



**PEI Forum on Healthy Aging and Age-Friendly Communities**  
**March 17, 2009**



## **Why was this forum held?**

There is recognition that Prince Edward Island's population is aging. An aging population demographic presents both opportunities and challenges. There are, and will continue to be, many new opportunities for program, policy and service planning to meet the current and future needs of the population. Conversely, policies and programs may also be challenged to change their current practices to become more age-friendly and meet increasing demand for service.

Since 2005, the PEI Seniors' Secretariat has worked to strengthen the connection between Island seniors, community groups, governments and business by:

- Providing policy and program advice to government and the community
- Offering opportunities for public awareness and education for seniors and about seniors' issues
- Research and information

The PEI Seniors' Secretariat in collaboration with the Public Health Agency of Canada and the Active Living Coalition for Older Adults agreed to host a forum to advance discussions and identify opportunities to promote healthy aging and age-friendly communities on PEI. Invitations were issued to a variety of seniors' focused and community organizations, municipalities, recreation professionals, and provincial government departments. The following proceedings are a summary of this forum and the discussions of the day.

The PEI Seniors' Secretariat wishes to thank all participants for their attendance and looks forward to continuing collaborative efforts to support healthy aging and age-friendly communities.

## **An Introduction to Healthy Aging and Age-Friendly Communities**

### **Healthy Aging & Age-Friendly Community Development in Canada**

Jim Hamilton, Special Advisor, Healthy Aging, Public Health Agency of Canada

In 2005 the Federal/Provincial/Territorial Ministers Responsible for Seniors commissioned a working group to develop a comprehensive paper examining the concept of healthy aging, including a literature review and key informant interviews with experts. The paper, *Healthy Aging in Canada: A New Vision* outlined the interaction between mutual aid (the aid we offer each other), self care (actions that individuals take) and supportive environments in supporting healthy aging. Several areas of focus (social connectedness, physical activity, healthy eating, falls prevention and tobacco control) were highlighted in the document because of their relevance to seniors' health. The importance of age-friendly communities was recognized as a key factor that could enable all ages and abilities to age actively.

Canada began collaborating with the World Health Organization and countries in the Americas, Africa, Eastern Mediterranean, Europe, South East Asia and Western Pacific to undertake research with seniors on their perspectives on age-friendly communities. As 75% of seniors globally live in cities, four Canadian cities participated in the project which resulted in key findings that have been summarized in the *Global Age-Friendly Cities* guide.

Further work was undertaken to understand the issues facing the nearly 23% of seniors who live in rural or remote areas in Canada. Locally on PEI, Alberton was a site for this project. Key findings from this project have been summarized in the *Age-Friendly Rural and Remote Guide*. From both projects it was clear that age-friendly communities can only be achieved through broad collaboration between older adults, all levels of government, service providers, the voluntary sector, caregivers and business leaders.

For further information:

Global Age-Friendly Cities: A Guide

[http://www.who.int/ageing/publications/Global\\_age\\_friendly\\_cities\\_Guide\\_English.pdf](http://www.who.int/ageing/publications/Global_age_friendly_cities_Guide_English.pdf)

Healthy Aging in Canada: A New Vision, A Vital Investment From Evidence to Action

[http://www.phac-aspc.gc.ca/seniors-aines/pubs/haging\\_newvision/pdf/vision-rpt\\_e.pdf](http://www.phac-aspc.gc.ca/seniors-aines/pubs/haging_newvision/pdf/vision-rpt_e.pdf)

Age-Friendly Rural and Remote Communities: A Guide

[http://www.phac-aspc.gc.ca/seniors-aines/pubs/age\\_friendly\\_rural/pdf/AFRRRC\\_en.pdf](http://www.phac-aspc.gc.ca/seniors-aines/pubs/age_friendly_rural/pdf/AFRRRC_en.pdf)

## **ALCOA – As A Resource to Older Canadians and Key Stakeholders**

**Patty Clark, National Executive Director**

The Active Living Coalition for Older Adults is a coalition of corporations, organizations, associations and seniors facilities that have an interest in the field of aging and the well being of older adults. The organizations' vision is: *A society where all older Canadians are leading active lifestyles thereby contributing to their physical and overall well being.* ALCOA achieves its vision through the contributions of its roundtable, corresponding and corporate members. The organization's activities are guided by the foundation document *A Blueprint for Action for Active Living and Older Adults*

