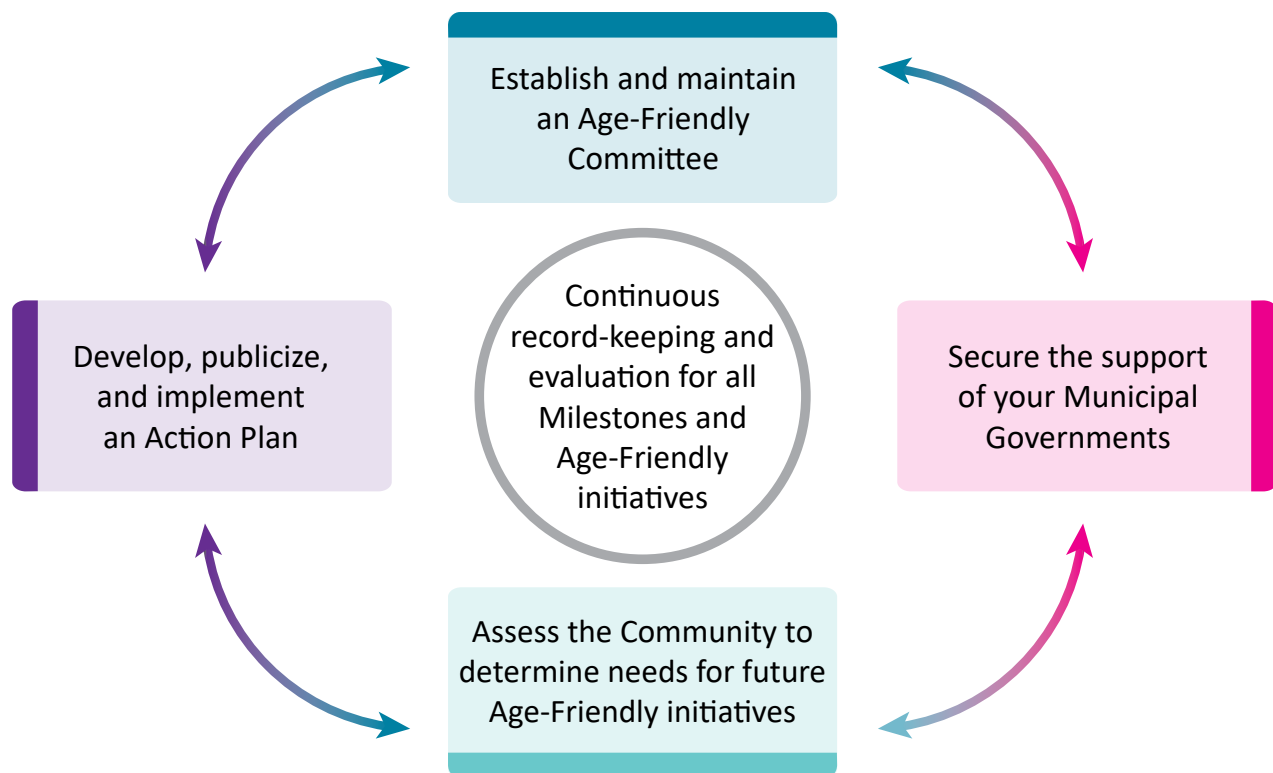


Milestones Overview

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. Once you take the first step on the journey, your community will become part of the provincial network of Age-Friendly communities. Age-Friendly staff, volunteers and other resources are available to assist you along the way.



Your community may start in different places around the circle. It is usually much more effective to accomplish the 3 Milestones on the right-hand side of the diagram before moving to the Action Plan and starting any Age-Friendly initiatives.

MILESTONE ***Establish and Maintain a Formal Age-Friendly Committee***

Expand your original group of interested individuals to create a formal committee complete with a Chair, Secretary and other roles, as needed. Terms of reference, recorded minutes and a diverse group of community individuals will be necessary to ensure representation and success! Once your committee is in place, Age-Friendly Saskatchewan will offer you an Age-Friendly logo designed specifically for your community, along with a page on our website under Communities, where all your committee work can be shared with the larger Age-Friendly network. See <https://agefriendlysk.ca/af-saskatchewan-communities-main-page/> for examples of other communities.

MILESTONE ***Secure the Support of your Municipal Government/s***

Inform your local municipalities about Age-Friendly if they are not already involved in your process and encourage them to adopt a formal resolution committing to becoming an Age-Friendly community. Examples of what this resolution can look like are available in our Age-Friendly resources. When you secure a Municipal resolution, let the community know via media and other means. Both urban and rural municipalities can be approached.

MILESTONE ***Assess the Community to Determine Needs for Future Age-Friendly Initiatives***

Inform your community about Age-Friendly. Prepare to consult and seek input about what the needs are in your community, viewing the 8 Domains of Age-Friendly through the lens of older adults: 'Nothing about us, without us!' There are templates and suggestions available on ways to assess and collect this information.

MILESTONE ***Develop, Publicize and Implement an Action Plan***

Based on the results of the assessment, it's time to make a plan of action! While plans should be carefully thought out and detailed, don't let this part scare you. Start small. Early success will help motivate the entire team and your community! There is an Action Plan template available to guide this part of your work, along with ongoing support from Age-Friendly staff. Communication with older adults, other stakeholders and partners is key!

To learn more about the Age-Friendly journey, please visit our website: www.agefriendlysk.ca, email the Age-Friendly Communities Staff at: agefriendly@skseniorsmechanism.ca or scan the QR code to access all of our Age-Friendly Resources. Age-Friendly Saskatchewan is proud to be part of SSM (Saskatchewan Seniors Mechanism).

