

Step 1: Do Your Age-Friendly Research

- Visit the Age-Friendly Saskatchewan Website (www.agefriendlysk.ca) to learn more about Age-Friendly and to learn about other communities who are Age-Friendly.
- The Resources tab on the website provides information for Communities on How to Get Started, a link to our 'Guide to Becoming an Age-Friendly Community' and much more.
- Become familiar with the contents of the website so that you:
 - o are familiar with what Age-Friendly is, why Age-Friendly would benefit your community and how to become an Age-Friendly community. This will be your pitch when you approach groups or individuals.
 - o can share resources (available on the website) with potential stakeholders to spark their interest.

Step 2: Gain Community Support

- Age-Friendly cannot fall on one individual and older adults MUST be a part of the process from the earliest stage.
- Approach 2-3 individuals well connected with organizations and influencers in the community who will help build interest in Age-Friendly. These must include older adults and may include people working in healthcare, municipal councillors and/or staff, members of cultural groups like the museum and library, or service organizations, to name just a few possibilities. If organizations are involved and can delegate a representative to serve on the Age-Friendly Committee then succession planning may be easier in the future.
- Approach Municipal Council (Urban and/or Rural). Share this guide with them and engage in conversation to gauge the interest in beginning the Age-Friendly journey for your community. Their support in the form of a resolution is paramount to the process. Financial support is not part of becoming Age-Friendly, but there must be commitment to building Age-Friendly practices into the work they do as a municipality including strategic and community plans.

Step 3: Reach out to the Age-Friendly Saskatchewan Staff

- Contact Age-Friendly Saskatchewan staff to indicate your interest in becoming an Age-Friendly Community. Email: agefriendly@skseniorsmechanism.ca
- Share the steps you have completed to date with the staff.

Step 3 (cont'd)

- Age-Friendly Staff can:
 - o Guide and support your community should you decide to move forward in the Age-Friendly journey.
 - o Send you a binder of resources that your Committee can use as a guide.
 - o Provide an Information session via Zoom to individuals within your community about the process of becoming an Age-Friendly Community, either before or after the formation of an Age-Friendly Committee.
 - o Add you to the mailing list for the Age-Friendly Saskatchewan e-newsletter, The Connector, which contains articles and updates about Age-Friendly initiatives across the province, Canada and from around the world in addition to upcoming events and links to various resources.
 - o Invite you to be a part of regular provincial Age-Friendly networking via virtual Coffee Hours and learning events. Through this networking, Committees gain access to a wealth of knowledge, resources and ideas from other communities on the Age-Friendly journey!

Step 4: Establish a local Committee that will work towards achieving the Community Milestones.

For further information see: Community Milestones Information Sheet, available under the Resources tab on the website or visit <https://agefriendlysk.ca/for-communities/>

- A Committee should be formed with a Chair or Co-Chairs who can provide leadership and organization. A Secretary position should be considered whose responsibilities include recording meeting notes and other documentation.
- Focus on accomplishing the first three Milestones before moving onto an Action Plan. (See Community Milestones Information Sheet).

Step 5: Continually Evaluate and Communicate throughout the Journey

- Be sure to document and take notes for all meetings so that they can be shared with interested parties.
- Be sure to continue to evaluate the needs in your community, the actions taken by the Committee and the impact the actions have had in the community.
- Utilize your Action Plan as a document that the Committee can revisit often, refresh/revise as needed and share with the community.
- Communicate with the community to inform them about survey results, the action plan and upcoming events. Utilize both traditional and digital methods of communicating. It is vital to have a good relationship with local media where available.

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).

