

**Pelham Seniors Advisory Committee Meeting
Agenda**

3-2024

March 19, 2024

1:00 pm

**Main Floor Meeting Room-Meridian
Community Centre**

- 1. Call to Order and Declaration of Quorum**
- 2. Approval of Agenda**
- 3. Declaration of Pecuniary Interest and General Nature**
- 4. Approval of Minutes**
February 14, 2024
- 5. Consultation Services (Review of V2 Draft Priorities (V2. Attached pg.7)-
Bea Clark**
- 6. Program Updates – Katie**
- 7. Update on 2023 Committee Purchases**
- 8. Update on Funds (“PSAC Funds Memo” Attached pg. 8&9)**
- 9. Grant Letter of Support Memo (memo attached pg.10)**
- 10. Grant Letter of Support – Feb 27th (attached pg.11)**
- 11. Age-Friendly Niagara – 2022 Pelham Survey Results (document attached
pg.12-)**
- 12. June is Seniors Month**
- 13. Senior Friendly Space at MCC - furniture, signage, brochures**

14. Brock Students for Spring/Summer

15. Cycling for Community - Committee Support

16. Senior Open Market Days – Randy

17. Senior Socials

18. Committee attendance at events

19. Next Meeting

April 10th, 2024 at 1PM, Kinsmen Room, Meridian Community Centre

20. Adjournment

Date: February 14, 2024
Time: 1:00 pm
Location: Kinsmen Room, Meridian Community Centre

Attendance: Alan Bown
Katie Kilbreath, Seniors, and Community Services
Programmer
Tony Ferrara
Ty Bolibruk
Pat O'Hara
Randy Gananathan, Vice-Chair
Lynn Reynolds, Chair

Shellee Niznik, Councillor
Halee Braun, Supervisor

Regrets: Natasha Gibson, RCW Administrative Assistant

Guests: Bea Clark, Consultant
Sarah Leach, Deputy Clerk (Secretary)

1. Call to Order and Declaration of Quorum

Noting that quorum was present, Chair Lynn Reynolds called the meeting to order at approximately 1:00 pm.

Chair Reynolds recognized the land on which the Committee gathered.

2. Approval of Agenda

Moved by Ty Bolibruk
Seconded by Tony Ferrara

THAT the agenda for the February 14, 2024, regular meeting of the Pelham Seniors Advisory Committee be adopted.

Carried

3. Declaration of Pecuniary Interest and General Nature

There were no pecuniary interests disclosed by any of the members present.

4. Approval of Minutes

The Committee approved the minutes from the December 13, 2023, and January 10, 2024, Pelham Seniors Advisory Committee.

Moved by Ty Bolibruk
Seconded by Alan Bown

THAT the minutes of December 13, 2023, as amended, and January 10, 2024, Pelham Seniors Advisory Committee be approved.

Carried

5. Consultation Services - Bea Clark

Ms. Bea Clark distributed the results of the 2024 Environmental Scan for the Committee identifying Committee strengths, weaknesses, opportunities, and threats/challenges. A copy is available with Staff Representative.

Ms. Clark guided the Committee through a goals and priorities session.

The Committee identified the following driving priorities:

- Advocacy for seniors
- Increase communication
- Develop networks to benefit seniors
- Research and information sharing

The Committee identified the following broad tasks for each priority:

Advocacy

- Advocate for seniors' transportation support

- Communicate regularly with Council

Communication

- Determine the current needs through a variety of methods
 - Example: Mail-out
 - Reach all demographic groups

Networks and Collaboration

- Survey
- Work with other internal and external committee's

Research and Information

- Current transit situation
- The activities of other organizations
- Grants

Ms. Clark welcomed additional information be sent to her, to be included in the above list. She stated that she will create a comprehensive document and circulate a draft in the near future.

6. New Business – Time-sensitive

The Committee unanimously agreed to extend the meeting by 15 minutes.

Moved by Lynn Reynolds
Seconded by Randy Gananathan

THAT the agenda be amended to include the time-sensitive items: Family Day, refreshment equipment, and Niagara Older Adult Alliance.

Carried

The Committee discussed the PSAC representatives attending the Family Day event, as well as the material for the PSAC table.

Katie Kilbreath, Seniors, and Community Services Programmer, detailed the Niagara Older Adult Alliance meeting on February 29th, 2024. The Chair welcomed Members to advise Katie of their intent to attend.

The Chair requested additional information regarding the refreshment equipment. Katie advised that information will be provided during the meeting in March.

7. Next Meeting

March 13, 2024, at 1 pm, Kinsmen Room, Meridian Community Centre.

8. Adjournment

The meeting adjourned at 2:45 pm.

THAT this Regular Meeting of the Pelham Seniors Advisory Committee be adjourned.

Moved by	Randy Gananathan
Seconded by	Tony Ferrara

Carried

Lynn Reynolds, Chair

Sarah Leach, Recording Secretary and Deputy Clerk

Pelham Seniors Advisory Committee

Providing advice to the Town of Pelham Council and staff on matters that impact the quality of life, and provide solutions through the lens, of Pelham's senior residents.

Priorities 2023-2026

1. Increase communication with TOP seniors

- Seek input from seniors through consultation and/or using the PSAC survey, at community events and at seniors' residences
- Recommend the use of direct mail, as well as social media, website and other methods, to inform seniors of programs and services
- Ensure that communication is inclusive and reflects the diversity of TOP's seniors

2. Advocate for Seniors

- Advocate for transportation supports for seniors in Pelham
- Represent seniors' issues regularly to Council and the community at large
- Share information and identify areas of collaboration with TOP Advisory Committees

3. Develop networks to benefit seniors

- Liaise with other municipal Seniors Advisory Committees and the Age-friendly Niagara Council to share information
- Identify resources to mutually benefit seniors and other groups such as like-minded agencies

4. Research

- Use PSAC survey results to develop information and recommendations for Council and staff
- Research and identify gaps in transportation for seniors
- Research and recommend grant opportunities which support seniors' activities and services

Memo

**To: Katie Kilbreath, Seniors and Community Services Programmer
and Staff Representative to the Pelham Seniors Advisory Committee**

From: William Tigert, Town Clerk

Date: January 4, 2024

RE: Advisory Committee Budget and Applicable Uses

It is staff's understanding that the budget that Council allocates to select advisory committees is primarily for education and training requirements as well as limited promotional activities.

For example, training or education seminars may be valuable to new committee members, who have not participated in formal committee work, and may find it advantageous to take a course or seminar on how to be productive in that environment. Likewise, a new chair may wish to take a course on chairing meetings to be efficient in that role. The utilization of a consultant to lead a workshop, such as the planned goal setting, is also an area where funds could be considered for use.

Additionally, there are conferences that committee members may wish to attend that would benefit both them and the Town in their duties. The budget allocated would allow for registration, transportation, meals, and accommodation if approved by the committee.

Another area where the funding can be utilized is in sponsorship or promotion of the group within the community. For instance, an advisory committee may wish to host a kiosk at the home show where information can be distributed to educate others in the community on the activities and resources that are available to the population or encourage other potential volunteers to come forward and participate. Typically, this would be one-off events of a reasonably short duration where information is shared with the general public.

Should the committee need resources to do their work, like office supplies, printing promotional materials or flyers, then the funds could be used for those items as well, if determined necessary by the committee and the staff liaison.

The funding was never established or meant to be used for funding ongoing operational functions within the Town or at the MCC. The department itself has a budget that is used for those activities and is managed by staff. Committees should be careful and reminded that their role is advisory to Council, subject to the terms of reference established by Council, they are not an administrative or operational group, and the funds are not intended for that type of use.

Finally, the funds are established each year in the overall municipal budget to cover known or anticipated costs. There is no requirement that the funds be completely expended in any given year as any surplus not essentially needed by the committee, flows back into the general municipal fund, and enhances the overall financial positions of the Town as a whole. There is no support for the adage of "spend by year-end or lose it"; that is not a concept that the Town supports or endorses in any way.

I hope that this provides some clarity and guidance for both staff and the committee on the utilization of funds provided by the Town to the various committees to support their work in an advisory role to the Municipal Council.

Memo

To: Pelham Seniors Advisory Committee Members

**From: Katie Kilbreath, Seniors and Community Services Programmer
(PSAC Staff Representative)**

Date: March 5, 2024

RE: Grant Letters of Support from Committee

This memo outlines a recommended process that will allow the Chair of PSAC (Pelham Seniors Advisory Committee) to sign letters of support for grant applications on the advice of staff when the timing does not allow for discussion and direction at regular meetings.

The Town of Pelham applies for grants that will benefit our community in various ways. When these grants apply to Seniors/Older Adults in any way, Town staff will connect with the Chair of the Pelham's Seniors Advisory Committee on a letter of support from the committee.

In many instances, the timing of the application may not line up with regular PSAC meetings, leaving no time for discussion with the committee before providing the letter of support.

It is recommended that the Chair would then sign the letter of support, representing the whole committee, on the advice of staff (and where applicable to Seniors) and the committee will be advised of any letters of support for grant applications at the next regular meeting accordingly. With this approach, the committee can have a process in place to be able to support grants that benefit local Seniors in the community without missing grant submission deadlines.

I hope this provides a clear process for both staff and the committee on supporting grants as the Town applies for them to further benefit our older adult community.

February 20, 2024

Subject: Support Letter Peace Park

On behalf of the Pelham Senior Advisory Council (PSAC) I am writing in support of the Town of Pelham's application for the Tourism Growth project, which will allow for the installation of new AODA-complaint accessible pathways and expand the vendor space in this heavily utilized green space in Town. This project will provide increased access for seniors, older adults, persons with disabilities and others to participate in the many year-round events hosted in Peace Park.

An increased number of paved walkways and benches placed throughout Peace Park would have an immediate positive impact on residents using the space. Additional pathways connecting the parking lot next to Peace Park to areas like the Bandshell Gazebo ensure that all residents are able to take advantage of entertainment like free concerts hosted at the gazebo. Paved walkways would also give residents who use mobility devices the freedom to travel throughout the park without concerns about the terrain being an issue. The addition of concrete pads will create a stable environment for food, artisan, and other vendors to come to the park. This will also ensure equal participation opportunities for senior vendors and/or vendors who utilize mobility devices.

This project supports PSAC's goals and priorities: to provide social, cultural, educational, health, and wellness programs and services to seniors, older adults, and persons with disabilities in our community. Pelham's Senior Advisory Committee provides advice to the Town of Pelham Council on matters that impact the quality of life and provide solutions through the lens of Pelham's senior residents. PSAC has fostered and supported a wide range of activities and programming in the Town of Pelham and specifically at the Meridian Community Centre, which has been designated a Senior Active Living Centre and Hub. PSAC has ensured that information and activities that promote social interaction, health, and well-being of seniors is promoted and readily available.

This application is timely and addresses an urgent need of senior and older adults, especially following the increased challenges faced during the pandemic. The support for this program will significantly expand outdoor access for seniors and enable them to visit all the many concerts, festivals, and other events within Peace Park without concern. For these reasons, I enthusiastically support the Town of Pelham's application for this grant.

Sincerely,

A handwritten signature in blue ink, appearing to read "N. Reynolds".

Chair
Pelham Senior Advisory Committee
P.O. Box 400 20 Pelham Town Square
Fonthill, ON L0S 1E0



A Community for All Ages

Empowering Older Adults in Niagara Survey, 2022

Pelham Data Subset Report

Summary of responses from 94 individuals who indicated they live in Pelham

November, 2022

Funding Support for the Empowering Older Adults in Niagara Survey
provided by the Government of Canada's New Horizons for Seniors Program

Report prepared by
Niagara Connects
on behalf of the
Age-Friendly Niagara Council (AFNC)

Contact:
Mary Wiley
niagaraconnects@incommunities.ca



Empowering Older Adults in Niagara Survey, 2022 Pelham Data Subset Report

Summary of responses from 94 individuals who indicated they live in Pelham

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Introduction

The Age-Friendly Niagara Council (AFNC) and the Niagara Older Adult Alliance (NOAA) work closely together to advance a common vision of an inclusive '*community for all ages*' and '*one voice for older adults in Niagara*'.

