

## **POSITIVE INDICATORS OF OUR AGE FRIENDLY COMMITTEE'S PROGRESS**

- Number of rest places and distance between rest places in the community was noted and recommendations were given to Town of Kipling in regards to placing additional benches and seating areas in the community.
- Number of accessible washrooms was reviewed, with decision made to make washrooms at Lions Park and Kipling Campground available to the public May 1 – October 1 annually, as they are adjacent to the Community Walking Trail.
- Sidewalks, trails and walkways exist and are in safe condition – Town of Kipling staff keep sidewalks in the downtown area and along First Street (Kipling Friendship Club) clear from snow. As well, Town of Kipling Council has a plan for repairing many sidewalks throughout the community, annually.
- Public buildings have adequate access to and maneuverability around buildings. Town of Kipling Leisure Services and Council are in the engineering stage of renovations to the entrance of Kipling Arena which include consideration for mobility challenged individuals.
- Availability of a range of affordable options of transportation – Kipling Handivan runs twice a week, with the goal of adding an additional day.
- Availability of affordable multi-purpose and aging in place housing options – Rudyard Manor, Kipling Housing Authority attached dwellings and Willow Heights Seniors Apartment Complex were all noted.
- Availability of recreation and learning programs specifically for seniors – Older Adult Fitness Classes, Chair Yoga For Seniors, Seniors Curling, Winter Dance Club were noted, as well as a number of programs offered through the Kipling Public Library.
- Availability of intergenerational recreation and social programs – Crochet classes, cooking classes, computer classes and book clubs are offered through the Kipling Public Library.
- Availability of opportunities for social participation in leisure, social, cultural and spiritual activities with people of all ages – Kipling & District Arts Council performances, activities with Kipling Curling Club, programs through Kipling Public Library and activities offered through various churches in the community were noted.
- Affordability of seniors programs – the activities offered through Kipling Friendship Club (Older Adult Fitness Classes and Chair Yoga For Seniors are offered free to participants); activities offered through Kipling Public Library are also free.
- Public venues for community-based activities are accessible – Kipling Community Centre and Kipling Public Library are accessible to all; Kipling Arena is in the process of being made wheelchair accessible; all places of worship are wheelchair accessible.
- Availability of inter-generational family activities – activities at Kipling Swimming Pool are generally inter-generational; Kipling Curling Club holds inter-generational activities, as well as Kipling Public Library and Kipling & District Arts Council. June activities

through Kipling Leisure Services that include Yoga in the Park and Outdoor Line Dancing are also inter-generational.

- Level of sense of belonging in the community was rated as quite high.
- Availability of support for volunteers - Kipling has an annual Volunteer Recognition Program, where volunteers are publicly recognized in the categories of Sport & Recreation, Heritage & Culture, Youth, and Senior. In 2021, all categories were recognized.
- Municipal buildings and meetings are accessible, as they are held in the Kipling Community Centre (fully accessible to all).
- Availability of a live person option on telephone calls – the Town of Kipling office and Kipling Leisure Services do not subscribe to an automated answering system.
- Availability of prevention programs related to health issues of high relevance to seniors include Diabetes Prevention, Older Adult Fitness Classes, flu clinics, Day Program for outpatients at Kipling Long Term Care, Kipling Active Living Group.
- Availability of low cost food programs includes Meals on Wheels and Kipling & District Food Bank.
- Availability of assistance for activities of daily living – there are a number of people who provide snow shoveling or yard maintenance for a cost; grocery stores and pharmacies will deliver goods to residents.