



Newsletter

Fredericton - A Community for All Ages

Fredericton Age-Friendly Survey Results Presented

Community Assessment Provides a Benchmark for Future Community Analysis

Greater Fredericton Social Innovation, the Capital Region Wellness Movement, and the Age-Friendly Community Advisory Committee have presented the findings from the recent Fredericton Age-Friendly Survey to the City of Fredericton's Community Services Committee. The purpose of the survey was to gain an understanding of Fredericton's strengths and opportunities for growth as an age-friendly city.

"In order to achieve favorable community collaboration, all stakeholders involved are aiming to understand the perspectives of our population," said Coun. Eric Megarity, Chair, City of Fredericton Age-Friendly Community Advisory Committee, "This survey offers a solid benchmark that gauges the values and attitudes of our ageing population, which can be used to inform policies moving forward."

Written, over the phone, and online surveys were conducted with residents aged 55 years and older from February 13 – April 13, 2018. In total, 855 older adults from all walks of life participated in the survey; the majority of whom were between the ages of 55 and 84, with two-thirds being female – 65.7% female, 33.6% male and 0.7% other.

Sandi MacKinnon, Executive Director, Greater Fredericton Social Innovation said, "I did not expect such an amazing turn out for this survey. We had 855 individuals tell us their wants and needs for the community including representation from Saint Mary's First Nation, persons with lived experience of homeless-

ness, and with the help of Meals on Wheels, individuals who may be facing isolation or without internet access. The amount of civic participation was truly impressive."

There is a fairly even representation in the survey from those earning \$20,000 to \$79,000 and \$80,000 to \$100,000+. Over 60% of respondents indicated they are retired. The largest number of responses came from the 55-69 year old demographic. Almost six in ten respondents (57%) indicated they are married; 12% are widowed, 12% are single, 11% are divorced, and 8% are other.

Questions were grouped into eight fundamental domains of community life in which communities can become age-friendly. The domains included: Outdoor Spaces and Buildings; Transportation; Housing; Social Participation; Respect and Social Inclusion; Civic Participation and Employment; Communications and Information; and, Community Support and Health Services. Key findings from the survey include:

- The majority of respondents feel safe in their neighbourhood, and would like to see more trail lighting and additional public washrooms in the downtown, in parks and along trails.
- 70% of respondents use their own vehicle to get around, while 17% said walking is their main mode of transportation. Older adults understand the value of transit, but would like to see some improvements to the system.
- 81% of respondents live in their own home, while 88% stated that living independently as they age

is important. Only 4% are aware of programs to keep them in their home longer. The majority of respondents do not believe it is financially viable to age in their home. For those wanting to downsize, they would like to stay in the same neighbourhood.

- More than half of respondents attend social activities; however, high costs, poor timing, and poor event location were identified as barriers to participation.
- Respondents identified that they feel welcomed, valued and connected to their community, with the majority believing there are activities that welcome all ages and cultures.
- 75% of respondents would volunteer for something they enjoy. 47% indicated they are considering delaying their retirement for financial reasons. Understanding the range of jobs available for older adults and training opportunities to gain new skills were identified as needs in this regard.
- Respondents identified the internet (75%), newspaper (40%), and radio (39%) as their preferred methods of accessing community information.
- Respondents indicated they are well informed about home support services and end-of-life care, but need better communications about healthcare and help with weather-related emergencies.
- 18% of respondents identified they cannot afford healthy food after other bills were paid. Three quarters of respondents (74%) indicated they are satisfied with their life.

The survey report and detailed findings are available on the City of Fredericton website at www.fredericton.ca/AgeFriendlySurvey.

Background:

Fredericton is taking part in a large-scale movement towards an age-friendly world led by the World Health Organization. In response to this global initiative, the New Brunswick Wellness Movement, a division of Social Development, is engaging the people of Fredericton in order to gain a better understanding of how our

ageing population perceive their community.

Membership in the Global Network of Age-Friendly Cities requires that communities conduct a baseline assessment of age-friendliness. As a result of the collaboration between various community stakeholders, a community-wide survey was developed and conducted between February and April 2018.

To become an age-friendly community, there are four milestones to achieve:

1. Secure official commitment to the Age-Friendly Community approach.
2. Establish an Age-Friendly Steering Committee and engage the community.
3. Conduct an age-friendly assessment.
4. Establish a comprehensive action plan.

The data from this survey has been shared on the Fredericton Open Data Portal, making it accessible to everyone in the community. Community stakeholders may find this particularly useful because the data may be used as empirical evidence to support funding applications, to inform policy, and to implement focused programs. In addition, when data is linked to other sources and shared openly between communities, it can be used to analyze larger trends within the community.

About the Partners:

Greater Fredericton Social Innovation (GFSI). GFSI is a network of concerned organizations, agencies and individuals working cooperatively and collaboratively to make Fredericton and its environs the best possible community in which to live, work, raise families and play. www.socialinnovationfredericton.com

Capital Region Wellness Movement, Division of Social Development. The Wellness Movement supports New Brunswick's Wellness Strategy by being a common platform and connection point for wellness in New Brunswick. The Wellness Movement supports, connects, and celebrates all New Brunswickers – individuals, families, community groups, schools and workplaces – working on enhancing one or more aspect of wellness. www.wellnessnb.ca

City of Fredericton Age-Friendly Community Advisory Committee. The Age-Friendly Community Advisory Committee is dedicated to working towards the betterment of life for seniors in our community, as well as encouraging and facilitating dialogue throughout the community regarding municipal matters that directly impact seniors.