The strategic directions of ALCOA include:

- Communication – with members, providers and older adults
- Collaboration, Coordinate – on initiatives such as 'Symposium on Health Literacy', Intergenerational Physical Activity Network, Fabulous for Life Calendar
- Advocacy
- Facilitating research and innovation – in collaboration with University of Waterloo, sponsorship on a webinar on exercise and cancer, prevention of type 2 diabetes in older adults
- Sustainability – through maintaining quality partnership with funders

Possible future initiatives of ALCOA include:

1. Focus group consultations with older adults and practitioners in related sectors

2. Development of presentation packages for use by practitioners
3. Peer training and ambassador program
4. Review and revision of ALCOA Research Updates and Active Living Tips
5. National conference/forum/summit
6. Developing, sharing and showcasing best practices for age-friendly resources, healthy eating, falls prevention
7. Expansion of distribution of ALCOA newsletter to seniors' centres.

For further information:

A Blueprint for Action for Active Living and Older Adults

<http://www.alcoa.ca/e/whatsnew/blueprint.pdf>

Celebrating Healthy Active Lives

[http://www.alcoa.ca/e/newsletters/2009\\_01\\_jan\\_feb.pdf](http://www.alcoa.ca/e/newsletters/2009_01_jan_feb.pdf)

Active Living Tips

[http://www.alcoa.ca/research\\_u\\_docs/2007\\_09sep\\_en\\_tips.pdf](http://www.alcoa.ca/research_u_docs/2007_09sep_en_tips.pdf)

Resource Directory 2008

[http://www.alcoa.ca/e/pdf/resource\\_directory\\_2008.pdf](http://www.alcoa.ca/e/pdf/resource_directory_2008.pdf)

## **A Portrait of Island Seniors**

**Catherine Freeze, Seniors' Policy Advisor**

A statistical review was presented of Island seniors and key issues affecting healthy aging.

- Island seniors represent one of the fastest growing segments of the population.
- The approximately, 20,107 Islanders aged 65 years and older currently comprise 14.5% of the population. The population segment aged 50-64 represents an even larger group that is projected to increase the proportion of Islanders aged 65 and older in the years to come.
- The current proportion of Islander seniors is higher than the overall Canadian average of 13.7%. Compared to other provinces, PEI has the third highest proportion of the population aged 65 and over.

- Island females continue to out number males in the population over age 65.
- Part of the differences observed in the gender distribution within the population may be explained by differences in life expectancy.
- PEI and Canada have similar life expectancy, with males born in 2005 expected to live to age 77 and females to age 82.
- According to the 2006 PEI Health Indicators report, the prevalence of chronic conditions such as arthritis, asthma, heart disease and stroke, diabetes, and cancer tends to increase as Islanders age.
- Island seniors have lower daily smoking rates compared to the overall adult population. Male seniors tend to have higher daily smoking rates (14%) compared to female seniors (4.6%).
- Senior females have lower activity rates than males. A number of factors may influence activity rates including: safety issues, age-friendly communities – particularly the existence and maintenance of sidewalks, street lights; chronic health conditions; opportunity for programming and social support.
- For the majority of Island seniors who live in rural areas, transportation issues may be a particularly important connection to supports and services that allow one to remain in their own home. According to ASHRA research 84% of Island seniors surveyed indicated that they still drive, a higher proportion than the Atlantic average.
- Islander seniors tend to have attained lower education levels than younger age groups.
- As illustrated by the following summary of statistics profiling the population, Island seniors are a diverse population demographic.

Participants then engaged in discussion on age-friendly communities, promotion of physical activity and healthy aging. The following section represents the results of these discussions.

## **Results from Table Talk Discussions**

### **General Themes**

#### **What actions could Island communities take to support age-friendly communities?**

Participants focused on creativity in supporting age-friendly communities, from the use of non-traditional and off-hours use of facilities, to new housing arrangements to transportation. The discussions challenged communities to look at options that are currently working in other areas of Canada and around the world to support age-friendly communities and address challenges such as transportation and the provision of community support and health services.

Transportation, safe walking areas and housing maintenance issues were recognized as some of the challenges for age-friendly communities.

