

# AGE FRIENDLY CITY SERVICES ACTION PLAN

Annual Summary of Highlights  
June 26, 2017



A five-year Age Friendly City Services Action Plan was developed to address the needs of older adults, and to provide opportunities for them to live in a safe environment and participate in activities of their choice. The plan was approved by City Council on June 22, 2015.

## **2016 HIGHLIGHTS INCLUDE:**

### **SECURING FUNDING FOR COMMUNITY PLAN**

The City supported Age Friendly Thunder Bay in securing a \$50,000 grant from the Ontario Seniors' Secretariat to fund the development of the Thunder Bay Age Friendly Community Wide Action Plan. The Plan was developed through a one-year community engagement process which included 10 focus groups, 520 surveys and 90 summit participants.

### **REVIEWING AGE FRIENDLY MODELS**

Age Friendly Thunder Bay has completed a thorough review and is making recommendations for a Thunder Bay model for Age Friendly initiatives. Under the model, the City will action its plan and support Age Friendly Thunder Bay in implementing its Community Wide Action Plan.

## ENCOURAGING OUTDOOR EXERCISE

The City's Parks & Open Spaces Section officially opened a new adult outdoor exercise equipment area at the south end of Minnesota Park. The equipment is designed to incorporate the four elements of a well-rounded fitness program to improve muscle fitness, balance/ flexibility, core fitness and aerobic fitness. It includes 13 different stations, with several accessible components.



## PROVIDING INSIGHT FOR ENGAGEMENT

In March 2017, the Age Friendly Thunder Bay Steering Committee members participated in a special meeting on Community Engagement. Their insights provided valuable information on what older adults wanted to know from the City, what initiatives and operations they wished to provide input on, and how they wish to communicate with the City. Participants asked that the City examine plans and initiatives through a variety of lenses (e.g. seniors, youth, cultural) in an inclusive process that meets the needs of a diverse community.



## CREATING RESOURCES FOR WELL-BEING

Members of the 55 Plus Centre took part in the Older Adult Centre Life Space Project, conducted by the Older Adult Centres' Association of Ontario (OACAO). Fifty volunteers participated. The goal of the project is to create resources that the 55 Plus Centre can use to learn more about

its members and the types of programs and services that best meet their needs and interests.

## HIGHLIGHTING TRANSPORTATION OPTIONS

Transit Services partnered with the Centre for Education and Research on Aging & Health and Shaw Cable to produce the first of a video series for the Caregivers Support Committee. The video highlights public transportation options in the city that allow seniors to gain access to the community should they no longer be able to drive. The video also answers frequently asked questions relating to eligibility for specialized transit, accessible features on all buses, customer service and transit training.

**For more information, visit:**  
**[thunderbay.ca/olderadults](http://thunderbay.ca/olderadults)**

