Age-friendly Manitoba

What is AF all about?

On line – June 8, 2023 - noon

Manitoba Association of Senior Communities (MASC)

…. facilitates and supports the healthy aging of older Manitobans through leadership, learning, connection and community engagement

- ➢ 72 Member Organizations

- ➢ Age-friendly Manitoba
  - Resource team – 9 consultants

- ➢ Social Prescribing
  - Senior Resource Coordinators

MASC and the World Health Organization

➢ World Report on Ageing and Health
  • Functional ability

➢ Decade of Healthy Aging (2021 – 2030)
  • ageism; person centred services; and age-friendly environments

➢ Global Network of Age-friendly Cities and Communities

A New vision for health and aging

*"… healthy aging is more than just the absence of disease. For most people, the maintenance of **functional ability** has the highest importance."*

the ability to function… 3 key elements

- ➢ The person

- ➢ The person's place

- ➢ The person – place interactions

Age-friendly communities…

… optimize the ability of all residents to do the things they feel are important to them

… integrate **the Social Environment** … **the person part**, with the **Built Environment**… **the place part**

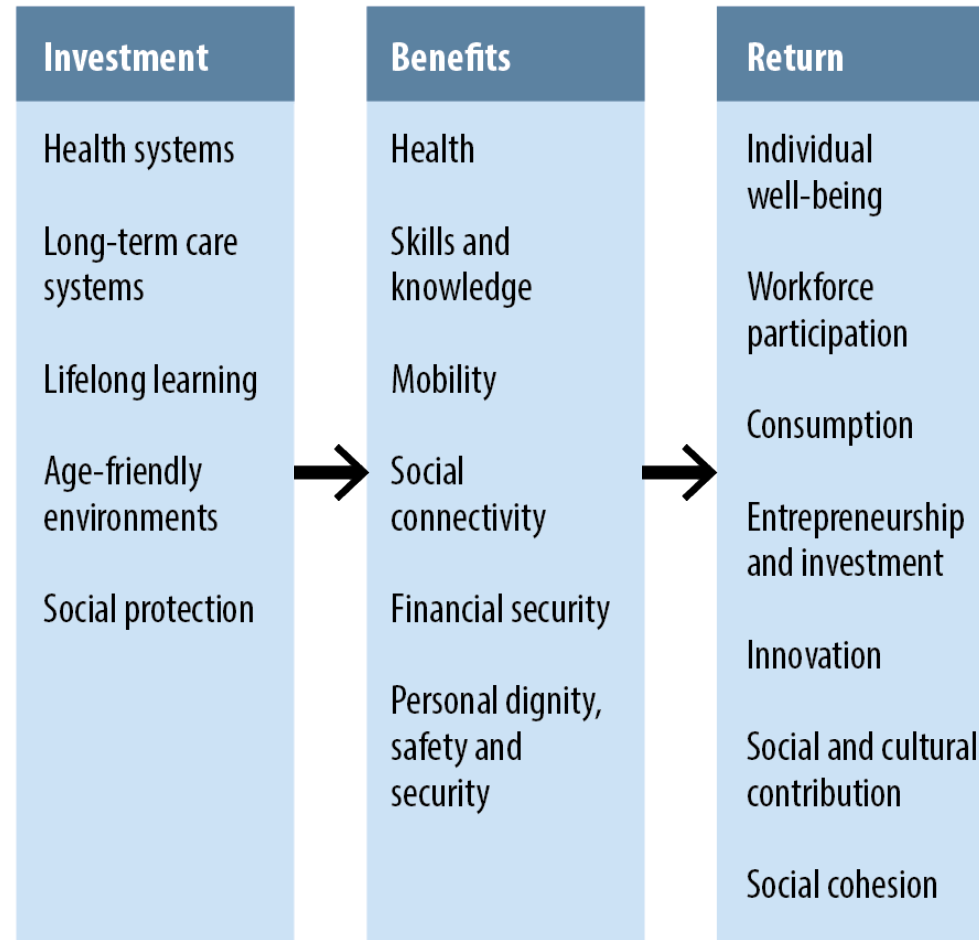… Every community has **Resources** and **Barriers** that impact one's **person – place interactions**

Age-friendly communities…

… the age-friendly movement has the power to create healthier, more sustainable communities when older people are active decision makers in the policies that govern their well-being …

… it may cost a bit initially, but
… it will cost a lot more if we don't do it…

Healthy Ageing
....is an investment

Investment	Benefits	Return
Health systems	Health	Individual well-being
Long-term care systems	Skills and knowledge	Workforce participation
Lifelong learning	Mobility	Consumption
Age-friendly environments	Social connectivity	Entrepreneurship and investment
Social protection	Financial security	Innovation
	Personal dignity, safety and security	Social and cultural contribution
		Social cohesion

