them for us and the rest of our volunteers...I mean we just couldn't operate without all the volunteers, and I especially want to point out our high school students...they are a great help and they really enjoy helping our seniors.

Not Just About the Money

I think for success, you just got to be excited about it. If you're just doing it just because "Oh well, here's a chance for some money," it's never going to work. I think you have to be really really on board with wanting to see these things happen in your community, and then, just do what you have to do to make it work.

Discussion

- Overview of findings
- Bringing it all together
 - ▣ What is an Age-Friendly community in NL?
 - ▣ How is Age-Friendly programming helping communities?
 - ▣ Social capital in Age-Friendly communities
- Methodological approach
- Recommendations
- Limitations and future directions
- Conclusion



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- Seniors

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