The AFNC is comprised primarily of community volunteers, along with representatives from government, education, not-for-profit organizations and businesses. NOAA includes leaders who serve on local municipal older adult advisory committees in Niagara's 12 local municipalities.

Between June 01 and July 15, 2022, the AFNC and NOAA invited older adults 50+ to complete the *Empowering Older Adults in Niagara Survey*, in either online or hard copy format. The intent was to learn from the perspectives and experiences of adults 50+ who live in the Niagara region of Ontario, to inform the collaborative work of strengthening Niagara as an Age-Friendly community. More than 1200 surveys were completed by respondents from all 12 local areas of Niagara.

Pelham Data Subset Report

Almost 90 per cent of survey respondents answered the question, "In what local area of Niagara do you live?" A total of 94 respondents indicated they live in Pelham. This report summarizes the responses from those 94 individuals.

It is important to note that 94 responses represent just over 1% of the 9,165 people in the Town of Pelham who are age 50 years or older. Thus, the information in this report may be used as a *beginning step in identifying topics for which additional information could be gathered*, to inform Age-Friendly community action in Pelham.

Per cent of the Population that is age 50 years and over, in Canada, Ontario, the Niagara Region and the Town of Pelham								
Adults age 50 and older make up 39.5 % of Canada's population; 39.3 % of Ontario's population; 45.1 % of the population of the Regional Municipality of Niagara; and 50.4% of the population of the Town of Pelham.								
2021 Census Statistics	Canada		Ontario		Regional Municipality of Niagara		Town of Pelham	
Total Population	36,991,980	100%	14,223,945	100%	477,940	100%	18,190	100%
Age 50 to 54	2,368,350		941,270		30,695		1,230	
Age 55 to 59	2,647,330		1,040,160		36,760		1,460	
Age 60 to 64	2,571,580		966,575		36,645		1,515	
Age 65+	7,021,430		2,637,710		111,345		4,960	
Total Age 50+	14,608,690	39.5%	5,585,715	39.3%	215,445	45.1%	9,165	50.4%
Statistics Canada 2022. Census Profile. 2021 Census. Census divisions & subdivisions.								
Statistics Canada Catalogue No. 98-316-X2021001. Ottawa. Released April 20, 2022								
https://www12.statcan.gc.ca/census-recensement/2021/dp-pd/prof/index.cfm?Lang=E								



Older Adults 50+ in Niagara Have Your Say!

Complete the Empowering Older Adults in Niagara ☒ SURVEY

The Age-Friendly Niagara Council (AFNC) and Niagara Older Adult Alliance (NOAA) want to hear what you think would strengthen Niagara as a community for healthy ageing. The AFNC and NOAA are led by older adult volunteers in Niagara.

Older adults 50+ may complete the survey by July 15, 2022 at

<https://www.surveymonkey.com/r/HSS9B8R>



A Community
for All Ages

www.agefriendlyniagara.com



Funded by the
Government of Canada's
New Horizons for Seniors Program



Funding Support for the Empowering Older Adults in Niagara Survey was provided by the Government of Canada's New Horizons for Seniors Program.

See Appendix A (pages 51 to 63) for Empowering Older Adults in Niagara Survey Wording.

See Appendix B (page 64) for more information about the Age-Friendly Niagara Council (AFNC) and Niagara Older Adult Alliance (NOAA)

For Niagara-wide survey results, go to: https://niagaraknowledgeexchange.com/wp-content/uploads/sites/2/2023/04/Empowering-Older-Adults-in-Niagara_Nov-2022.pdf

WHO (World Health Organization) Age-Friendly Domains

Globally, the World Health Organization (WHO) has fostered development of “age-friendly communities” by identifying Eight Domains of Age-Friendly Communities, including:

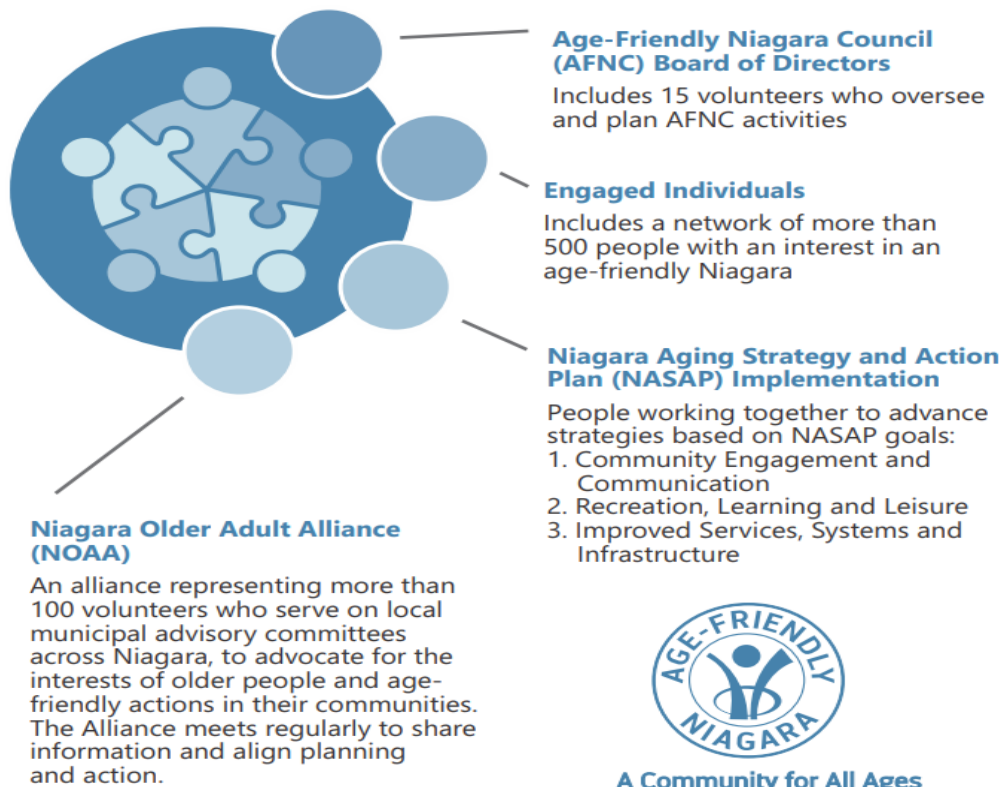
- Outdoor Spaces and Buildings
- Transportation
- Housing
- Social Participation
- Respect and Social Inclusion
- Civic Participation and Employment
- Communication and Information
- Community Health and Support Services



<https://extranet.who.int/agefriendlyworld/age-friendly-practices/>

Age-Friendly Community Action in Niagara

Age-Friendly Niagara - Levels of Action



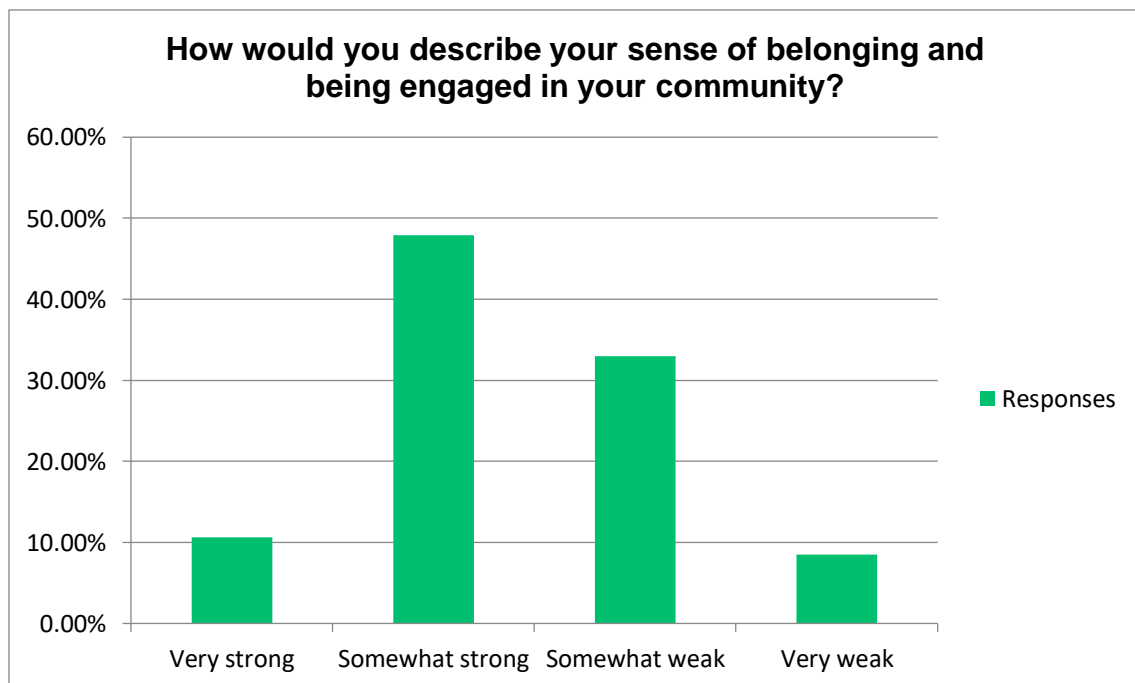
A Community for All Ages

www.agefriendlyniagara.com

Pelham-Specific Survey Data

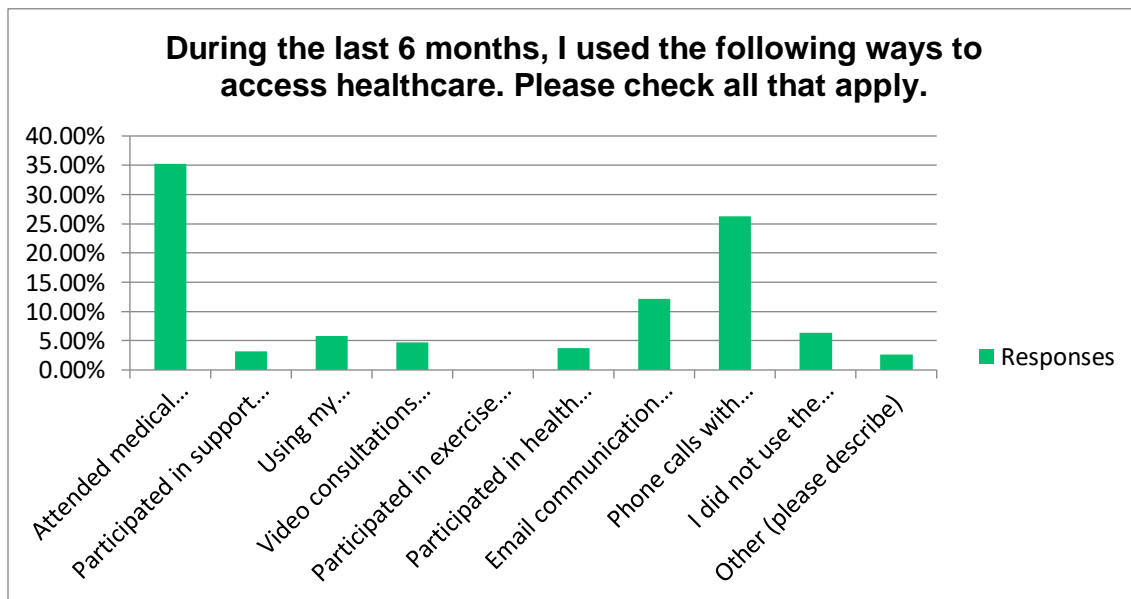
How would you describe your sense of belonging & being engaged in your community?