Eight Age-friendly Domains

➢ Outdoor spaces and buildings

   ... *enabling environments*

➢ Transportation

   ... *where and when you need*

➢ Housing

   ... *in the right place*

➢ Social Participation

   ... *healthy active lives*

Eight Age-friendly Domains

➢Respect and social inclusion
... *feel and be safe*

➢Civic participation & employment
... *life-long learning*

➢Communication & information
... *connected to community*

➢Community & health services
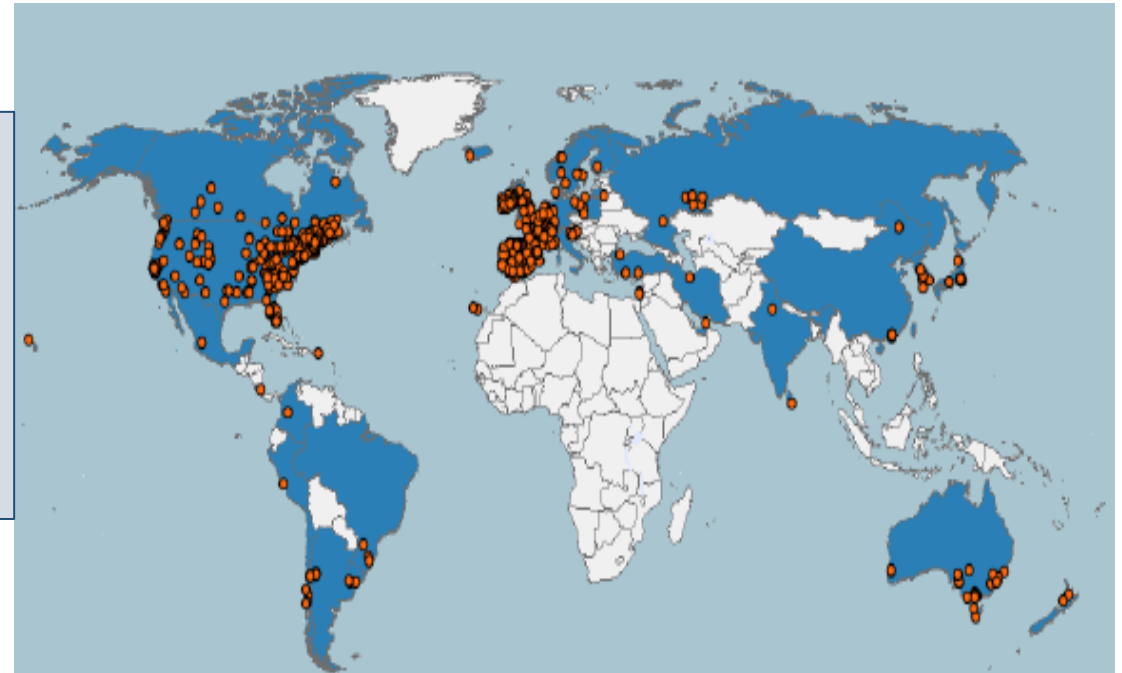... *person centred*

The global age-friendly movement

Over 1200

communities are part of **Provincial age-friendly initiatives** in Canada

Over 1114

communities in 44 countries are part of the **WHO's Global Network** for Age-friendly Cities and Communities
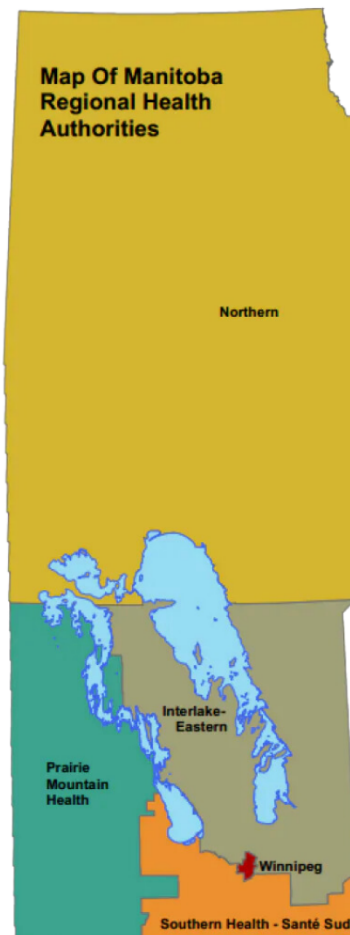
Manitoba's Age Friendly Communities