Participants offered practical solutions for engaging the community in planning processes and mapping of available resources.

#### **What actions could Island communities take to support older adults to be physically active?**

In general participants viewed physical activity as a potential way to strengthen social connections and reduce isolation in older adults. These social connections included not only peers within a community but also between generations of Islanders.

The importance of supporting current initiatives that promote physical activity while moving into new venues where older adults may currently meet (community centres, Tim Horton's, meetings) to promote activity was recognized.

Participants offered a number of suggestions to address potential barriers to physical activity (financial, transportation, awareness).

#### **What actions could Island communities take to support healthy aging?**

The final table talk discussion offered an opportunity for participants to explore a variety of issues related to healthy aging within communities. The use of outdoor spaces and creative uses for buildings within communities was discussed. Several examples of

Island community based programs and services were offered as evidence of successful initiatives that support healthy aging and could be replicated in other communities.

Discussions again turned to ways to engage community members within the planning process and the Age-Friendly Rural and Remote Communities checklist was recommended as a starting point to guide planning.

Health care, home care and caregiver support were discussed as important issues in supporting healthy aging in Island communities.

***Also see Appendices for more information***

## **Next Steps**

In an open forum discussion participants explored options for future collaboration on age-friendly communities.

It was agreed that:

- proceedings of the forum be made available to participants (Office of Seniors)
- participants to review the proceedings and consider how this information could be used by their organization to support healthy aging and age-friendly communities (analysis - All)
- participants to consider how they might collaborate with other people or organizations to support healthy aging and age-friendly communities (assessing readiness for collaboration - All)
- plans be made to disseminate the Age-Friendly Rural and Remote Checklist (All)
- further opportunities to follow up with the Federation of Municipalities be explored (Office of Seniors to initiate)
- a follow up session be organized with participants and others to identify possible next steps in the promotion of healthy aging and age-friendly communities.

**PEI Forum on  
Healthy Aging and Age-Friendly Communities**

<b>Time</b>	<b>Activity</b>
10:00 – 10:15	<p><b>Welcoming Remarks</b></p> <ul style="list-style-type: none"> <li>• purpose of the day</li> <li>• review agenda, process, lunch and breaks</li> <li>• roundtable introductions</li> </ul>
10:15 – 11:20	<p><b>An Introduction to Healthy Aging and Age-Friendly Communities</b></p> <ul style="list-style-type: none"> <li>• Healthy Aging &amp; Age-Friendly Community Development in Canada Jim Hamilton, Special Advisor, Healthy Aging, Public Health Agency of Canada</li> <li>• ALCOA – As a Resource to Older Canadians and Key Stakeholders Patty Clark, National Executive Director</li> </ul> <p>A Portrait of Island Seniors Catherine Freeze, Seniors' Policy Advisor, Office of Seniors</p>
11:20 – 12:00	<p><b>Discovering Common Interests</b></p> <ul style="list-style-type: none"> <li>• Roundtable sharing on your organization's interests and potential interest, resources, background and experience in supporting Healthy Aging and Age-Friendly Communities</li> </ul>
12:00 – 1:00	Lunch
1:00 – 2:45	<p><b>Table talk</b></p> <ul style="list-style-type: none"> <li>• What actions could Island communities take to support age-friendly communities?</li> <li>• What actions could Island communities take to support older adults to be physically active?</li> <li>• What actions could Island communities take to support healthy aging?</li> </ul>
2:30 – 2:45	Health Break
2:45 – 3:15	<p><b>Next Steps</b></p> <p>What are some opportunities for ongoing future collaboration in support of Healthy Aging and Age-Friendly Communities?</p>
3:15 – 3:30	Closing Remarks and Thank-You

## Table Talk #1

### What actions could Island communities take to support age-friendly communities?

The Age-Friendly Rural and Remote Communities Guide suggests several features of age-friendly communities.

The following ideas addressed **outdoor spaces and buildings**:

- Improve lighting on streets for walking at night
- Make sidewalks more passable especially in winter
- Increase awareness of barriers to access
- Walking clubs to use church halls, schools etc
- Make schools more open to activities (often depends on principal of school to be open to community driven activities)
- Need a 'holistic', macro approach
- Committee for small halls – is this a possible community hub?