Answer Choices	Pelham Responses	
Very strong	10.64%	10
Somewhat strong	47.87%	45
Somewhat weak	32.98%	31
Very weak	8.51%	8
	Answered	94
	Skipped	0



**During the last 6 months, I used the following ways to access healthcare.
Please check all that apply.**

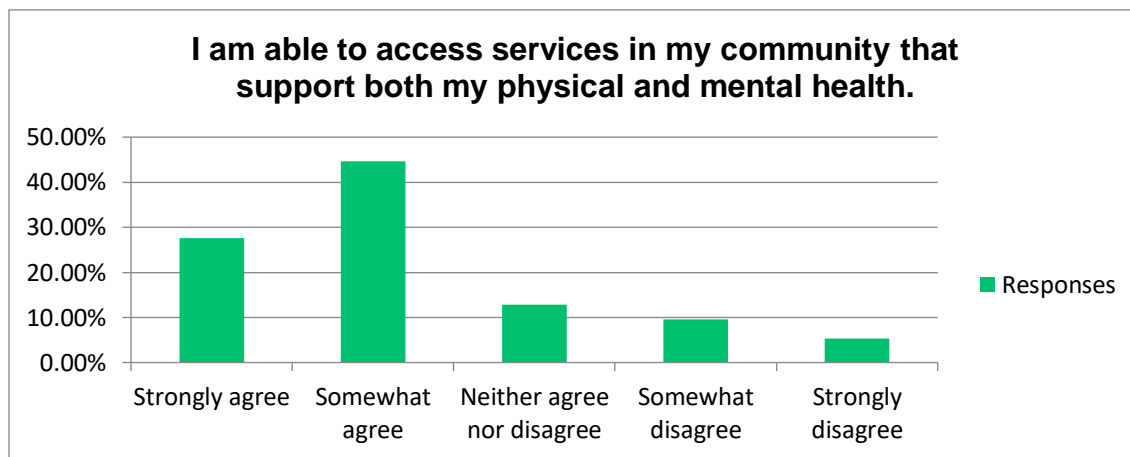
Answer Choices	Pelham Responses	
Attended medical appointments in person	35.26%	67
Participated in support groups using my computer/tablet	3.16%	6
Using my computer/tablet, participated in groups dedicated to meditation and/or other forms of self-care	5.79%	11
Video consultations using my computer/tablet (e.g. Zoom, Facetime) with healthcare providers (e.g. doctors, nurse practitioners, mental health counsellors)	4.74%	9
Participated in exercise classes and/or other physical activity through my computer/tablet	0.00%	0
Participated in health education sessions through my computer/tablet.	3.68%	7
Email communication with healthcare providers	12.11%	23
Phone calls with healthcare providers	26.32%	50
I did not use the healthcare system during over the last 6 months	6.32%	12
Other (please describe)	2.63%	5
Answered		94
Skipped		0



Other (please describe) – Ways to Access Healthcare
I see a naturopath/ chiropractor throughout the year
I do research on my computer for physical and mental health information and nutrition
Just moved here in February 2022
Not familiar enough with what is available out there.
used my computer to access Covid vaccinations; monitor public health site to avoid crowded places.

Access to Services in My Community

I am able to access services in my community that support both my physical and mental health.		
Answer Choices	Pelham Responses	
Strongly agree	27.66%	26
Somewhat agree	44.68%	42
Neither agree nor disagree	12.77%	12
Somewhat disagree	9.57%	9
Strongly disagree	5.32%	5
Comments:		21
	Answered	94
	Skipped	0

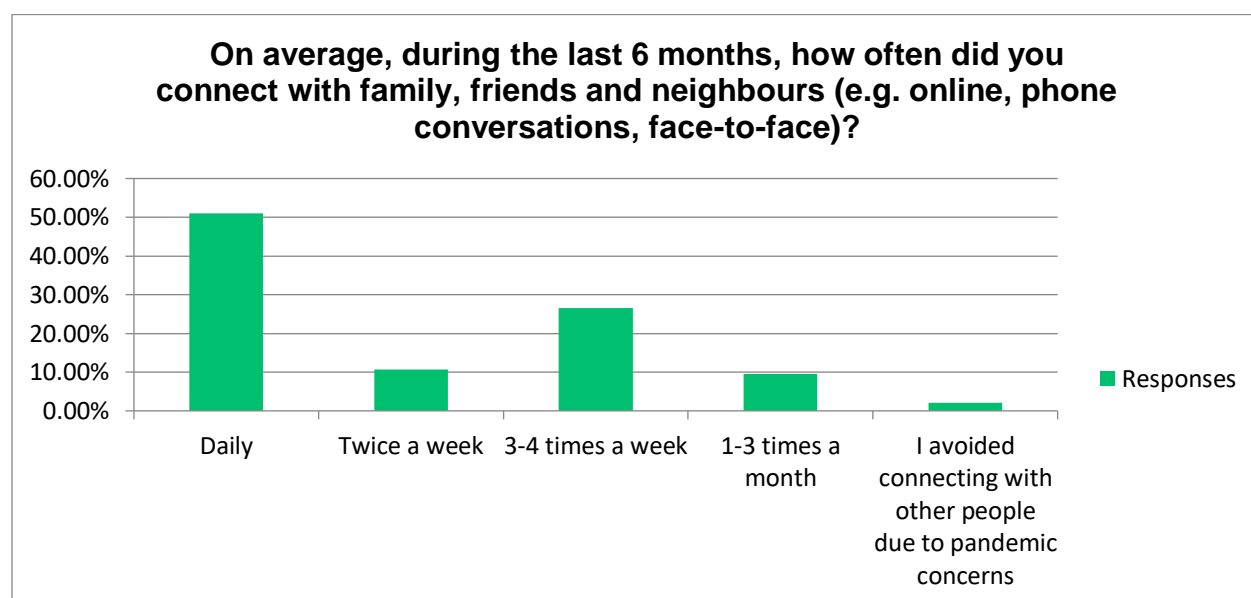


Comments – Access to Services in my Community
I have been waiting 4 years for a GP
I live in a three level of care community with doctors, nurses and good neighbours. We support each other.
My physician is in Beamsville as I could not find one locally when my old one retired.
No Dr's taking new patients
My doctor is a half hour drive away.
I live in Fonthill, but had to go to St. Catharines to find a doctor, dentist and optometrist.
Long t/c waits/robo responses/limit on questions to ask
Let's face it. Our mental health supports in Niagara are abysmal due to lack of accessibility to psychologists/psychiatrists unless you have the financial wherewithal to access them/
My family doctor has 1500 patients, and it takes me a few weeks to get in to see him
Still not able to get a GP/family doctor
Because we have a car. Not sure if we didnt
Fortunately, I have not needed these services

Comments – Access to Services in my Community
Lack of familiarity with what's out there.
I do this through pickleball club it is an ideal medium
doing this survey as the province and region is opening up from Covid may give some skewed results from this question.
limited swimming pool access for physical exercise as facilities have closed
Have to go to Haldimand Norfolk for medical needs as there are no doctors in Niagara accepting patients
Not aware of any mental health support locally
Lack of general medical practitioners
mental health counselling is expensive and provider availability and quality is poor
the wait times are problematic. one doesn't seek help until it is needed; ergo waiting a long time for help is harder

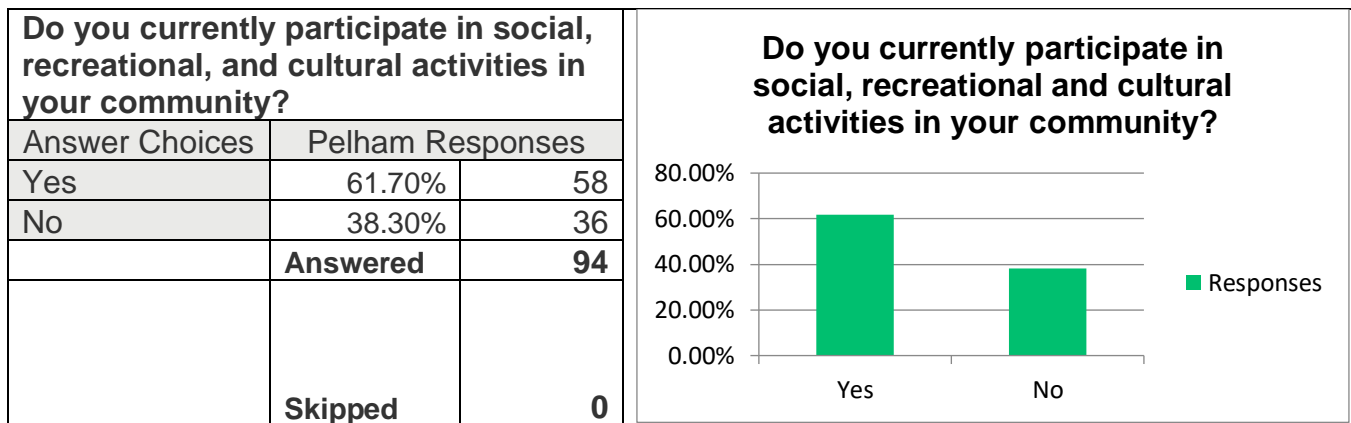
Connecting with Family, Friends, and Neighbours

On average, during the last 6 months, how often did you connect with family, friends and neighbours (e.g. online, phone conversations, face-to-face)?		
Answer Choices	Pelham Responses	
Daily	51.06%	48
Twice a week	10.64%	10
3-4 times a week	26.60%	25
1-3 times a month	9.57%	9
I avoided connecting with other people due to pandemic concerns	2.13%	2
Comments:		7
	Answered	94
	Skipped	0

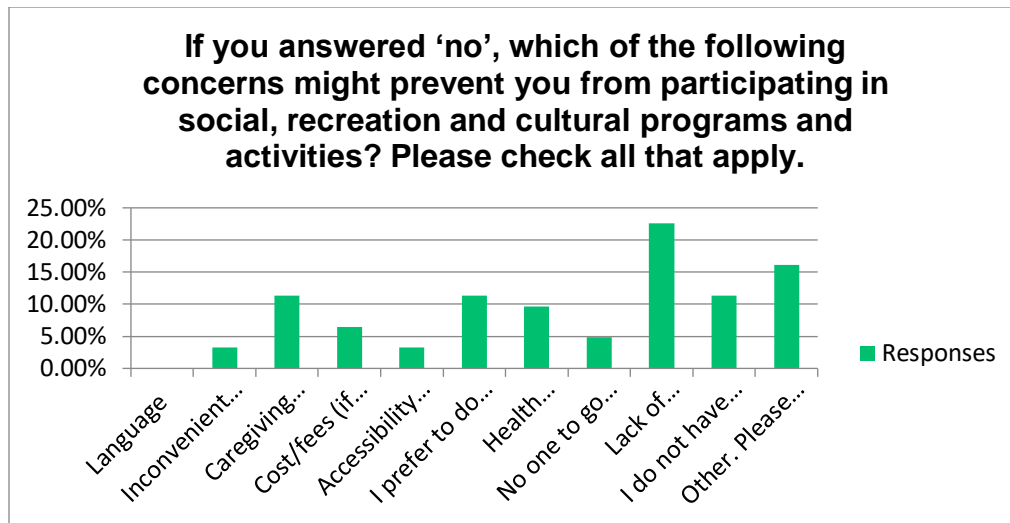


Comments - Connecting with Family, Friends, and Neighbours
Living in a three level of care community there is a lots of support from neighbours and if needed the doctor & nurses & staff.
daily checks with friends and family scheduled LD telephone calls with daughters and family with family, grandkids who live nearby
I only see my mother as I look after her.
All family members are approx. two hours away.
Pickleball mainly
I limited face to face connections, e.g. using curbside pick up
Phone, Skype, Facebook and email all kept me connected to friends and family.