MASC

Prairie Mountain

1. Argyle, RM
2. Boissevain-Morton, Municipality
3. Brandon, City
4. Brenda-Waskada, Municipality
5. Carberry, Town
6. **Cartwright-Roblin, Municipality***
7. Clanwilliam-Erickson, Municipality
8. Dauphin, City
9. Deloraine-Winchester, Municipality
10. Ethelbert, Municipality
11. Gilbert Plains, Municipality
12. Glenboro-South Cypress, Municipality
13. Grandview, Municipality
14. Grassland, Municipality
15. **Hamiota, Municipality***
16. **Harrison Park, Municipality***
17. **Killarney-Turtle Mountain, Municipality***
18. Melita, Town
19. **Minitonas-Bowsman, Municipality***
20. North Cypress Langford, Municipality
21. Oakland-Wawanesa, Municipality
22. Pipestone, RM
23. Prairie Lakes, RM
24. Prairie View, RM
25. Roblin, Municipality
26. **Rossburn, Municipality***
27. Russell-Binscarth, Municipality
28. Ste. Rose, Municipality
29. Swan River, Town
30. Swan Valley West, Municipality
31. Two Borders, Municipality
32. Virden, Town
33. Wallace-Woodsworth, Municipality
34. Yellowhead, RM

Map Of Manitoba Regional Health Authorities

Northern

Interlake-Eastern

Prairie Mountain Health

Winnipeg

Southern Health - Santé Sud

Northern

1. Flin Flon, City
2. Gillam, Town
3. Snow Lake, Town
4. **The Pas, Town***
5. Thompson, City
6. Churchill, Town

Southern Health - Santé Sud

1. Carman, Town
2. De Salaberry, RM
3. **Dufferin, RM***
4. **Emerson-Franklin, Municipality***
5. Lorne, Municipality
6. Louise, Municipality
7. Macdonald, RM
8. Morden, City
9. Morris, RM
10. Morris, Town
11. **Norfolk Treherne, Municipality***
12. North Norfolk, Municipality
13. Piney, RM
14. **Portage la Prairie, City***
15. Rhineland, Municipality
16. Ritchot, RM
17. St-Pierre-Jolys, Village
18. Ste. Anne, Town
19. St. Francois Xavier, RM
20. **Steinbach, City***
21. **Stuartburn, RM***
22. Tache, RM
23. **Victoria, RM***
24. **Westlake-Gladstone, Municipality***
25. **Winkler, City***

Winnipeg

1. **Winnipeg, City***

Legend: **Milestone Community***

Interlake Eastern

1. Alexander, RM
2. Arborg, Town
3. Armstrong, RM
4. **Beausejour, Town***
5. **Bifrost-Riverton, RM***
6. **Brokenhead, RM***
7. Coldwell, RM
8. **Dunnottar, Village***
9. **Gimli, RM***
10. Lac du Bonnet, Town
11. Lac du Bonnet, RM
12. **Pinawa, LGD***
13. Pine Dock, Northern Affairs
14. **Powerview-Pine Falls, Town***
15. Rockwood, RM
16. **Selkirk, City***
17. **Springfield, RM***
18. St. Andrews, RM
19. St. Laurent, RM
20. **Stonewall, Town***
21. **Teulon, Town***
22. Beach, RM
23. West Interlake, Municipality
24. West St. Paul, RM
25. Whitemouth, RM
26. Winnipeg Beach, Town

AGE FRIENDLY Manitoba

✉ hello@agefriendlymanitoba.com
🌐 www.agefriendlymanitoba.com

Moving Forward: A Shared Responsibility

➢ All levels of government - Municipal, Provincial, Federal

➢ Age-Friendly Committee

➢ Business leaders

➢ Service providers - board volunteers; staff

➢ People of all ages

➢ Voluntary sector

Age Friendly 2.0

A) Community Outcomes

- Community Development Consultations
- Inclusion
- Milestone Initiative
- Evaluation & Promising Practices
- Enhanced Community Engagement
- Indigenous Communities and Organizations

Age Friendly 2.0

B) Promotion & Celebration
- Community Collaboration Grant
- Celebrating Community Collaboration
- Age Friendly Manitoba Week

C) Regional & Provincial Engagement
- Collaborative Impact Consultation
  - HUBS meetings
- Connecting Community Days
- Regional & Provincial Organizations

Age-Friendly Milestones

➢Community Engagement

➢Municipal Council Resolution

➢Action Plan

➢Public Awareness

➢Measuring Outcomes

Thank you

Connect

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