The following ideas addressed **transportation**:

- Free public transit for seniors
- Improve transportation services – accessibility
- After gaps identified, don't re-invent wheel, adapt programs, what works in other areas (government of BC, Alberta independent transportation network to help provide necessary transport to seniors across country)
- "Driving Miss Daisy" program for rural transportation where other access doesn't exist
- Alternative transportation, need a 24/7 on demand system
- We put unrealistic expectations on our own family members sometimes (ie provide all transport)
- Cornwall has implemented a new noon hour schedule for bus transportation – better for seniors who just need to be gone for part of the day, not all day
- Smaller passenger vans in rural areas to transport to feeder buses, larger area.
- Challenging to convince people to use some available options (for example taxi service)
- Identify gaps in transportation, housing options, activity programs

The following ideas addressed **housing**:

- Creative housing options in communities – like seasonal moves to larger centres (hotels, cottages) or shared homes – 1) communities as a coordinator of information; 2) include questions in surveys on needs and interests
- Make builders aware of seniors' needs to access of buildings when they are looking to design new buildings
- # of elevators within buildings that are locked and not accessible
- Funding to help with home maintenance ie housekeeping and renovations
- Municipalities and provincial government should assist with training people to install programmable thermostats and insulation etc so they can do the work for seniors. Seniors want to access the Emergency Efficiency Grant but can not find trades people to do the work

The following ideas addressed **respect and social inclusion**:

- Building and implement seniors peer helping (visiting networks in communities) more widely. It should be ongoing.
- Supporting intergenerational connections through church or other community organizations
- Design, implement programs and services by seniors!! Senior involvement in policy, planning and design (focus group seniors)
- Need a concerted effort from seniors lobby groups to demand action (from province, government, MLA etc) on transportation for seniors, Island friendly community vs communities as a whole. Benefits all not just seniors

The following ideas addressed **social participation**:

- Community to become more engaged in senior centres (community/nursing centres need to make and create invitation)
- Community groups hosting seniors' events where food is also provided – card games, grain health activities

The following ideas addressed **communication and information**:

- Free internet access – information and social networking (plus complete the Island access)

- Communication – target audience who does not participate – get them involved
- Take the message to business associations as seniors represent a significant economic force. Business could begin to think of ways to enhance business that even go beyond standard approaches
- Increase awareness that companies must be more age-friendly – for example don't use product displays that people cannot easily view.
- Seniors College – course and criteria are set by seniors

The following ideas addressed **civic participation**:

- More promotion and awareness at the community level for the 55+ Games
- How do you engage people who are more isolated to become active in events such as the 55+ Games?
- Engaging churches – example Trinity church winter event, men's/women's breakfasts, social groups
- Have government to provide leadership and others to partner
- Village council call a meeting of seniors organizations
- Do an inventory of your community
- See checklist of age-friendly features
- Have communities become familiar with what other communities have, look close, then look abroad for ideas
- Some changes (from the checklist) can be made at minimal cost
- Each community could bring together a group of like minded people to develop suggestions of what could be done and key challenges and present these to Council

The following ideas addressed **community support and health services**:

- Involve physicians in supporting age-friendly communities
- More programs to available to keep seniors in own homes (x 2), assist caregivers ie family members, spouses. Very little assistance in this Province
- There are tailored programs for people at home, need a trained home care person to deliver program, assess client etc
- Communities could connect with service providers (non government organizations) to find out what could be brought to

- or adapted by or for the community (Red Cross services, Respite/Palliative Care, Alzheimer supports as examples)
- Should be able to model some services that are offered to seniors in other countries ie Norway or free train service in Great Britain to seniors

## **Table Talk #2**

### **What actions could Island communities take to support older adults to be physically active?**

The following ideas addressed **outdoor spaces and buildings**:

- Walkability within the community is very important
- More rural communities could use their churches for daytime walking (St Peter's Bay is an example)
- Trail creation – remembering to include seating, picnic area, toilet facilities
- “If I want to go for a walk, can I get across the street?”
- Reach the ministers and priests involved to help advocate for uses of their facilities for seniors' activity/functions. Invite them to functions like this today. The ‘Sisters’ are very involved and have facilities too.
- The local shops, schools etc. are now closed often have to drive to functions now

The following ideas addressed **transportation**:

- Transportation is a major barrier to keeping people active
- Walkable communities dedicated walking trails that are safe
- Funding for transportation to transport seniors to events
- Gas prices are a barrier to keeping seniors active – can't afford transportation
- Community look at providing transportation (Cornwall model – 15 passenger van to take seniors to activities)

The following ideas addressed **communication and information**:

- Get the word out – awareness
- Municipalities – don't just set up events, promote them.
- Seniors need to know (education) that the health benefits start at any age

- Use communication channels that seniors use – community cable stations etc
- On the job training for Holland College fitness program students

The following ideas addressed **respect and social inclusion**:

- Intergenerational activities – “Take Your Grandchild for a Walk to Events” – *Take 30 Campaign*
- Youth and seniors working together, more promotion of New Horizons Programs, or if not through New Horizons, organize a similar program through Municipalities or church groups
- Social connections need to be encouraged to bring ‘new’ neighbours out to presentations on activity or included in walks
- Community and church groups that visit each other and visit people that are home alone and isolated
- Have ParticipACTION show older adults vs young
- Tourism to promote model communities for retirement.

The following ideas addressed **civic participation**:

- Need to have input from the community and seniors to add curriculum to draw seniors
- Municipalities push government that seniors’ activity is an important issue!!
- Seniors also have to be active in helping themselves. They have to be more outspoken and buddy together, social networks to help each other.
- Recognize needs within communities and advocate on behalf of the aging population – housing, transportation, community income tax preparation, peer helping, errands.
- We need to look at policies that take away financial barriers – ie offer tax credits or memberships for recreation, pool etc.
- Physical activity should be covered for seniors just like activity programs for children

The following ideas addressed **community support and health services**:

- Involve physicians to help seniors become physically active x2
- Collaboration between private fitness centres and seniors’ group for free exercise plans or exercise classes

- Stratford is the only free recreation centre – make recreation centres and gyms free. Funding to provide free membership for seniors. Subsidized membership for seniors.
- Support existing organizations who provide volunteers to help at rinks, pools, coaches etc.
- Coupons for coffee shops, taxis, stores
- Afternoon seniors at APM centre
- Seniors expos
- 50+ Games
- Have community centres create the place and time for ‘easy’ activities like walking (10 minute increments of activity)
- Craft activities – having seniors ‘teach’ knitting, etc (hand activity keeps hands supple)
- Have activity built into Women’s Institute meetings, group meetings to increase the opportunities
- Men that go to Tim’s for breakfast, add the activity piece in too
- More promotion of mall walking clubs, Superstore etc. tie in healthy breakfasts etc
- Offer Tai Chi in the park – individual and group
- More active living coordinators in the Province of PEI maybe get someone within communities who has a background in active living to volunteer or get volunteers to help paid staff to organize active living activities
- New organization – Association of Rural Community Halls “ARCH” apply for money but provide opportunities for exercise functions ie dancing, classes
- Provide support to existing organizations and the communities through educational seminars, events, care parties etc

#### General comments

- Too much emphasis on membership to gym, pool etc. Think of other activities that don’t involve a lot of money – include walking, gardening
- Any exercise you do is important – all activities count!
- Some people don’t like the regimented program
- Need a fundamental shift in attitude on activity to those who park the closest to the door, take the elevator, etc
- There’s an attitudinal change happening now for the positive, more progress needed

- If we are going to offer video-based education, make sure we are using age-appropriate leaders/role models
- Have government do more social marketing to promote seniors health and aging/activity focus etc.
- Challenge is an attitude re: activity for those over 70 ie they should take it easy
- Falls prevention needs promotion and Tai Chi

## Table Talk #3

### What actions could Island communities take to support healthy aging?

The following ideas addressed **outdoor spaces and buildings**:

- Accessibility to public buildings needs to be improved. Also parks have to be accessible.
- More benches on walking trails
- New subdivisions have to be more age-friendly, they have to have services within neighbourhoods ie corner stores, pharmacies, bus stops
- Designated parking for seniors with invisible disabilities (ie lung conditions)
- Trails go to ski-doo's for the winter months – no good!
- Sometimes a challenge to promote trails ie “ok, but not on my land”. People feel threatened
- Some communities have opened up daytime space and offered to seniors (support with nutrition support – lunches at meetings)
- City buys time on walking trails and pays for parking
- Some roads closed in winter and not plowed, use them for functions – winter sports etc.