Participation in Social, Recreational and Cultural Activities in my Community



If you answered 'no', which of the following concerns might prevent you from participating in social, recreation and cultural programs and activities? Please check all that apply.		
Answer Choices	Pelham Responses	
Language	0.00%	0
Inconvenient public transportation	3.23%	2
Caregiving responsibilities	11.29%	7
Cost/fees (if applicable)	6.45%	4
Accessibility (e.g., of building and/or programs, mobility concerns)	3.23%	2
I prefer to do things at home	11.29%	7
Health related issues	9.68%	6
No one to go with	4.84%	3
Lack of information about available activities and programs	22.58%	14
I do not have any concerns about participating in social, recreation and cultural programs and activities	11.29%	7
Other. Please describe.	16.13%	10
	Answered	62
	Skipped	58



If you answered 'no', which of the following concerns might prevent you from participating in social, recreation and cultural programs and activities? Please check all that apply.

Other. Please describe.

nothing of interest to engage me

Covid concerns.

Haven't seen anything that interests me.

There are few things of interest and no cultural diversity whatsoever. Activities seem to be geared towards older senior citizens, with little for active people in their 50s

I do not see anything of interest. Are there even cultural events?

Friends not involved....sometimes would like someone to attend with.....must be accessible

My friends and family are out of town so I typically meet up with them out of this area

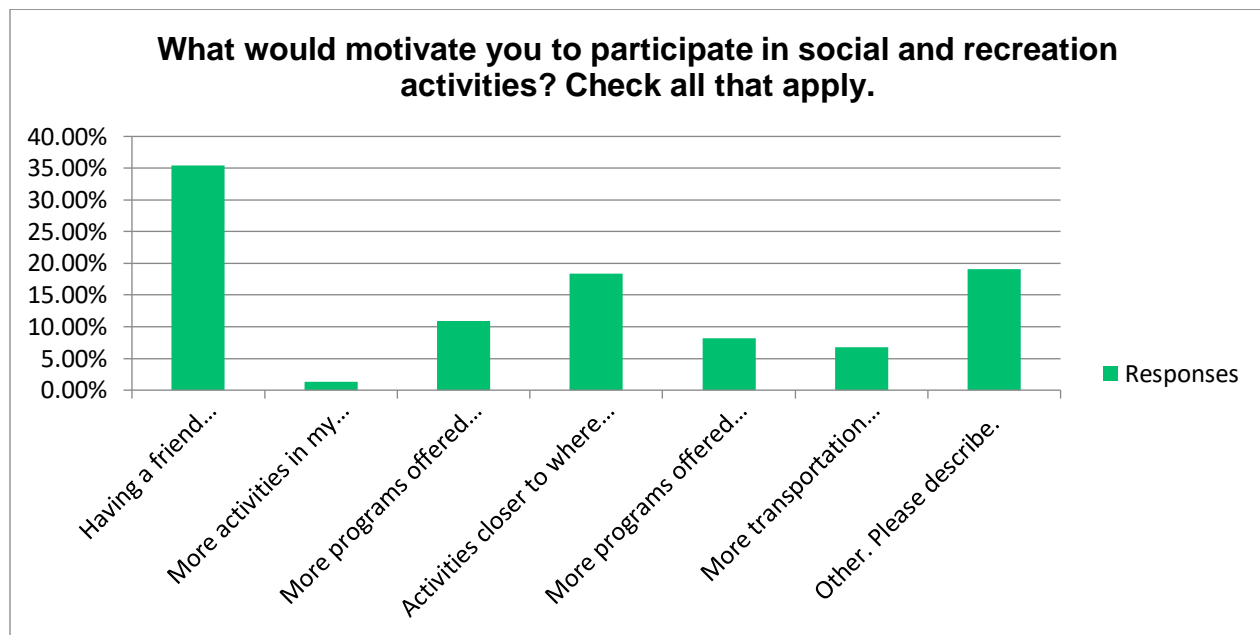
I am still working and most activities are during the day so I cannot attend

Again, Covid skewing results No of the above are applicable I chose to isolate

The programs offered at the centre are often scheduled early in the morning. I prefer to participate in the late morning or afternoon

Motivation to Participate in Social and Recreational Activities

What would motivate you to participate in social and recreation activities? Check all that apply.		
Answer Choices	Pelham Responses	
Having a friend participate with me	35.37%	52
More activities in my language or that represent my culture	1.36%	2
More programs offered during the evening and weekends (for those still working as well as for others who prefer these times)	10.88%	16
Activities closer to where I live	18.37%	27
More programs offered online	8.16%	12
More transportation options	6.80%	10
Other. Please describe.	19.05%	28
	Responses	147
	Skipped	1

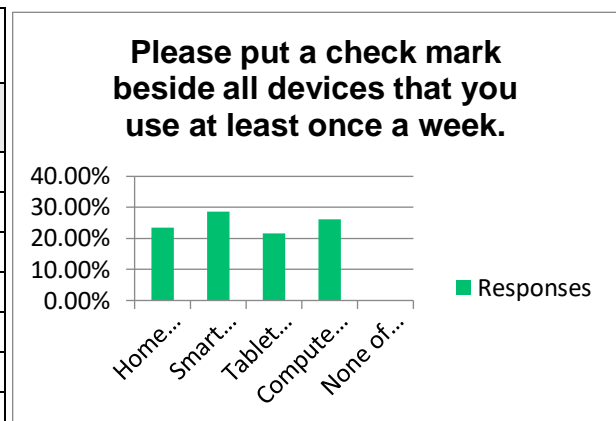


Other. Please describe – Motivation to participate in Activities
Finding things that meet my interests.
I would be motivated by an interest in an activity if it were offered...haven't found any so far
Daily activities are best as driving in the dark is harder as I age.
Program of interest to me
no initial cost to try some activities to see if it's what I would like
When the Covid situation improves.
More culturally and ethnically diverse events.
Activities that do not stereotype seniors eg. play cards. Activities that were more physical and intellectual.

Other. Please describe – Motivation to participate in Activities
Current Arts that interest me. Although I'm in an older demographic, I do not live in the past. An ok place to visit, but fresh, new vibrant art, music is what interests me.
Daytime activities, more interested in things to do in the winter months
Having a good mix of programs that are also multi generational adds to the feeling of community engagement.
Lower the price
More time
I do what I want to when it suits me
More Pickleball facilities
Cost
Being more informed as to what is being offered
More awareness of what's available
no interest
If they were of interest, I would participate
Flexibility in the timing of such activities.
We need indoor dedicated facility to play and socialize.
My day is busy during day and too tired in evening
Weekends and evenings may not work because if still independent that's when the cheap hydro is and so laundry cooking etc along with family visiting may come into play
I am involved in my church
Being made aware of what is available
More diverse activities
I'm quite motivated, but sometimes too weary.

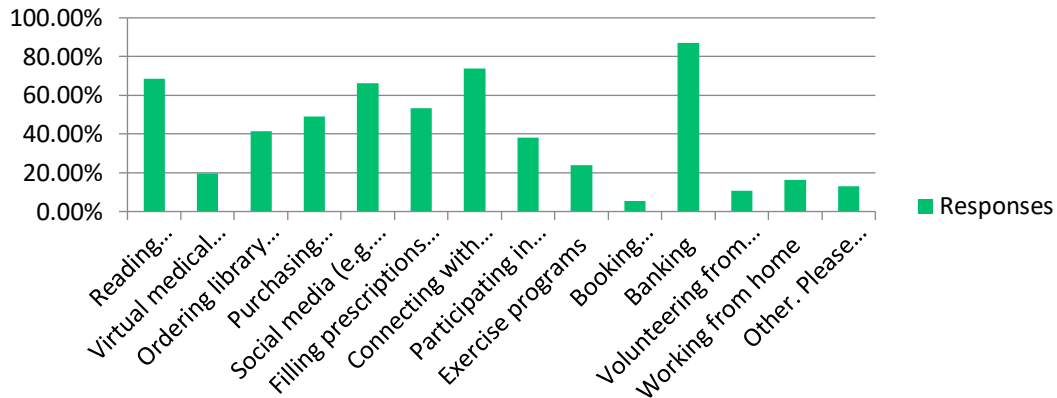
Use of Digital Devices

Please put a check mark beside all devices that you use at least once a week.		
Answer Choices	Pelham Responses	
Home phone	23.43%	67
Smart phone (e.g. cell phone)	28.67%	82
Tablet (e.g. iPad)	21.68%	62
Computer (desktop, laptop)	26.22%	75
None of the devices above	0.00%	0
	Responses	286
	Skipped	0



We would like to learn more about the ways in which you use these devices. Please put a check mark beside each program or service that you use. Check all that apply.		
Answer Choices	Pelham Responses	
Reading books/newspapers	68.48%	63
Virtual medical appointments, using my computer/iPad	19.57%	18
Ordering library books	41.30%	38
Purchasing groceries and/or retail products	48.91%	45
Social media (e.g. Facebook/Twitter/Instagram)	66.30%	61
Filling prescriptions at your pharmacy	53.26%	49
Connecting with friends and family (e.g. Facetime, Zoom, Skype)	73.91%	68
Participating in learning opportunities (e.g. courses, webinars)	38.04%	35
Exercise programs	23.91%	22
Booking transportation such as transit or taxi rides	5.43%	5
Banking	86.96%	80
Volunteering from home	10.87%	10
Working from home	16.30%	15
Other. Please describe.	13.04%	12
	Answered	92
	Skipped	2

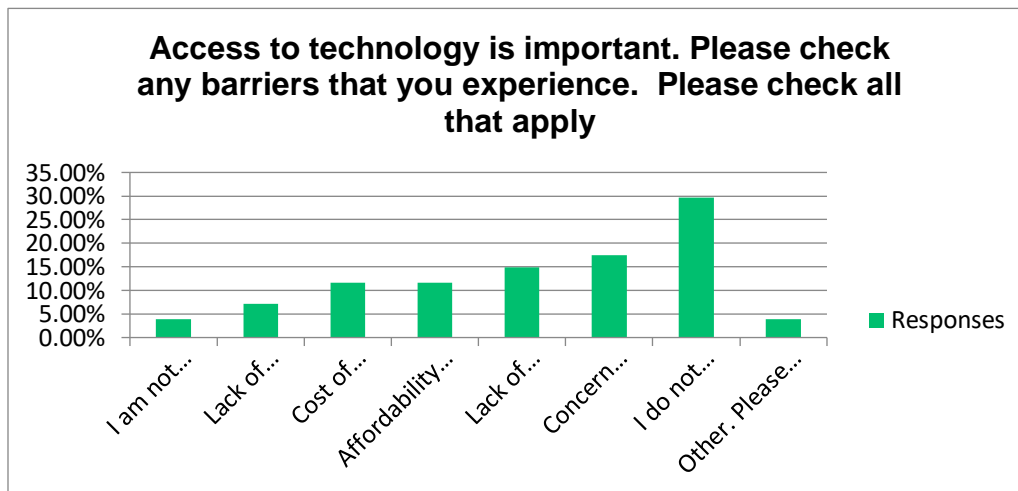
We would like to learn more about the ways in which you use these devices. Please put a check mark beside each program or service that you use. Check all that apply.



