

AGE FRIENDLY Manitoba

Health, Seniors and Active Living
Seniors and Healthy Aging Branch

Age-Friendly Communities: Healthy for all Ag





World Health
Organization

Manitoba



AMERICAS

Argentina, La Plata
Brazil, Rio de Janeiro
Canada, Halifax
Canada, Portage la Prairie
Canada, Saanich
Canada, Sherbrooke
Costa Rica, San Jose
Jamaica, Kingston
Jamaica, Montego Bay
Mexico, Cancun
Mexico, Mexico City
Puerto Rico, Mayaguez
Puerto Rico, Ponce
USA, New York
USA, Portland

AFRICA

Kenya, Nairobi

EASTERN MEDITERRANEAN

Jordan, Amman
Lebanon, Tripoli
Pakistan, Islamabad



EUROPE

Germany, Ruhr
Ireland, Dundalk
Italy, Udine
Russia, Moscow
Russia, Tuymazy
Switzerland, Geneva
Turkey, Istanbul
UK, Edinburgh
UK, London

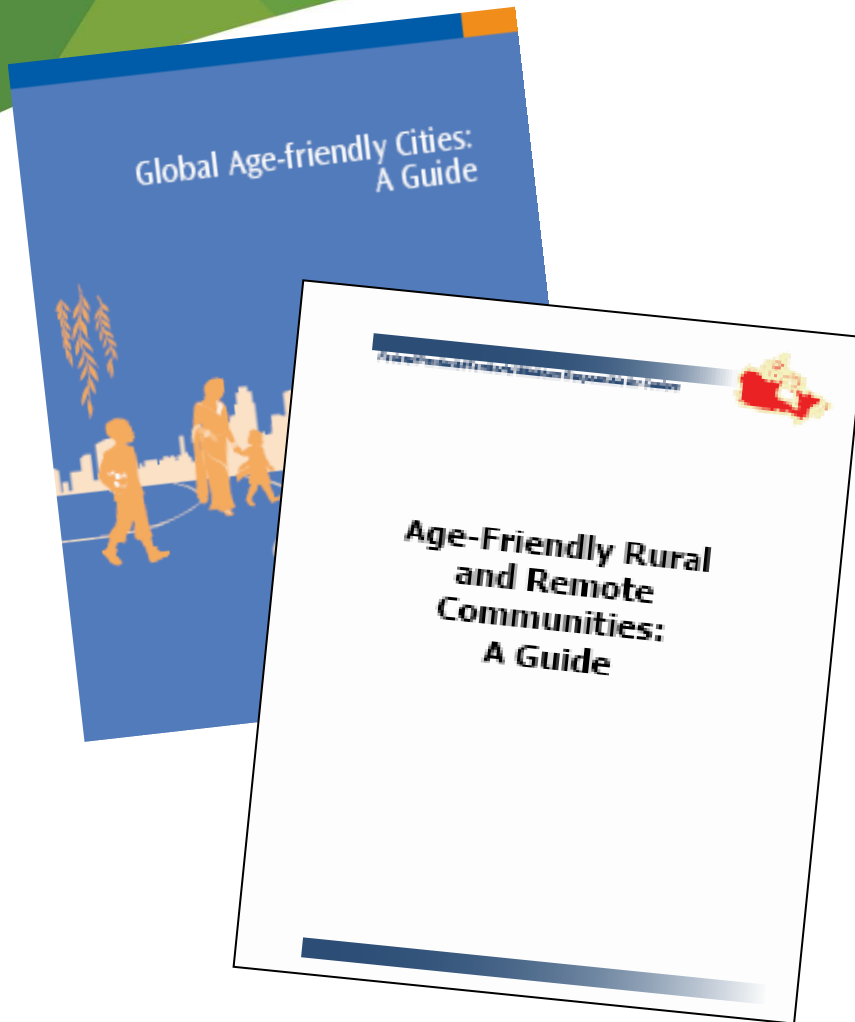
SOUTH- EAST

ASIA

India, New Delhi
India, Udaipur

WESTERN PACIFIC

Australia, Melbourne
Australia, Melville
China, Shanghai
Japan, Himeji
Japan, Tokyo



Eight Domains

1. Housing
2. Transportation
3. Outdoor Spaces & Buildings
4. Community Support & Health Services
5. Communication & Information
6. Civic Participation & Employment
7. Respect & Social Inclusion
8. Social Participation

Age-friendly communities

... a place where, as we age, we can:

- Lead healthier and active lives for longer
- Stay living in our own homes and neighbourhoods
- Get to go where we need to go, when we need to go
- Be enabled by the built and social environments

Adapted from Ageingwell network, Anne Connolly, Ireland



Age-friendly communities

... a place where, as we age, we can:

- Feel and be safe at home and about
- Have the information we need to lead full lives
- Participate in social, economic and public life
- Be truly valued and respected
- Continue to learn, develop and work