The following ideas addressed **transportation**:

- Shift from motorized transport to pedestrian and cyclists, scooters
- City planners need to buy in, with provincial direction to support pedestrian and cyclist needs

The following ideas addressed **housing**:

- Communities need to support housing choices = supporting seniors who want to stay at home, creating communal housing options, etc.
- Seniors housing designed in areas that are pleasant to live and have walkable access to services and parks

The following ideas addressed **respect and social inclusion**:

- Mentoring programs for youth with seniors

The following ideas addressed **social participation**:

- Need to include brain health activities

The following ideas addressed **communication and information**:

- Communities need to 'watch their language' – where do you include your programs or focus activities for seniors? Cornwall has it under 'Recreation" where seniors may not think to look for feel connected to
- Education about chronic disease management

The following ideas addressed **civic participation**:

- Communities need to work more closely with seniors to problem solve to overcome fears (frauds/scams concerns) and then put into a format to share with other seniors
- Ask our communities to look at community planning through the 'healthy aging checklist'
- Communities could 'map' their community for seniors activities/needs and plan for and promote activities/services for and to seniors
- Communities could look at the coming generation of seniors (but community's plans are shorter term usually – but using the Age-Friendly Rural and Remote Communities checklist could be included now
- Seniors groups need to use their contacts in community and advocate for the local needs
- Adult tax credit – adult fitness tax credit

The following ideas addressed **community support and health services**:

- Homecare needs to be improved. It is minimal, they only provide the service twice per week for 2 hours per visit and only

- provide personal care. There isn't any assistance for seniors with light housekeeping or meal preparation. Other provinces have more assistance in regards to these services. Also respite care would be of great assistance to caregivers
- More home care services for seniors
  - Access to physicians
  - Qualified home care workers. Education.
  - Continuing care expansion to include home exercise programs
  - Tele-homecare monitoring technology – pilot project perhaps to start this type of program
  - Tele-care support program staffed/volunteered by seniors. Calls placed to seniors living on their own (daily)
  - Supports for senior caregivers
  - Caregiver support/respite considerations
  - Wellness centre walking track free of charge, Stratford
  - Hotel pools and gym equipment open for seniors or discount or free service
  - Policy re: facilities free of charge for those over 65
  - Organic gardeners bringing in produce to seniors housing. This is an advantage
  - Need a continuum of Healthy Active approaches so seniors maintain their balance and strength (need funding and coordination)
  - Cornwall provides a once a month outing to Kensington, Montague to view Christmas lights etc
  - Day program promotion to seniors for music, activities, meals, bath etc. ie. Chapman Centre, Brecken House; helps the senior and the families
  - Mill River Seniors Day – absolute success, get the word out!
  - Other aids that support people being more active ie stationary bike, pilates, treadmill, Wii

General comments:

- Is the central problem one of attitude? I can't as opposed to seeing how you can.
- Nutrition: senior friendly packaging is getting better, some grocery stores will shop and deliver to seniors that are house bound
- Adapt the Eden Alternative – a philosophy of care for more client focused care of our seniors in long term care and

- integration of the communities to provide senior friendly activities/quality of life
- Medications: need a review of provincial formulary, what's covered for seniors etc. Some drugs generic or prescribed have different side effects
  - Footwear: need reasonably priced walking shoes and dress shoes that are appropriate or covered by prescription
  - Creating a culture of safety
  - Vision is a common problem, exams should be covered yearly, not every 2 years
  - Need to focus on the positive things that have happened, not always what we don't have and where they fit in a larger scheme

## HEALTHY AGING FORUM PARTICIPANT EVALUATION

### 1. As a result of your participation here today, has your awareness of healthy aging increased?

1	2	3	4
Not at all			To a great extent
		n=8 (57%)	n=6 (43%)

### 2. What did you find useful about today's forum?

- That all communities all face the same problems, we are all in this together
- Exchange of new ideas x 3
- Networking x 4
- The possibilities of municipalities to be involved in age-friendly communities
- Interactions with seniors and peers re: various concerns of seniors
- Speakers x2
- Table talk x 3
- Being aware of the percentage of seniors here on the Island
- Learning the issues
- The afternoon sessions around community health, aging ideas
- Education, research, resources, speakers helped build the forum
- Gained information about programs/services available in the community x 2

### 3. What could have been improved upon?

- No suggestion x 8
- It was well organized
- Focus of the questions in the afternoon could have been improved re: knowing what the entire scope was before we addressed each one
- Coordination of efforts and sharing knowledge
- Share the 3 questions in advance so participants can frame their 'group work'
- Each community, municipality should be more oriented towards the senior

**4. Are there any key stakeholders who you would have liked to have seen at today's forum?**

*If so*, please provide their name and organization.