Other. Please describe – Programs or Services, ways in which you use digital devices
playing games to pass the time
Aging makes for more practice with electronics in order to learn how to use the device well. limited participation in learning activities...."working" as in scheduling care givers visits, managing care plan with Company etc. Managing responsibilities of living at home alone
Playing games, email
Phone, cell phone, email
Looking for info playing word games
Transportation to day surgery in city 60k away from village
On a charity Board and we have Board meetings by computer
Reading BBC news
Arrange pickleball games and social get togethers
keeping up with shopping from stores, making appointments contacting trades
Research re travel

Access to Technology

Access to technology is important. Please check any barriers that you experience. Please check all that apply		
Answer Choices	Pelham Responses	
I am not comfortable using computers or tablets	12.59%	6
Lack of reliable, high-speed Internet services where I live	5.19%	11
Cost of Internet plans	35.56%	18
Affordability of computers, cell phone et cetera	25.19%	18
Lack of training and support for using computers	18.52%	23
Concern about safety and security	22.22%	27
I do not experience any barriers in using technology.	42.96%	46
Other. Please describe.	4.44%	0
	Responses	149
	Skipped	0



Other. Please describe – Barriers to Technology
Cogeco is appallingly slow
Understanding the jargon used.....such as update your program when you have purchase it for a year....confusing stuff
challenge is in keeping equipment, programmes and skill set current
Would say I do not experience any barriers but things are getting more complicated and I sometimes can't understand websites
Cost of Internet and cell phone is very high.....but we still use it.
No barriers

Older Adult Infolink

Older Adult Infolink is a Niagara-focused website, for older adults, caregivers and organizations that support older adults.

It is a centralized source of current information about topics such as community and health care services, housing options and recreational activities.

The site is hosted by the Age-Friendly Niagara Council, in partnership with 211, and was built with Niagara Community Foundation funding support.



Explore what Niagara has to offer!

Are you looking for more information about services for older adults in the community?

Older Adult Infolink provides easier, enhanced and more centralized access to information about community services for older adults. The site is designed for older adults in Niagara, their care givers and family, as well as service providers supporting older adults.

This resource is made possible through a partnership between the Age-Friendly Niagara Council and INCommunities/211, with generous funding from the Niagara Community Foundation.

Find Older Adult Infolink at: <https://www.agefriendlyniagara.com/older-adult-infolink/>



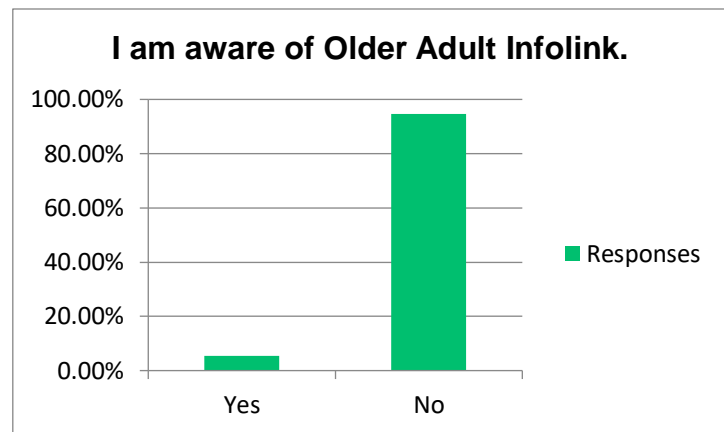
A Community
for All Ages

Powered by

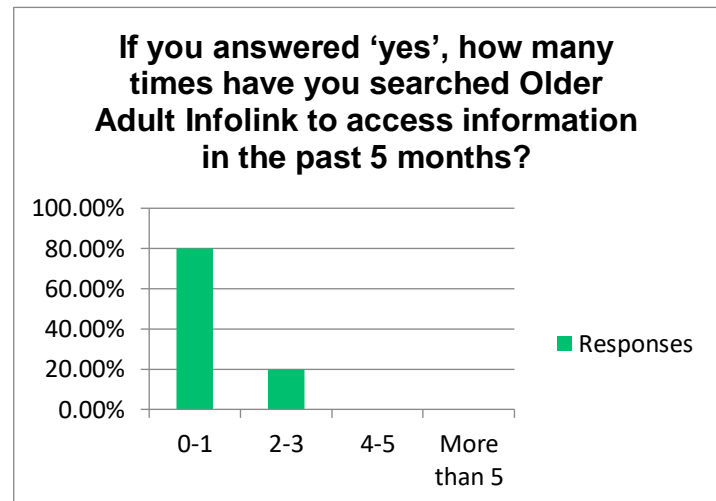


<https://www.agefriendlyniagara.com/older-adult-infolink/>

I am aware of Older Adult Infolink.		
Answer Choices	Pelham Responses	
Yes	5.32%	5
No	94.68%	89
	Answered	94
	Skipped	0



If you answered 'yes', how many times have you searched Older Adult Infolink to access information in the past 5 months?		
Answer Choices	Pelham Responses	
0-1	80.00%	4
2-3	20.00%	1
4-5	0.00%	0
More than 5	0.00%	0
	Answered	5
	Skipped	89

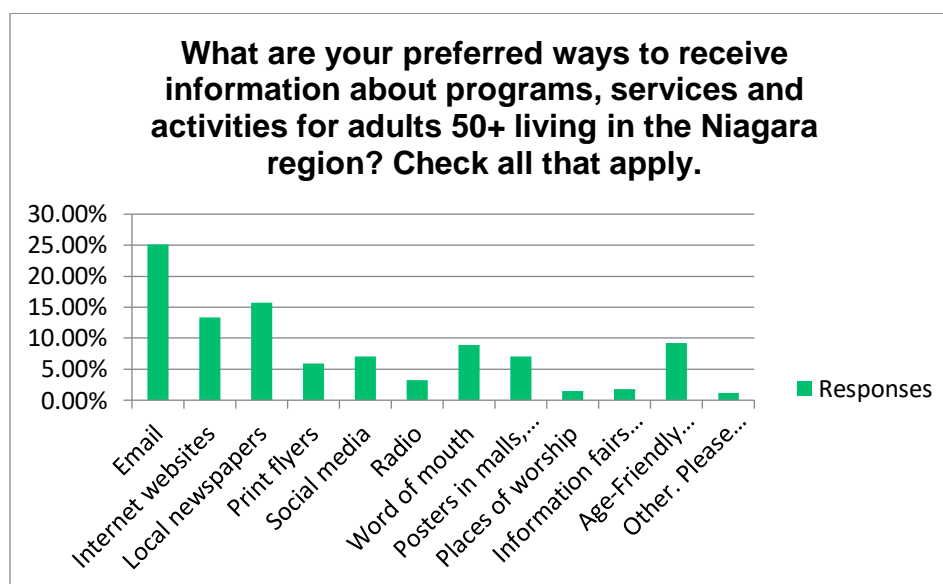


Note: Roundtable discussions at the October, 2022 AFNC Forum to review survey results provided suggestions to increase awareness about Older Adult Infolink:

- Welcome package for new community members – info bag when you pick up items like your recycle bin or setting up your account
- Connecting on community Facebook groups
- Where available – local cable channels
- Simple and clear promotional material
- Religious settings/church groups
- Find out who has digital access and create a non-digital interface between those who need the info - currently there is a lack of acknowledgement of digital connectivity
- Don't base service delivery model on assumptions – product and recipient must match

Preferred Ways to Receive Information about Programs, Services and Activities

What are your preferred ways to receive information about programs, services, and activities for adults 50+ living in the Niagara region? Check all that apply.		
Answer Choices	Pelham Responses	
Email	25.15%	85
Internet websites	13.31%	45
Local newspapers	15.68%	53
Print flyers	5.92%	20
Social media	7.10%	24
Radio	3.25%	11
Word of mouth	8.88%	30
Posters in malls, libraries, recreation centres and other public places	7.10%	24
Places of worship	1.48%	5
Information fairs and events	1.78%	6
Age-Friendly Niagara newsletter	9.17%	31
Other. Please describe.	1.18%	4
	Answered	94
	Skipped	0



Other. Please describe – Preferred Ways to Receive Information about Programs, Services
I have no interest in receiving information about programs, services and activities for adults over 50
too much information from too many organizations....somehow one place to look/receive would be helpful
Team Reach
Other than this survey, I have not received any information about support programs for seniors. Where is the communication?

What does a 'Community for All Ages' look like to you?

Using 3 or 4 bullet points, please tell us what a 'community for all ages' looks like to you. Pelham responses. Answered - 92, Skipped - 2
Interaction between the age groups Satisfying activities/ages for all groups Information about the events/activities made available
Having friends to go to events Being paired with someone when new to Niagara Region
A community for all ages would be a community without ageism. A community for all ages would be a community that is accessible to everyone. A community for all ages would be a community that did not label and separate people by their age, gender, ability or race.
1. printed work should be non glossy, black on white. No red on black as it is hard to read. 2. Transportation availability. 3. Grocery delivery services. 4. Enforcement of the accessibility law.
All ages involved Equal access Local availability
Access to all ages and abilities Programs for kids youth adults seniors and those with intellectual and physical challenges Affordable programs Safe clean welcoming facilities
- offering activities to all age groups. - offering activities for older people according to skill levels not just age groups. - offering more diverse activities for all ages.
Cultural events, Educational Seminars, Recreational Activities
Accessibility regardless of -age -race -economic status
• variety of local media options • active lifestyle opportunities available in evenings and weekends • community activities that embrace diversity
I would like to learn French on line and maybe exercise on line.
activities suitable for youth, adults and seniors (younger able-bodied and older less-able) offered throughout the community bring different ages together for activities
Inclusive Active Fun
- Pelham area desperately needs an indoor pool for all ages to enjoy - More outdoor splash pads for kids - Seniors fair with vendors about services etc
Events suitable for all ages. Parks and recreation. Safe neighbourhoods.

Using 3 or 4 bullet points, please tell us what a 'community for all ages' looks like to you. Pelham responses. Answered - 92, Skipped - 2
1. A place for adults to meet 2. Discussion groups for relatable subject material
No Idea
NO COMMENT
*physically accessible to all. *wide spectrum of interests. *affordable. *a variety of levels of interest.
Activities and event that are open to all people, regardless of age, level of physical mobility, gender or ethnicity.
- activities without age and gender restrictions - cultural events that teach people of all ages about other cultures - community celebrations that attract people of all ages eg. NYE party (refer to Fort Myers where whole downtown is closed for street party with various music bands of all types)
Pelham is doing a good job.....need to get more people involved
some thing for all ages .
A community centre that caters to the sporting abilities of the over 65. Quite restaurants of quality. Political discussions. Craft teaching .
-accessible -more/consistent information re availability of food services in community - one link/website or, at least, only a few available with accurate information such as hours of event, service, easy contact
social activities welcoming all age groups community building events ie. bandshell concert/summerfest
1-walkable 2-seniors' leagues and activities 3-a seniors drop in centre
being able to access what the community has to offer
Not sure, all I know is that I would like more social interaction in person not on line. keeping mentally and physically active is a goal I would like to achieve
Services accessible to all age demographics Variety of programming
- Parks and pathways have surface compatible for walkers/assistive devices/ and seating to stop and rest along the way - crosswalks that actually give older seniors and young families with small children time to cross the intersection - events for individual ages and mixed age events
inclusive opportunities during the evenings and weekends programs for active seniors keynote speakers
Multi generational where all citizens engage in activities in a safe, inclusive setting. Age appropriate activities Walking safely in community settings

Using 3 or 4 bullet points, please tell us what a 'community for all ages' looks like to you. Pelham responses. Answered - 92, Skipped - 2
Safely walkable Affordable Vibrant
Family oriented individuals Community of mixed heritage, backgrounds People committed to each other
Accessibility Library services for all ages Safe walking and biking Respectful and courteous driving
Child Care Health Programs - recreational, mental, et cetera (in-person & online) Access to Health Practitioners
flexible programs, inclusive events
sports, exercise, bridge games
invitational and integrated range of programs and services accessible
ability to say Hi to neighbours and friends on the street or in stores
Trails Pickleball facilities Bike paths
*activities all age groups can participate in together *parks, trails
Inviting
Walking trails. Community pool with exercise programmes for older residents. Exercise programmes in the community centre for over 55s. This already exists and I participate in them. Programmes that bring elders into the local schools to help with routine learning activities, special events like sports days etc., photocopying - the list is endless.
Neighbours helping neighbours. Small home repair access to helpers who can do small jobs.
Need more nice eateries, too many road house and coffee shops. Transportation, indoor pools.
no amo
Indoor and outdoor activities Family friendly Mobility friendly Available year round
Not good
Team work Socializing in worry free environment Confident
Schools, transportation, and a community centre
Activities for all ages

