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

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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

Saskatchewan Seniors Mechanism
Seniors Working Together

ssm@skseniorsmechanism.ca
www.skseniorsmechanism.ca

Canada

Age Friendly Saskatchewan

CREATING INCLUSIVE COMMUNITIES

Age Friendly
Saskatchewan

Communities benefit when 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**

► **Able to work together to achieve intergenerational, healthy, safe communities**

► **Aging well**

What is Age Friendly?

Age Friendly is a global movement of communities where policies, services, settings and structures support and enable people to age actively.

Everyone is welcome to be a full and meaningful participant in their community.

Why become Age Friendly?

► **Healthy citizens**
► **Strong community connections**
► **Safe vibrant communities**
► **Opportunities for businesses**
► **Intergenerational**
► **Reduced 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 safe, respectful, barrier free communities for all citizens.*