



Features of an Age-Friendly Community

There are **8 Domains** that can be viewed through the lens of older adults to determine areas that require attention to make a community Age-Friendly.

Housing

Social Participation

Respect & Social Inclusion

Civic Participation & Employment

Communication & Information

Community Support & Health Services

Outdoor Spaces and Buildings

Transportation



Take Action In Your Community Today!



To learn more about the Age-Friendly journey, please visit our website: www.agefriendlysk.ca or email the Age-Friendly Communities Staff at: agefriendly@skseniorsmechanism.ca



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Age-Friendly Saskatchewan

Creating Vibrant Communities for All



What is Age-Friendly Saskatchewan?

Why become Age-Friendly?

How does my Community become Age-Friendly?

Age-Friendly Saskatchewan is part of a global initiative started by the World Health Organization. It promotes healthy, safe and accessible communities where people of all ages are valued, included & supported. Active leadership and involvement of older adults brings a new lens to seeing our communities so that we become all ages friendly.

SSM (Saskatchewan Seniors Mechanism) has taken the lead in developing Age-Friendly Saskatchewan so that our communities can join this initiative, along with other provinces and territories in Canada and across the world. More than 500,000 Saskatchewan residents are living in communities that have joined the Age-Friendly journey.

Being an Age-Friendly Community is an ongoing process that comes from viewing all aspects of our community through the lens of older adults. It involves some actions that can be taken very quickly and with very little cost. Other actions are long term and may involve costs associated with municipal planning. All actions are ongoing ways to promote inclusion of all people in the life of the community.

An Age-Friendly community can help people age in place, remaining in their chosen home and/or community by ensuring that policies, programs and supports help older adults to maintain independence, prevent illness and injury, and reduce feelings of isolation.

There are many desirable outcomes including healthier citizens who live in safe, vibrant communities. Strong community connections lead to opportunities for intergenerational interaction and collaboration. Respect is fostered for older adults' contributions. Economic strength can be improved by maintaining population and tax bases when older adults can remain in the community. Local businesses can be sustained and grow.



Any individual, group or municipality can initiate the Age-Friendly journey in their community. Municipal governments, community members and organizations all have a role in ensuring that communities are Age-Friendly. Most importantly, older adults must be part of the process.

There are **Community Milestones** to achieve in the Age-Friendly journey:

- **Establish an Age-Friendly Committee** that includes older adults.
- **Secure support from the Municipal Government** in the form of a resolution.
- **Assess the community** to determine needs and gaps.
- **Develop and implement an Action Plan** to address the identified needs.
- **Continuously review and evaluate** to determine success and future areas of need.