Using 3 or 4 bullet points, please tell us what a 'community for all ages' looks like to you. Pelham responses. Answered - 92, Skipped - 2
Inclusivity
Bike lanes on roads More Activities geared for 55 plus
Indoor swimming Less skating
Not sure
provides activities for any to attend
Affordable housing Virtual recreation
Exercise programs Walking programs Card playing
Provide safe places to visit with grandchildren or activities on a senior budget
Programs for all age groups Easy access Timing of programs, more art programs
not too far to walk to must be comfortable and safe no noisy children or rude loud pushy teenagers
no comments
Age friendly events Choice of activities Freedom from stupid commercials
More long term care
Activities geared to 55+
Easier access to help. I accessed community care for my mother and was told that since she could get out of bed she didn't qualify for services. Her finances are running out so she can't afford private help.
Feeling safe to spend time outdoors and at home. Affordable telecommunication. Reliable infrastructure I.e. electrical. Responsible civic politicians.
Not the habitat destruction and building of ugly subdivisions
Accessible to all levels of ability/mobility. Wide range of exercise/recreational activities. Plenty of opportunities to socialize. Educational sessions to increase learning and brain challenges.
Accessibility Affordable Age appropriate
I have not lived here long enough to know what that kind of community would look like.
I really have no concept in mind.
Swimming, social gatherings, volunteering, friends
Pickleball indoor for exercise and socializing. Coffee shop meeting place connected to pickleball

Using 3 or 4 bullet points, please tell us what a 'community for all ages' looks like to you. Pelham responses. Answered - 92, Skipped - 2
Access to events via public transport Participating in community events
Like the Meridian Centre looks like in my community of Pelham
Safety, near by groceries, leaders that seem to care about seniors
people living at home. mixed age communities providing supports for one another a community gathering place for exchange of information and social interaction An 'everybody knows everybody attitude' 'It takes a village'
The term "older adult" to me represents people 55+. It is a broad description of a community of people that range from being very healthy, both physically and cognitively to those who are not. I think this term should be re-defined to be more specific in terms of what programs communities offer and to whom. A 60 year old who has limited physical and / or cognitive abilities may feel different from participating in a "community" activity, face to face or virtually, than a fit, sharp 80 year old. I'm not sure how to make this happen but offering some sort of pre-requisite (for lack of a better term) may assist participants to feel more comfortable participating in their community (and not dropping out) if their abilities fit in with whatever program, activity, etc is available
Availability of recreational centres and indoor pools for fitness Available senior suitable bungalow style homes, semis In home visits from homecare case coordinators to ensure health needs are being met in the community-based care
Housing for seniors, medical close by.
--being able to access medical care in my own community/geographic area --programs offered with a physical component such as group walking, group exercise appropriate to all ages, dancercise, etc. --areas such as public playgrounds should also feature outdoor exercise equipment for adults and benches for seniors; ditto for public trails where feasible
Appropriate housing options. Affordable transportation. Services and social events at local facilities. A council that looks at all issues through a seniors lens.
Physical activities Geared towards remaining healthy
-no age or gender barriers -inclusiveness -multicultural
Where ageism no longer exists
1. age friendly activities 2. easy access to medical/physical info 3. walking access to business' (most only have drive in to parking)
1. Easy access to information about activities eg. using large print on notices, making sure that speakers can be heard. 2. Reliable transportation to activities e.g Pelham Concerts in the park 3. A community for all ages is accessible for everyone.
8-80 (children and older adults can safely and easily get to a variety of places and activities without relying on a car)

Using 3 or 4 bullet points, please tell us what a ‘community for all ages’ looks like to you. Pelham responses. Answered - 92, Skipped - 2

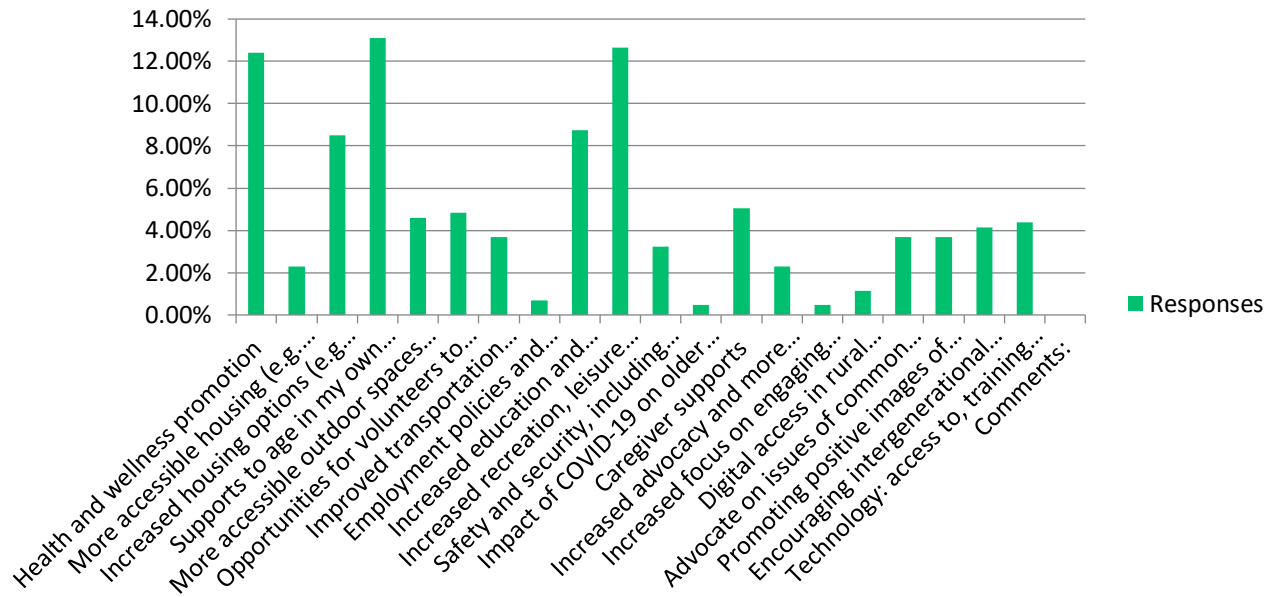
nearby destinations are used for a wide variety of activities by all age groups e.g. in a park setting you'd see tai chi, playground, walking track, basketball, chess, yoga
affordable / free activities available and accessible

sidewalks
accessible stores and services
help with the physically challenging chores, not the things like gardening, but things like carrying things up from the basement..the odd jobs I would be happy to pay for

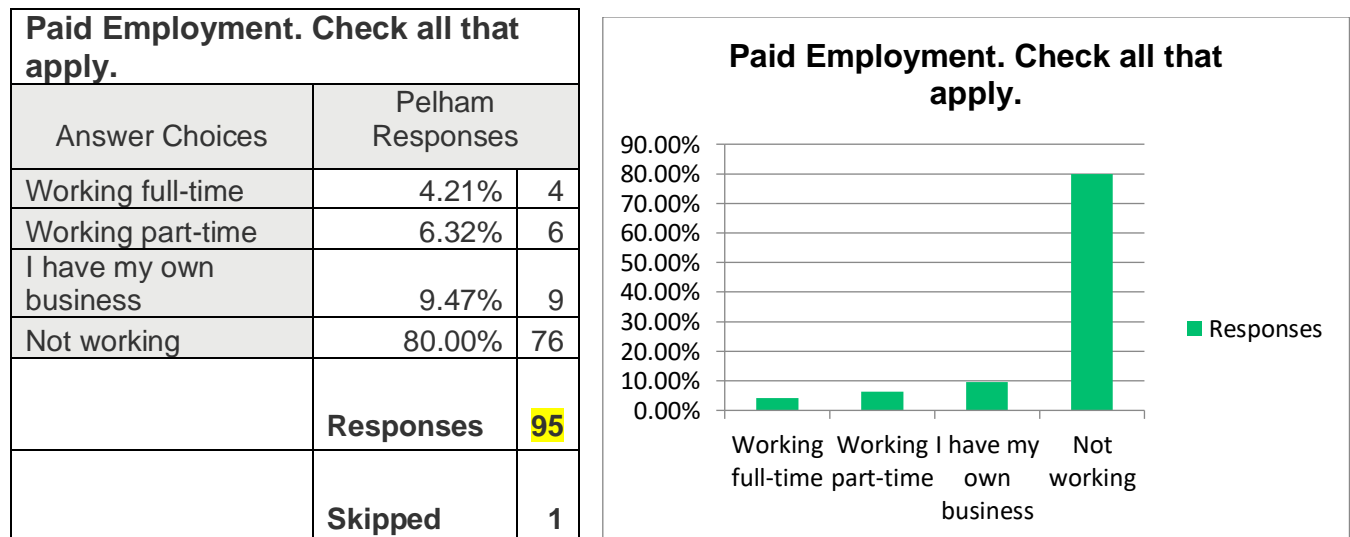
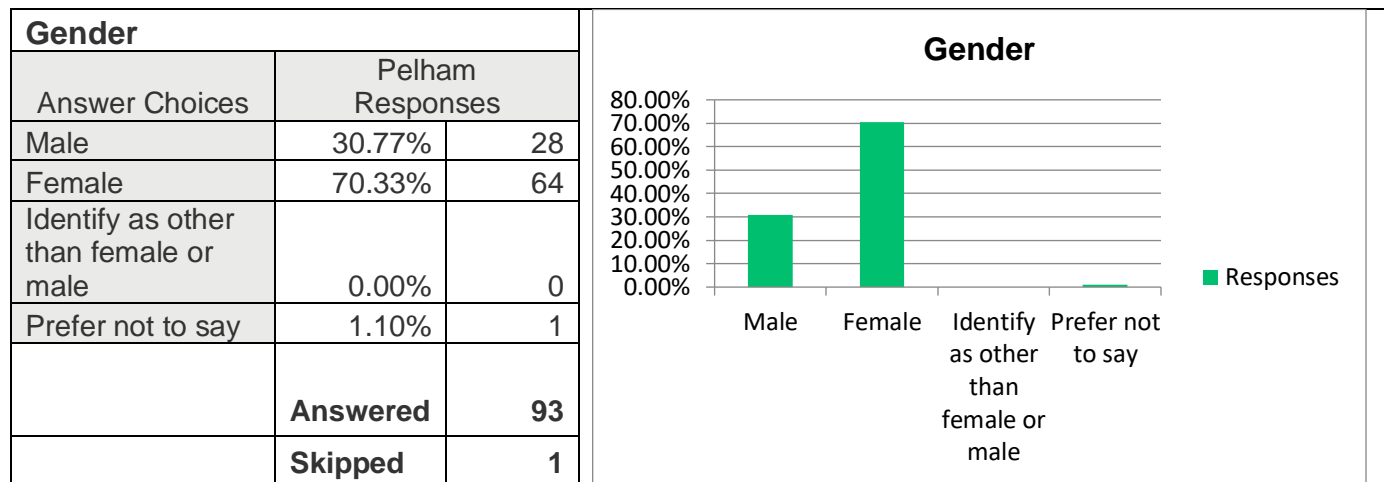
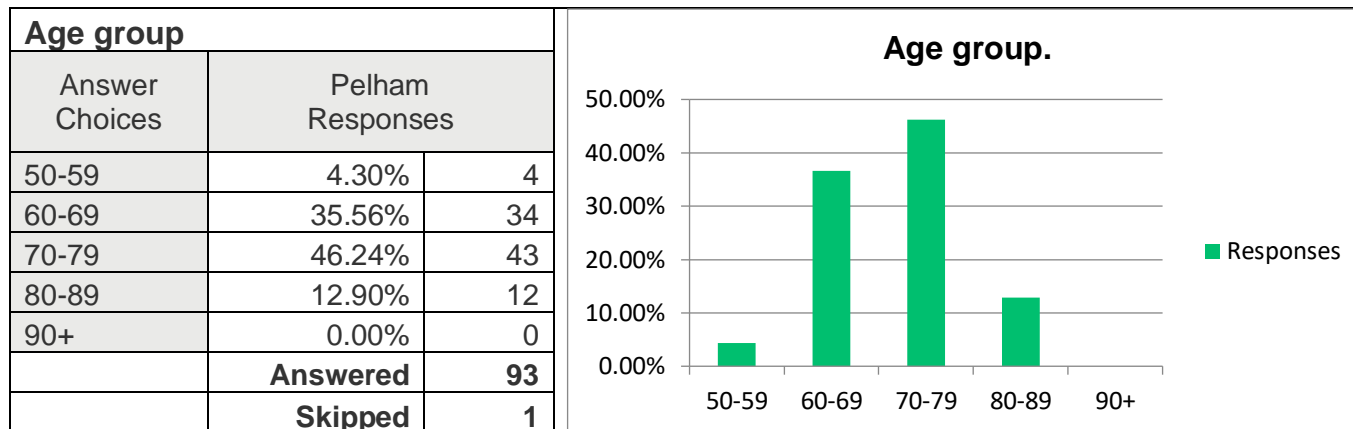
What 5 Topics are Most Important to You?