- Municipalities in general x2 and town of Stratford in particular
- Municipal directors of recreation x 2
- Town planners
- Sherwood community (Charlottetown Royalty Rotary) – contacts Chester Gillan, Gordon McInnis
- Church representatives (Christian Council) x2
- Health organizations (ie home care)
- Women's institute
- Mental health rep
- More provincial policy makers and provincial departments
- Dept of Seniors or Dept of Health
- Minister of Health – Doug Currie

**5. Are you motivated to raise the profile of this issue within your organization?**

Yes

No

Maybe

n=13 (93%)

*If so*, please identify two ways that you may take action.

- Discussion with appropriate person at our group ie municipal council after or following analysis of the report from today's forum
- Plan action together with mutual goals
- Involvement with the Seniors' Secretariat
- Liaising with the organizations as we need to improve our resources/services re: seniors
- Newsletter x 2
- Presentations
- Communicating the concept and doability of age-friendly communities, noting the checklist (pg 40-48)
- Include healthy aging strategies and concepts in strategic directives
- Agenda item on next team meeting
- Share information
- Brainstorming about potential ways to collaborate on initiatives
- Go back to the board with the issues

- To do more promotion on cable community channel
- Be more oriented (friendly living) encourage neighbors to help others
- To get FSNA more motivated on issues affecting most of us as we age
- Suggest walking club
- We are planning a senior fair with emphasis on this topic
- Through planning practices such as walkability within neighborhoods
- Planning for accessible transportation
- Planning for accessible senior friendly housing

**6. Do you feel a future forum meeting of stakeholders would be valuable?**

Yes	No
n=14 (100%)	

**7. Additional Comments:**

- Great meeting, great leadership x 2
- Great start on developing a healthy aging PEI
- Let's see what the next steps are resulting from the group process
- Keep on the good work. A lot is done but a lot could be done. Let's work together!
- Lunch was great

## **List of Participants**

Yvonne Arsenault - La Coopérative d'Hébergement le Bel Âge

Bernice Bell – PEI Population Aging Initiative, WEAAD Committee member

Rebecca Boulter – Literacy Librarian

Annie Boyle – PEI Senior Citizens' Federation

Olive Bryanton – PEI Seniors Safety Program

Vickie Bryanton – Consultant

Amy Duncan – Recreation PEI

Mike Chapman – CARP

John Dewey – Federation of Municipalities

Anna Duffy - PEI Seniors' Secretariat

Charles Easter – Deputy Mayor, Town of Cornwall

Kathy Evans – Clinical Dietitian, Summerset and Wedgewood Manors, Home Care

Norman Finlayson – PEI Literacy Alliance

Winnie Fraser Mackay - PEI Seniors' Secretariat, Canadian Pensioners Concerned

Anna Gill – citizen Charlottetown

Jerry Gill – citizen Charlottetown

Corrine Hendricken-Eldershaw - Chief Executive Officer, Alzheimer Society PEI

Sally Lockhart - Island Network for Injury Prevention, Falls Prevention Curriculum

David Mabon – Deputy Mayor, Town of Montague

Craig Mackie – CARP

Kathy McCarthy - Medavie Blue Cross

Kim Meunier – Recreation Manager, Town of Cornwall

Olive Moase – Program Analyst, Dept of Health

Catherine O'Bryan - PEI Literacy Alliance

Laurel Palmer Thompson – city of Charlottetown

Denise Pellerin - Medavie Blue Cross

Antoine Richard - Les Francophones de l'age d'or de l'Î.P.E.

Carmella Richard - Le Comite Bel Age

Geoff Richardson – Public Health Agency of Canada

Tom Stewart – PEI Seniors' Secretariat, Canadian Mental Health Association

Stan Warwick – PEI Seniors' Secretariat, PEI Senior Citizens' Federation