Welcome and Happy Reading
In 2006, the World Health Organization (WHO) developed the Global Age-Friendly Cities Project. This project brought together cities from around the world that were interested in supporting healthy aging by becoming more age-friendly. These cities gathered information from seniors, senior-care providers and other group and individuals with an interest in age-friendly communities. From this the eight key domains of community life in which communities can become more age-friendly were identified.

These domains are:
> outdoor spaces and buildings;
> transportation;
> housing;
> social participation;
> respect and social inclusion;
> civic participation and employment;
> communication and information; and
> community support and health services.

Thirty-three cities took part in this project, including four Canadian cities: Saanich (British Columbia), Portage la Prairie (Manitoba), Sherbrooke (Quebec), and Halifax (Nova Scotia).

In Canada the Public Health Agency of Canada established projects related to the implementation of Age-Friendly. The implementation then became the responsibility of each province or territory. In Saskatchewan the initiative has been spear-headed by Saskatchewan Seniors Mechanism (SSM) rather than the provincial government as in other provinces.
History Age-Friendly Regina

Born in 2018 out of Saskatchewan Seniors Mechanism’s initiative, the initial Age-Friendly Regina (AFR) committee was formed. It was composed of older adults from the community and individuals representing member organizations, associations, and service providers in the City. They espoused the vision and principles of the world-wide AF movement.

The first task tackled by the committee was to assess the community in the areas covered by the eight domains of AF. A survey tool was developed and distributed via members of the Steering Committee. See: Age-Friendly Survey

The 385 initial responses were analyzed and the findings were published in a survey report in June, 2020, and can be found here. This analysis has been the basis of our action plans. The responses to the initial survey did not adequately represent all sectors of the community. Therefore we have simplified the language and continue gathering information.

One of the most tangible outcomes of the survey report was the development of the guide AGE WELL REGINA, which addressed three areas of concern: housing, mental health, crime prevention and safety.

The committee then turned its focus on seeking the endorsement of City Council. Led by three City Councillors, with solid support of City staff, AFR committee spokespersons made representations to City Council in September 2020 when a Notice of Motion was passed. Presentations were made to the Community Wellness Committee in April 2021 and finally to City Council again when it entertained the motion to partner with AFR and commit itself to working towards making Regina an Age-Friendly Community. The vote was unanimous.

In January, 2021, the initial committee was restructured and divided into 2 sectors: a steering committee of 12 members which sets the direction and priorities, and a stakeholders’ group which provides input and support.

The action plan in 2020 was not formalized but centered on the primary concerns identified in the survey. In January 2021, a formal planning process was initiated which led to the identification of four main goals. At year end, a review was conducted and a revised set of goals for 2022 were developed and presented to the Stakeholders for consideration and comment. Action plans were subsequently developed. The main thrust of the activities for the coming year is to increase the visibility of AFR in the community, to monitor the implementation of the planning Checklist developed jointly with the City, to expand the number of Stakeholders and promote their engagement, to identify specific sites where ice/snow conditions impede mobility.
**AFR 2022 ACTION PLAN**

<table>
<thead>
<tr>
<th>Domain</th>
<th>Project Name/particulars</th>
<th>Priority</th>
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</thead>
<tbody>
<tr>
<td>Communications and Information</td>
<td>Improve visibility of AFR in community</td>
<td>Highest</td>
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<td></td>
<td>Expand/engage stakeholders/supporters</td>
<td>High</td>
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<tr>
<td>All Domains</td>
<td>Complete and monitor implementation of the City of Regina Age-Friendly Checklist</td>
<td>High</td>
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<td></td>
<td>Gather information from the Community</td>
<td>Ongoing</td>
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<tr>
<td>Outdoor Spaces and Building/Transportation</td>
<td>Snow Angels/Snow ploughing and removal</td>
<td>Seasonal</td>
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<tr>
<td>Housing</td>
<td>Improve availability of housing and reduce wait times</td>
<td>Long-term</td>
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<tr>
<td>Respect and Social Inclusion</td>
<td>Age-Friendly Business Designation</td>
<td>Medium</td>
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<tr>
<td></td>
<td>Work with the Chamber of Commerce and BBB to determine the appropriate method to achieve an AF Business designation.</td>
<td></td>
</tr>
<tr>
<td>Internal Governance</td>
<td>Succession Plans</td>
<td>High</td>
</tr>
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<td></td>
<td>• To have the needed skills and knowledge on the AFR Steering Committee</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Not-for-profit status</td>
<td>Medium</td>
</tr>
<tr>
<td></td>
<td>• To be able to apply for grants</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Internal Communications</td>
<td>Low</td>
</tr>
<tr>
<td></td>
<td>• To find an appropriate tool to store and share AFR information and data</td>
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</table>
AFR acknowledges that we are on traditional lands of the Treaty 4 Territory, a Treaty signed with 35 First Nations and the original lands of the Cree, Saulteaux, Dakota, Nakota, Lakota, and on the homeland of the Métis Nation.

Embarking on the Age-Friendly Journey involves community minded volunteers who come together with the common vision of creating a community where policies, services, settings, and structures support and enable people of all ages and abilities to participate fully.

The world-wide movement has proposed a four pillars approach to the process.

The four pillars are:

- Establishment of a committee;
- Assessment of the community;
- Securing the support of civic authorities; and
- Development of an action plan.

The Age-friendly movement has recommended recognition of this progress. The first level is Provincial Recognition.

The Age-Friendly Regina Steering Committee has completed all the required steps and has recently submitted an application to the Age-Friendly Saskatchewan (AF SK) Committee for such recognition.

Upon completion of the review process, we have been advised that we were successful. The file will now go to the Saskatchewan Seniors Mechanism Board of Directors for approval and then on to the Province.

Hopefully by fall, AFR will be publicly recognized by the Provincial Government as an Age-Friendly Community. This will contribute to increasing our visibility and to recognizing the solid commitment made by the City of Regina to becoming more age-friendly.

The City of Regina is committed to becoming an Age-Friendly City. Councillors are attentive and supportive while staff are at the Steering Committee table offering advice and support.

Age-Friendly Regina wants to publicly acknowledge and express our appreciation for such a great partnership.
SNOW AND ICE

Snow and Ice can be enjoyed during the winter months but they can equally become concerns for folks with mobility issues.

During the month of February, AFR asked its stakeholders to identify specific cases where they had encountered unsafe situations due to inadequate snow/ice removal.

We received nine responses dealing with snow removal on streets and in alleys, icy condition of sidewalks, sanding of curb cuts, bus stop not readily accessible because of lack of sidewalk.

These concerns were summarized and passed on to the city staff. We did get acknowledgement from one of the Councillors who expressed appreciation for the input and said it would feed well into the city’s winter maintenance policy review.

We are considering requesting this type of feedback each year.

WEBSITE UPDATE

Age-Friendly Regina is serving as the pilot for the newly designed Age-Friendly Saskatchewan website. There is one page for each Age-Friendly community, all in the same format.

There are links to the supporting information. The community pages are being updated this Spring and will reflect more information about each community.

The Regina website includes items such as: information about the community, Steering Committee members, Stakeholders, accomplishments related to the four steps of initiating the Age-Friendly journey, date of formal recognition, Age-Friendly Regina goals for 2022, and a list of accomplishments by domain.

Watch for more information regarding the availability of other community websites.

Email: AgeFriendlyRegina@gmail.com