Please put a check mark beside the 5 topics that are most important to you. Choose up to 5 topics ONLY, to be able to proceed to the next question.		
Answer Choices	Pelham Responses	
Health and wellness promotion	12.41%	54
More accessible housing (e.g. ramps, parking, grab bars)	2.30%	10
Increased housing options (e.g single family homes, apartments, co-housing, retirement homes assisted living, long-term care homes)	8.51%	37
Supports to age in my own home (e.g. assistance with home maintenance and repairs, accessibility features, availability of home care services)	13.10%	57
More accessible outdoor spaces (e.g. parks and walking trails)	4.60%	20
Opportunities for volunteers to become involved in and contribute to age-friendly work in Niagara	4.83%	21
Improved transportation infrastructure	3.68%	16
Employment policies and practices to support older workers	0.69%	3
Increased education and information about programs and services available to adults 50+	8.74%	38
Increased recreation, leisure and learning opportunities for older adults	12.64%	55
Safety and security, including elder abuse and emergency preparedness	3.22%	14
Impact of COVID-19 on older adults	0.46%	2
Caregiver supports	5.06%	22
Increased advocacy and more programs related to equity, diversity and inclusion	2.30%	10
Increased focus on engaging older adults who live in rural communities	0.46%	2
Digital access in rural communities	1.15%	5
Advocate on issues of common concern to adults 50+	3.68%	16
Promoting positive images of aging	3.68%	16
Encouraging intergenerational relationships and opportunities for intergenerational knowledge transfer	4.14%	18
Technology: access to, training and ongoing support	4.37%	19
Comments:	0.00%	0
	Responses	435
	Skipped	0

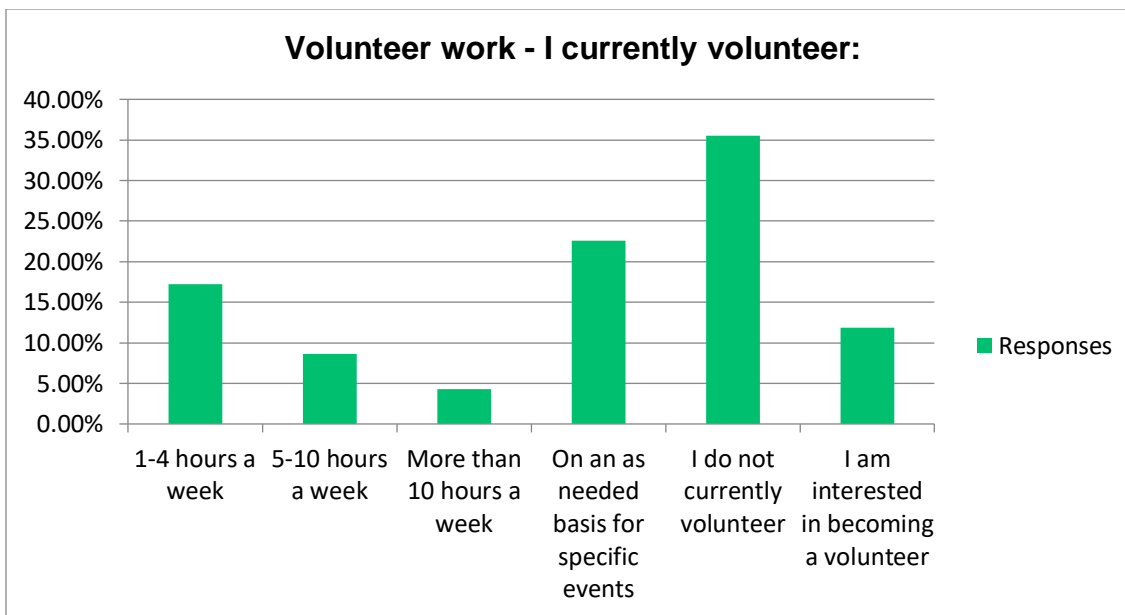
Please put a check mark beside the 5 topics that are most important to you. Choose up to 5 topics ONLY, to be able to proceed to the next question.



Respondent Demographics

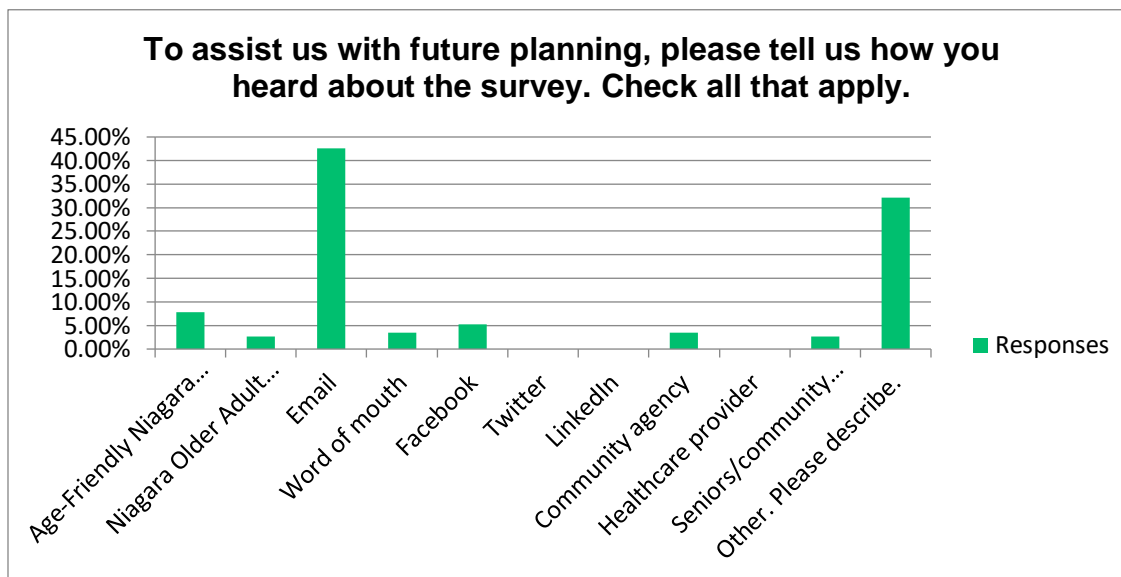


Volunteer work - I currently volunteer:		
Answer Choices	Pelham Responses	
1-4 hours a week	17.20%	16
5-10 hours a week	8.60%	8
More than 10 hours a week	4.30%	4
On an as needed basis for specific events	22.58%	21
I do not currently volunteer	35.48%	33
I am interested in becoming a volunteer	11.83%	11
	Answered	93
	Skipped	1



How did you Hear about the Survey?

To assist us with future planning, please tell us how you heard about the survey. Check all that apply.		
Answer Choices	Pelham Responses	
Age-Friendly Niagara Council (AFNC)	7.83%	9
Niagara Older Adult Alliance (NOAA)	2.61%	3
Email	42.61%	49
Word of mouth	3.48%	4
Facebook	5.22%	6
Twitter	0.00%	0
LinkedIn	0.00%	0
Community agency	3.48%	4
Healthcare provider	0.00%	0
Seniors/community event	2.61%	3
Other. Please describe.	32.17%	37
	Responses	115
	Skipped	0



Please tell us how you heard about the survey. Other. Please describe.
newspaper
newspaper
Voice newspaper
Newspaper
Ad in voice of pelham
Community weekly paper
The Voice

Please tell us how you heard about the survey. Other. Please describe.
CARP Niagara
Local newspaper
The Voice local paper
The Voice of Pelham.
PELHAM NEWSPAPER
Voice of Pelham
The Voice newspaper
Local paper - The Voice
Article in The Voice
news paper.
The Voice.
Also by email from Seniors programming, Community Centre
The Voice of Pelham
Voice Of Pelham paper
read about it in local newspaper
Local paper : Vision
Employer
Online
through a fellow pickleball player
Pelham neighbours
Online in newspaper
Tribune newspaper
Local newspaper
The Standard Newspaper
News paper/Standard
St. Catharines Standard
News feed
PSAC
Hospice Niagara
The email I received asking me to share in this poll

APPENDIX A - Empowering Older Adults in Niagara Survey questions – page 1 of 13



Empowering Older Adults in Niagara¹

What matters to you?

What do we want to learn?

We want to learn from the perspectives and experiences of adults 50+ who live in the Niagara region of Ontario, so that, together, we can further strengthen Niagara as an age-friendly community.

The **Age-Friendly Niagara Council (AFNC)** and the **Niagara Older Adult Alliance (NOAA)** work closely together to advance a common vision of an inclusive '*community for all ages*' and '*one voice for older adults in Niagara*'.

The AFNC is comprised primarily of community volunteers, along with representatives from government, education, not-for-profit organizations and businesses. NOAA includes leaders who serve on local municipal older adult advisory committees in each of Niagara's 12 local municipalities.

The work of strengthening Niagara as an age-friendly community began in 2009, and much has been achieved since that time. Through this survey, the AFNC and the NOAA invite you to help build upon what we've already learned.

The survey questions are guided by the Niagara Aging Strategy and Action Plan (NASAP) implementation priorities (2018-2019); and what we've learned about COVID-19 impacts on older adults in Niagara. In addition, we want to learn more about issues of interest and/or concern to older adults in today's world.

What will we do with the survey results?

The survey results will help to inform the AFNC and NOAA in establishing priorities. The work of these two groups cannot be done in isolation.

The survey will take about 7-10 minutes to complete. **A few minutes of your time will make a difference. Your voice matters!**

The deadline for survey completion (online or paper copy) is Friday, July 15, 2022. Please note that your responses are anonymous. All survey information will be kept confidential by Niagara Connects researchers, who are administering the survey on behalf of the AFNC.

Thank you for participating in this survey.

The AFNC Interim Board of Directors

¹ This survey is being conducted in partnership with INCommunities, with funding support from the Government of Canada through the New Horizons for Seniors Program.

