

Age Friendly
is about
RESPECT

*Respect of people of all ages,
abilities and cultures*

Recognizes their diversity,
uniqueness, & value

Encourages healthy, active
aging

Supports their contributions
- volunteering, wisdom, ideas,
experience

Promotes their participation in
all aspects of their community

Engages local municipal
government, community
members and organizations
in building age-friendly
communities

Creates accessible, safe
environments

Treats people of all ages,
abilities, and cultures with
dignity & respect

Let's become
Age Friendly
Saskatchewan!

Take action in your
community today!

LEARN MORE
& SIGN UP
by contacting
Age Friendly
Saskatchewan
at Saskatchewan
Seniors Mechanism
306-359-9956

www.agefriendlysk.ca



ssm@skseniorsmechanism.ca
www.skseniorsmechanism.ca



CREATING
INCLUSIVE
COMMUNITIES



Communities where people of all ages, abilities and cultures are:

- ▶ Part of the decision-making process on matters that affect their life
- ▶ Treated with dignity and respect
- ▶ Valued
- ▶ Able to access community programs, services and supports to meet their diverse needs
- ▶ Open to new ideas, listen and learn from each other to benefit their communities
- ▶ Able to work together to achieve intergenerational, healthy, safe communities
- ▶ Aging well



What is Age Friendly?

Age Friendly is a global movement started by WHO (World Health Organization). They are communities where policies, services, settings and structures support and enable people to age actively. All individuals are welcome to be full and meaningful participants in their community.



Why become an Age Friendly Community?

- ▶ Healthier citizens
- ▶ Stronger community connections
- ▶ Safe, vibrant communities
- ▶ Greater opportunities for business
- ▶ Intergenerational - benefits all ages
- ▶ Reduces abuse and isolation

Age Friendly Communities

Explore features and elements focused around 8 major aspects of community life:

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



Age Friendly makes us aware of the barriers others face. *Let's create barrier free, safe, and respectful communities for all ages, abilities, and cultures. We will then have safer, stronger, healthier communities.*