Qualitative research interviews conducted last fall by STU social work student interns Rachel Cooney, Hailey Hughes, and Katrina Kaiser with 17 marginalized and isolated Fredericton seniors 57-89 years of age revealed very similar findings, with these additional insights:

- Literacy is a potential barrier to getting information, and so is lack of computer access. Many low-income and older seniors rely on radio, newspaper,

and television, and feel thwarted when they are referred to a Website or Facebook for further details. And they reminded us that type font size is also an issue for aging eyes.

- When faced with emergencies, isolated seniors rely heavily on informal support systems (family, friends, neighbours). Some didn't even have a phone. This is crucial to remember when considering how to alert vulnerable populations during a disaster.

We'd like to thank Rachel, Hailey, and Katrina for their dedication and energy, and the seniors whom they interviewed for their openness.

Catalyst Award

A United Way/VGF Volunteer Appreciation Event was held on Friday, April 20th, 2018 at the Government House, Fredericton. The Age Friendly Committee / Prime Time Volunteers Committee were honoured to receive the Catalyst Award. This award is reserved for those who actively engaged in recruiting many new volunteers to serve in the past year.

The Honourable Lieutenant Governor Jocelyn Roy-Vienneau presented the awards and highlighted the importance and benefits of volunteering when she stated:

Le Nouveau-Brunswick sert de modèle au Canada, en raison de notre population vieillissante. Nous avons la possibilité d'être des leaders dans nos soins aux aînés à l'avenir. Le bénévolat en est un élément important.

We have an older population. That should not be a negative. With a positive spin, it means we have more people, with more life-experience, who can still give

back, who can be amazing volunteers. New Brunswickers have always been inclusive, innovative, and inspiring. We have always helped one another.

No matter the reasons why you volunteer, you prove, day-in and day-out, that you are in for the long haul - for the good of this community....and for the good of people who live here.

And..... that means, what you do is good for New Brunswick.

The benefits of volunteering are enormous. You don't just help individuals – you help to bond communities. You give value to those who really need the help. And, you probably feel better about yourselves.

Vous êtes notre plus précieuse ressource naturelle..... Je vous remercie beaucoup.

Thank you for your commitment. And congratulations!



Carol Morrison; Anne Marie Hartford; The Honourable Lieutenant Governor Jocelyn Roy-Vienneau; Louis-Philippe Albert; Madeleine Gaudet; Penny Pacey; Eric Megarity

CST. MIKE BAMFORD'S CRIME PREVENTION TIPS:

Fredericton Police Force

"Lock it or lose it"

- Always lock your vehicle doors
- Keep windows rolled up
- Park in well lit areas
- Keep your GPS and other valuable items out of sight
- Keep shopping bags and other parcels in the trunk
- Never leave your vehicle running unattended
- Never leave keys in the vehicle

Visit the Insurance Bureau of Canada for further information, www.ibc.ca

Another Successful "Spring into Wellness" Expo Held in Fredericton

On Saturday, April 28, in the midst of another record flood in the Capital region, Age Friendly Fredericton and their partners hosted their second "Spring into Wellness, an Expo to Promote Healthy Aging." While attendance might have been reduced slightly from last year, an estimated 450 people showed up during the five-hour open house held at Leo Hayes High School. This year the fair included 53 exhibitors (thirteen more than last year), eight information sessions and five try-it activity sessions. Information sessions included: "Spotting the Red Flags of Fraud," "Care for the Caregiver" and "All about Face-

book". Line Dancing and Pickleball demonstrations attracted a good crowd in the "try-it" activities. Thank you again to the local business community and Leo Hayes High School for their support and also the partners for this event: City of Fredericton, NB Retired Teachers and Wellness Branch of Government. All in all, the Second Spring into Wellness was a great success and the exhibitors and attendees are asking for more next year!! We are pleased to announce that the Third "Spring into Wellness" will be held on Saturday, April 27, 2019. Mark your calendar now!

**Let's Get Connected**

A new bilingual directory of services and activities for Seniors living in the greater Fredericton area is now available. Electronic copies are available online on the City of Fredericton web site. Hard copies are available at the City Hall Service Center, the Stepping Stone Seniors Centre and the Johnstone Ave Seniors Centre or by calling 460-2020.

With the increasing incidence of extreme weather events, it's important to know how to prepare in advance to keep yourself safe. The Seniors EMO brochure is available by clicking on the following link:

<http://www.fredericton.ca/sites/default/files/public-safety/emo-seniors-safety-brochure-en.pdf>

NB 72 HOUR EMERGENCY PREPAREDNESS GUIDE:

<http://www2.gnb.ca/content/dam/gnb/Departments/ps-sp/pdf/emo/2015-NB-EMObooklet-E.pdf>

You can have your say in what the Age-Friendly Community Advisory Committee will be doing by voicing your concerns, ideas, and comments to the group through any of its members, or by contacting us via email at: agefriendly@fredericton.ca

For more information, including the Seniors Directory, or our Identified Action Steps Towards an Age-Friendly Future for Fredericton, please visit: **City of Fredericton Age-Friendly web page:**

<http://www.fredericton.ca/en/city-hall/city-council-committees/committees/age-friendly-community-advisory-committee>