APPENDIX A- Empowering Older Adults in Niagara Survey questions – page 2 of 13



Section A – Building on the Niagara Aging Strategy and Action Plan (NASAP)

In this section, we invite you to answer questions related to the Niagara Aging Strategy and Action Plan (NASAP) in the areas of:

- a. Community Engagement and Communications
- b. Recreation, Learning and Leisure
- c. Improved Services, Systems and Infrastructure

1. How would you describe your sense of belonging and being engaged in your community?

- ☐ Very strong
- ☐ Somewhat strong
- ☐ Somewhat weak
- ☐ Very weak

2. During the last 6 months, I used the following ways to access healthcare. Please check all that apply.

- ☐ Attended medical appointments in person
- ☐ Participated in support groups using my computer/tablet
- ☐ Using my computer/tablet, participated in groups dedicated to meditation and/or other forms of self-care
- ☐ Video consultations using my computer/tablet (e.g. Zoom, Facetime) with healthcare providers (e.g. doctors, nurse practitioners, mental health counsellors)
- ☐ Participated in health education sessions through my computer/tablet.
- ☐ Email communication with healthcare providers
- ☐ Phone calls with healthcare providers
- ☐ I did not use the healthcare system during the pandemic.
- ☐ Other. Please describe.

APPENDIX A- Empowering Older Adults in Niagara Survey questions – page 3 of 13



A Community
for All Ages

3. I am able to access services in my community that support both my physical and mental health.

- ☐ Strongly agree
- ☐ Somewhat agree
- ☐ Agree
- ☐ Somewhat disagree
- ☐ Strongly disagree

Comments:

4. On average, during the last 6 months, how often did you connect with family, friends and neighbours (e.g. online, phone conversations, face-to-face)?

- ☐ Daily
- ☐ Twice a week
- ☐ 3-4 times a week
- ☐ 1-3 times a month
- ☐ I avoided connecting with other people due to pandemic concerns

Comments:

APPENDIX A- Empowering Older Adults in Niagara Survey questions – page 4 of 13



A Community
for All Ages

5. Do you currently participate in social, recreational and cultural activities in your community?

☐

Yes

☐

No

If you answered 'no', which of the following concerns might prevent you from participating in social, recreation and cultural programs and activities? Please check all that apply

☐

Language

☐

Inconvenient public transportation

☐

Caregiving responsibilities

☐

Cost/fees (if applicable)

☐

Accessibility (e.g., of building and/or programs, mobility concerns)

☐

I prefer to do things at home

☐

Health related issues

☐

No one to go with

☐

Lack of information about available activities and programs

☐

I do not have any concerns about participating in social, recreation and cultural programs and activities

☐

Other. Please describe.

APPENDIX A- Empowering Older Adults in Niagara Survey questions – page 5 of 13



A Community
for All Ages

6. What would motivate you to participate in social and recreation activities?

- ☐ Having a friend participate with me
- ☐ More activities in my language or that represent my culture
- ☐ More programs offered during the evening and weekends (for those still working as well as for others who prefer these times)
- ☐ Activities closer to where I live
- ☐ More programs offered online
- ☐ More transportation options
- ☐ Other. Please describe.

Section B – Technology, communication and information

This section asks questions about your use of technology as well as your use of Older Adult Infolink.

The pandemic of the last two and a half years has highlighted the role of technology and access to information in keeping us informed and connected to our families, friends and communities.

Technology

7. Please put a check mark beside all devices that you use at least once a week.

- ☐ Home phone
- ☐ Smart phone (e.g. cell phone)
- ☐ Tablet (e.g. iPad)
- ☐ Computer (desktop, laptop)

If you do not use any of the devices listed above, please skip to question #9

APPENDIX A- Empowering Older Adults in Niagara Survey questions – page 6 of 13



8. We would like to learn more about the ways in which you use these devices. Please put a check mark beside each program or service that you use. Check all that apply.

- ☐ Reading books/newspapers
- ☐ Virtual medical appointments, using my computer/iPad
- ☐ Ordering library books
- ☐ Purchasing groceries and/or retail products
- ☐ Social media (e.g. Facebook/Twitter/Instagram)
- ☐ Filling prescriptions at your pharmacy
- ☐ Connecting with friends and family (e.g. Facetime, Zoom, Skype)
- ☐ Participating in learning opportunities (e.g. courses, webinars)
- ☐ Exercise programs
- ☐ Booking transportation such as transit or taxi rides.
- ☐ Banking
- ☐ Volunteering from home
- ☐ Working from home
- ☐ Other. Please describe.

9. Access to technology is important. Please check any barriers that you experience. Please check all that apply.

- ☐ I am not comfortable using computers or tablets
- ☐ Lack of reliable, high-speed Internet services where I live
- ☐ Cost of Internet plans
- ☐ Affordability of computers, cell phone et cetera

APPENDIX A- Empowering Older Adults in Niagara Survey questions – page 7 of 13



A Community
for All Ages

- ☐ Lack of training and support for using computers
- ☐ Concern about safety and security
- ☐ I do not experience any barriers in using technology.
- ☐ Other. Please describe.

Communication and information

Older Adult Infolink is a newly developed website, accessed through your computer/tablet, for older adults, caregivers and organizations that support older adults. It is a centralized source of current information about topics such as community and health care services, housing options and recreational activities.

10a. I am aware of Older Adult Infolink.

- ☐ Yes
- ☐ No

10b. If you answered 'yes', how many times have you searched Older Adult Infolink to access information in the past 5 months?

- ☐ 0-1
- ☐ 2-3
- ☐ 4-5
- ☐ More than 5

APPENDIX A- Empowering Older Adults in Niagara Survey questions – page 8 of 13



A Community
for All Ages

11. What are your preferred ways to receive information about programs, services and activities for adults 50+ living in the Niagara region?

- ☐ Email
- ☐ Internet websites
- ☐ Local newspapers
- ☐ Print flyers
- ☐ Social media
- ☐ Radio
- ☐ Word of mouth
- ☐ Posters in malls, libraries, recreation centres and other public places
- ☐ Places of worship
- ☐ Information fairs and events
- ☐ Age-Friendly Niagara newsletter
- ☐ Other. Please describe.

12. Using 3 or 4 bullet points, please tell us what a 'community for all ages' looks like to you.

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A Community
for All Ages

Section C – Age-Friendly Niagara Council (AFNC)

The Age-Friendly Niagara Council (AFNC) will establish priorities that reflect dominant interests and human resource capacity. Please choose up to **5 areas that you think are most important for the AFNC to address**. Your responses will help with decision making.

13. Please put a check mark beside the 5 topics that are most important to you. Choose up to 5 topics ONLY in order to be able to proceed to the next question.

- ☐ Health and wellness promotion
- ☐ More accessible housing (e.g. ramps, parking, grab bars)
- ☐ Increased housing options (e.g single family homes, apartments, co-housing, retirement homes, assisted living, long-term care homes)
- ☐ Supports to age in my own home (e.g. assistance with home maintenance, accessibility features, availability of home care services)
- ☐ More accessible outdoor spaces (e.g. parks and walking trails)
- ☐ Opportunities for volunteers to become involved in and contribute to age-friendly work in Niagara
- ☐ Improved transportation infrastructure
- ☐ Employment policies and practices to support older workers
- ☐ Increased education and information about programs and services available to adults 50+
- ☐ Increased recreation, leisure and learning opportunities for older Adults
- ☐ Safety and security, including elder abuse and emergency preparedness
- ☐ Impact of COVID-19 on older adults
- ☐ Caregiver supports

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for All Ages

- ☐ Increased advocacy and more programs related to equity, diversity and inclusion
- ☐ Increased focus on engaging older adults who live in rural communities
- ☐ Digital access in rural communities
- ☐ Advocate on issues of common concern to adults 50+
- ☐ Promoting positive images of aging
- ☐ Encouraging intergenerational relationships and opportunities for intergenerational knowledge transfer
- ☐ Technology: access to, training and ongoing support

Comments:

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A Community
for All Ages

Section D – Tell us about you!

In this section, please tell us a bit about yourself. All responses are anonymous.

14. In what local area of Niagara do you live? Please check one.

- ☐ Fort Erie
- ☐ Grimsby
- ☐ Lincoln
- ☐ Niagara Falls
- ☐ Niagara-on-the-Lake
- ☐ Pelham
- ☐ Port Colborne
- ☐ St. Catharines
- ☐ Thorold
- ☐ Wainfleet
- ☐ Welland
- ☐ West Lincoln

15. Age group.

- ☐ 50-59
- ☐ 60-69
- ☐ 70-79
- ☐ 80-89
- ☐ 90+

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16. Gender

- ☐ Male
- ☐ Female
- ☐ Identify as other than female or male.
- ☐ Prefer not to say

17. Paid Employment

- ☐ Working full-time
- ☐ Working part-time
- ☐ I have my own business
- ☐ Not working

18. Volunteer work

I currently volunteer:

- ☐ 1-4 hours a week
- ☐ 5-10 hours a week
- ☐ More than 10 hours a week
- ☐ On an as needed basis for specific events
- ☐ I do not currently volunteer
- ☐ I am interested in becoming a volunteer

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Next Steps

Thank you for completing this survey.

20. To assist us with future planning, please tell us how you heard about the survey. Please check all that apply.

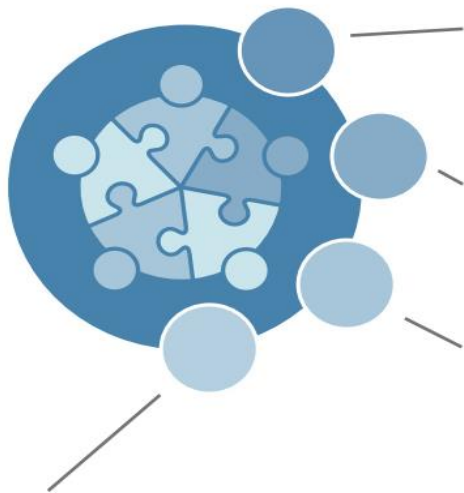
- ☐ Age-Friendly Niagara Council (AFNC)
- ☐ Niagara Older Adult Alliance (NOAA)
- ☐ Word of mouth
- ☐ Facebook
- ☐ Twitter
- ☐ LinkedIn
- ☐ Community agency
- ☐ Healthcare provider
- ☐ Seniors/community event
- ☐ Other. Please describe.

The Age-Friendly Niagara Council (AFNC) will soon be establishing its Founding Board.

If you are interested in learning more about the Council, would like to become involved or to be added to the AFNC membership list for future mailings and updates and to learn more about the Older Adult InfoLink, please send an email message to afn@agefriendlyniagara.com

APPENDIX B – Age-Friendly Niagara - Levels of Action

Age-Friendly Niagara - Levels of Action



Niagara Older Adult Alliance (NOAA)

An alliance representing more than 100 volunteers who serve on local municipal advisory committees across Niagara, to advocate for the interests of older people and age-friendly actions in their communities. The Alliance meets regularly to share information and align planning and action.

Age-Friendly Niagara Council (AFNC) Board of Directors

Includes 15 volunteers who oversee and plan AFNC activities

Engaged Individuals

Includes a network of more than 500 people with an interest in an age-friendly Niagara

Niagara Aging Strategy and Action Plan (NASAP) Implementation

People working together to advance strategies based on NASAP goals:

1. Community Engagement and Communication
2. Recreation, Learning and Leisure
3. Improved Services, Systems and Infrastructure



A Community for All Ages

www.agefriendlyniagara.com

Vision: An Age-friendly Niagara - A community for all ages.



World Health Organization (WHO) Eight Domains of Age-Friendly Communities

The AFNC is committed to increasing awareness of the eight domains through partnerships and shared learning, knowledge and planning.

- Outdoor Spaces and Buildings
- Transportation
- Housing
- Social Participation
- Respect and Social Inclusion
- Civic Participation and Employment
- Communication and Information
- Community Health and Support Services



World Health Organization

For more information, visit: <https://www.agefriendlyniagara.com/about-us/>



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