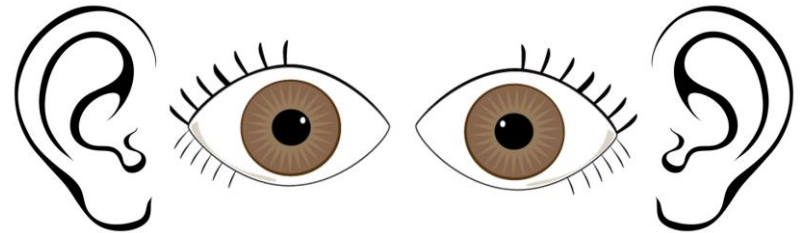




**CITY OF FREDERICTON**  
**AGE-FRIENDLY COMMUNITY ADVISORY COMMITTEE**  
**REPORT FOR 2018 and 2019**

# Role Of The Committee

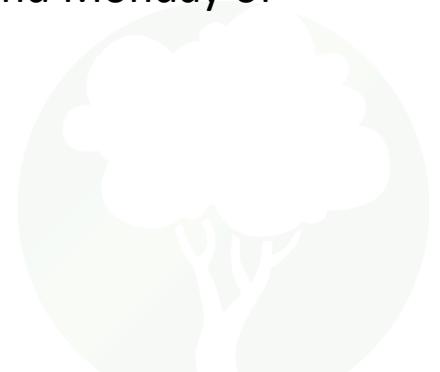
- Close to 30 % of the population is over 50
- Eyes and ears related to seniors
- Help avoid pitfalls and problems later
- Advise on age-friendly issues
- Ensure policy and programs are considered with a seniors lens
- Encourage and facilitate dialogue
- Outreach to seniors' communities
- Forum for seniors' feedback and concerns
- Catalyst to make things happen for seniors



# Who Are We?



- Volunteer committee of 20
- Wide range of expertise and wisdom
- 15 groups represented
- Over 5,000 seniors' voices through organizations represented
- Plus individuals with networks in the community
- In touch with seniors, and soon to be seniors
- Meet the second Monday of each month



# The Age-Friendly Movement

- World Health Organization-Global Age-Friendly Cities Project in 2006
- Enable seniors to be safe, healthy and engaged
- Adopted in Canada in 2007
- Program launched in New Brunswick in 2016 (Social Development)
- Fredericton designated Age-Friendly in 2018
- Represents an ongoing commitment by the City



# Priority Areas Of Focus



- Outdoor spaces
- Buildings and housing
- Transportation
- Social inclusion /engagement
- Employment
- Communication and information
- Health services
- Community support

# Activities For The Past Two Years

- Busy two years
- Take our role seriously (but we have some fun too)
- Community partners essential
- Extensive volunteer hours
- Support from city staff/councillor



# Advice and Consultation with the City

- Transit Master Plan
- Municipal Plan
- Victoria Circle
- Parks Plan
- Fredericton Police Force/ Seniors Police Academy
- Initiated the High Priority Disaster Relief Registry
- Gender Equity
- City bicycle friendly
- Municipal composting potential
- Glyphosate use by the City
- Feedback on City web projects



- Affordable Housing
- Lack of parking downtown and parking spaces for persons with a disability

# Outside Groups Seek Input And Partnership

- Twenty + groups
- Groups developing technology and other projects for seniors
- York Sunbury Search and Rescue
- Volunteer Fredericton
- CMHA-adaptable and accessible housing
- Affordable Housing
- Fredericton Trails Coalition
- Greater Fredericton Social Innovation (GFSI)
- Intergenerational Housing Project (Ville)
- Consultants on needs assessment new indoor pool
- Provincial Senior Ambassador Program
- Senior Wellness Action Group (SWAG)
- Groups developing technology and other projects for seniors
- Other communities (Hanwell, New Maryland, Fundy Region...)





# Listening To Seniors In Our Community

- Committee members bring issues/concerns forward
- Forwarded to City staff as appropriate
- Examples of key issues include:
  - Length of time for walking in some cross walks
  - Need for park benches/seating
  - Concern over increase cost in bus passes
  - Need for more AED devices in buildings-over 3 stories
  - Lack of parking



# Staying Informed



- Guest speakers
- Share information with our networks
- New technology and programs for seniors
- Healthy Seniors Project-NB Social Development
- Cyber Seniors



# Accomplishments

- Accessing funds
- Positive impact on City decisions and programs
- High Priority Disaster Relief Program
- Age-Friendly designation
- Seniors Survey
- Annual Spring Into Wellness Expo
- Prime Time Volunteer initiative-award winning
- Let's Get Connected-seniors directory of services and activities
- Representation on Affordable Housing Committee
- Newsletter



# A Big Challenge



- Research indicates there are communication challenges
- Significant digital and socio-economic divide
- Over reliance on affordable social media
- People not being informed
- COVID-19 impact on seniors



# Isolation & Loneliness Project – A Priority



- Loneliness and isolation is a crisis
- 43% of calls to CHIMO from lonely/isolated seniors
- Meals on Wheels clients
- Subcommittee formed-partners identified
- Fredericton Public Library and STU research
- Two workshops held
- 75+ in attendance
- Representing 33 groups
- Partners were engaged and enthusiastic
- Research in progress (STU Chair in Gerontology and Aging and School of Social work)
- Have received a MITACS grant in partnership with STU and Meals on Wheels

# Future Goals

1. Advocate, advise and consult on civic matters
2. Continue to inform and engage the senior community
3. Work with partners
4. Be a catalyst for improved information/calendar - activities, etc.
5. Seek to mitigate isolation and loneliness
6. Increase attendance at Spring Into Wellness Expo
7. Engage the business community to better serve seniors
8. Improve City website for seniors (content and usability)



# How You Can Help

- Recognise the role of the Fredericton Age-Friendly Community Advisory Committee (AFF)
- Consult with us - we can help you
- Use your platforms to share information
- Recognize seniors make a valuable contribution
- Follow up with AFF as appropriate



**WE ARE HERE TO HELP YOU!**

**~THANK YOU FOR YOUR TIME~**

