

Age Friendly (AF) is an initiative of the World Health Organization (WHO). Saskatchewan Seniors Mechanism (SSM) responded to the request from the Public Health Agency of Canada to educate and encourage Age Friendly communities throughout Saskatchewan. Age Friendly Saskatchewan (AFS) supports these AF communities on behalf of SSM. There are currently 15 AF communities in Saskatchewan on the AF journey.

The approach of AF is that the concerns of older adults will mirror those of persons of all ages. The life experience of older adults gives them a unique viewpoint.

Age Friendly Regina (AFR)

The vision of AFR is to build an age friendly community where people of all ages can live safely, enjoy good health and remain involved in their community.

The AFR Steering Committee was formed early in 2018. At that time it was composed of individuals and community organization/business representatives. AFR began following the steps of the AF process:

1. Establish the support of municipal government
2. Assess (survey) the community to identify AF gaps and needs
3. Develop, implement and publicize an action plan.

AFR Status

We developed a survey and distributed it both in hardcopy and online. It was available from January to June 2019. 385 surveys were gathered, analyzed and we issued a final report (in the fall of 2019. The report identified concerns and needs of the community. However, a high volume of answers were in the “I don’t know” category, suggesting that many will only look for this information when the need arises.

From these learnings *Age Well Regina* was developed. This 64 page document outlines:

1. Supported Housing/Care Options
2. Mental Wealth and Services
3. Crime Prevention and Safety

An AFR presentation to the community was planned for June 2020, but was cancelled due to COVID-19. Documents available at: <https://agefriendlysk.ca/regina/>.

Recently AFR reviewed the structure and workings of the AFR Steering Committee. The new structure is now composed of the Steering Committee itself and a newly defined Stakeholder Interest Group. The Terms of Reference were updated, roles and responsibilities were defined and a planning and priority setting exercise was completed. We are now implementing these changes.

Our short term goals are:

1. To request a motion of endorsement from City Council for Regina to become an AF community
2. To add an AF “lens” to City of Regina planning
3. To expand our survey distribution to address shortfalls in representation and to achieve 1000 responses
4. Complete the implementation of the new AFR structure.