Adapted from Ageingwell network, Anne Connolly, Ireland

► WHAT INFLUENCES HEALTH IN OLDER AGE

INDIVIDUAL



Behaviours



Age-related changes



Genetics



Disease

ENVIRONMENT THEY LIVE IN



Housing



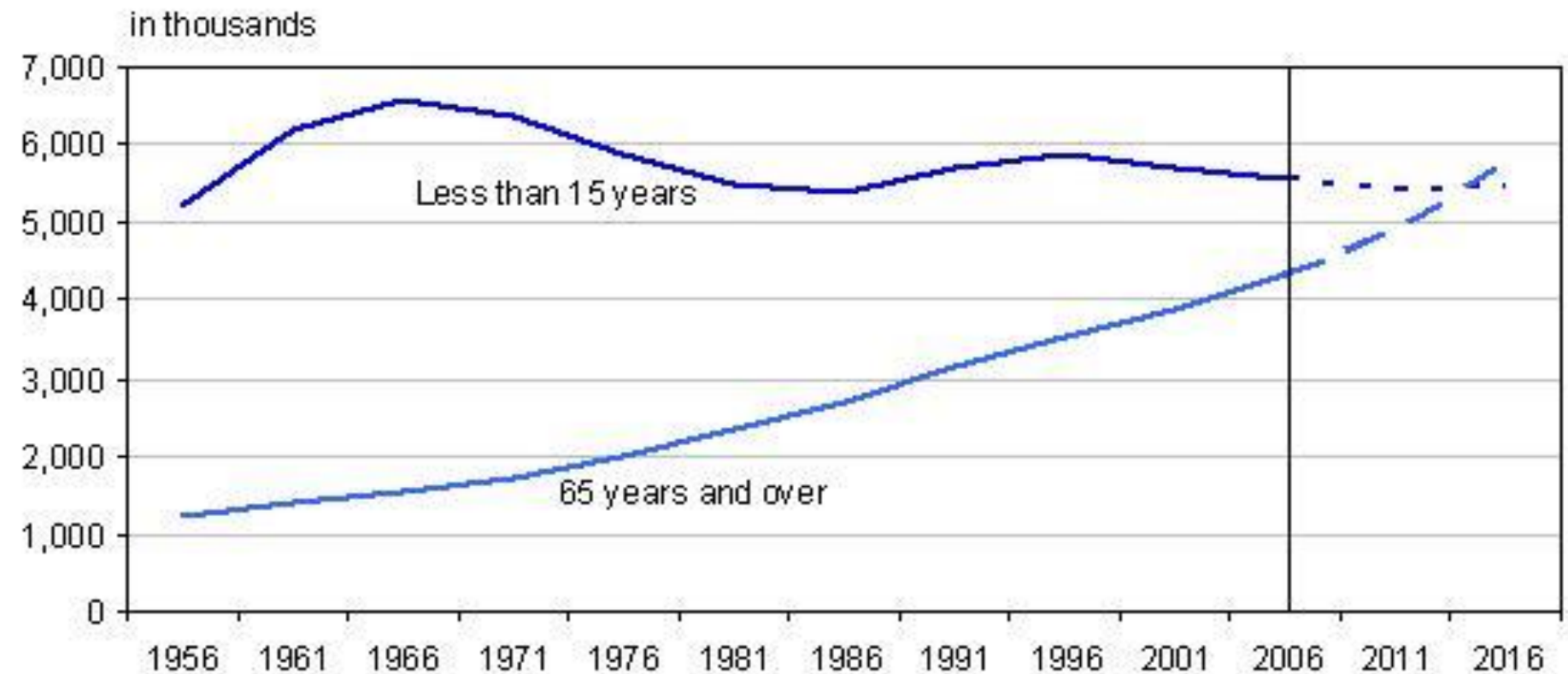
Assistive technologies



Transport



Social facilities



Sources: Statistics Canada, censuses of population, 1956 to 2006; and **Alain Bélanger**, Laurent Martel and Éric Caron-Malenfant. 2005. *Population Projections for Canada, Provinces and Territories 2005-2031*, Statistics Canada Catalogue no. 91-520, scenario 3.

SOCIAL CONNECTIONS

As we age, staying socially connected is a determinant of our own health.

VIDEO

Manitoba's Age-Friendly Communities

Interlake/Eastern

- | | |
|-------------------------|-------------------|
| 1 Arborg | 14 Rockwood |
| 2 Armstrong | 15 Selkirk |
| 3 Baldur | 16 Springfield |
| 4 Beausejour | 17 St. Andrews |
| 5 Bifrost-Riverton | 18 St. Laurent |
| 6 Brokenhead | 19. Stonewall. |
| 7 Coldwell | 20 Teulon |
| 8 Dunnottar | 21 Victoria Beach |
| 9 Gimli | 22 West Interlake |
| 10 Lac du Bonnet | 23 West St. Paul |
| 11 Lac du Bonnet | 24 Whitemouth |
| 12 Pinawa | 25 Winnipeg Beach |
| 13 Powerview-Pine Falls | |

-  Cities
-  Towns
-  RM's
-  Municipalities

Northern

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

Southern Health

- | | |
|---------------------|-------------------------|
| 1. Carman | 11. Portage la Prairie |
| 2. De Salaberry | 13. Rhineland |
| 3. Dufferin | 14. Ritchot |
| 4. Emerson-Franklin | 15. St. Francois Xavier |
| 5. Lorne | 16. Steinbach |
| 6. Louise | 17. Stuartburn |
| 7. Macdonald | 18. Victoria |
| 8. Morden | 19. Westlake-Gladstone |
| 9. Morris, RM | 20. Winkler |
| 10. Morris, Town | |

Prairie Mountain

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





Community Age-Friendly Projects

- Sidewalks
- Benches
- Housing Projects
- Age-Friendly Awareness Day
- Accessibility Projects & Communication
 - Intergenerational Projects
 - Social Inclusion and Respect
 - Gardening Projects
 - Age-Friendly Business
 - Age-Friendly Awards



How Can your Community Become More Age-Friendly?

One Milestone at a Time...

PHAC and provinces developed Age-Friendly Communities Milestones to help communities focus on the process and actions.



AGE FRIENDLY
Manitoba

MILESTONES:

- Community Engagement
- Municipal Council Resolution
- Action Plan
- Public Awareness
- Measuring Outcomes

Manitoba 

Age-Friendly Tools and Resources

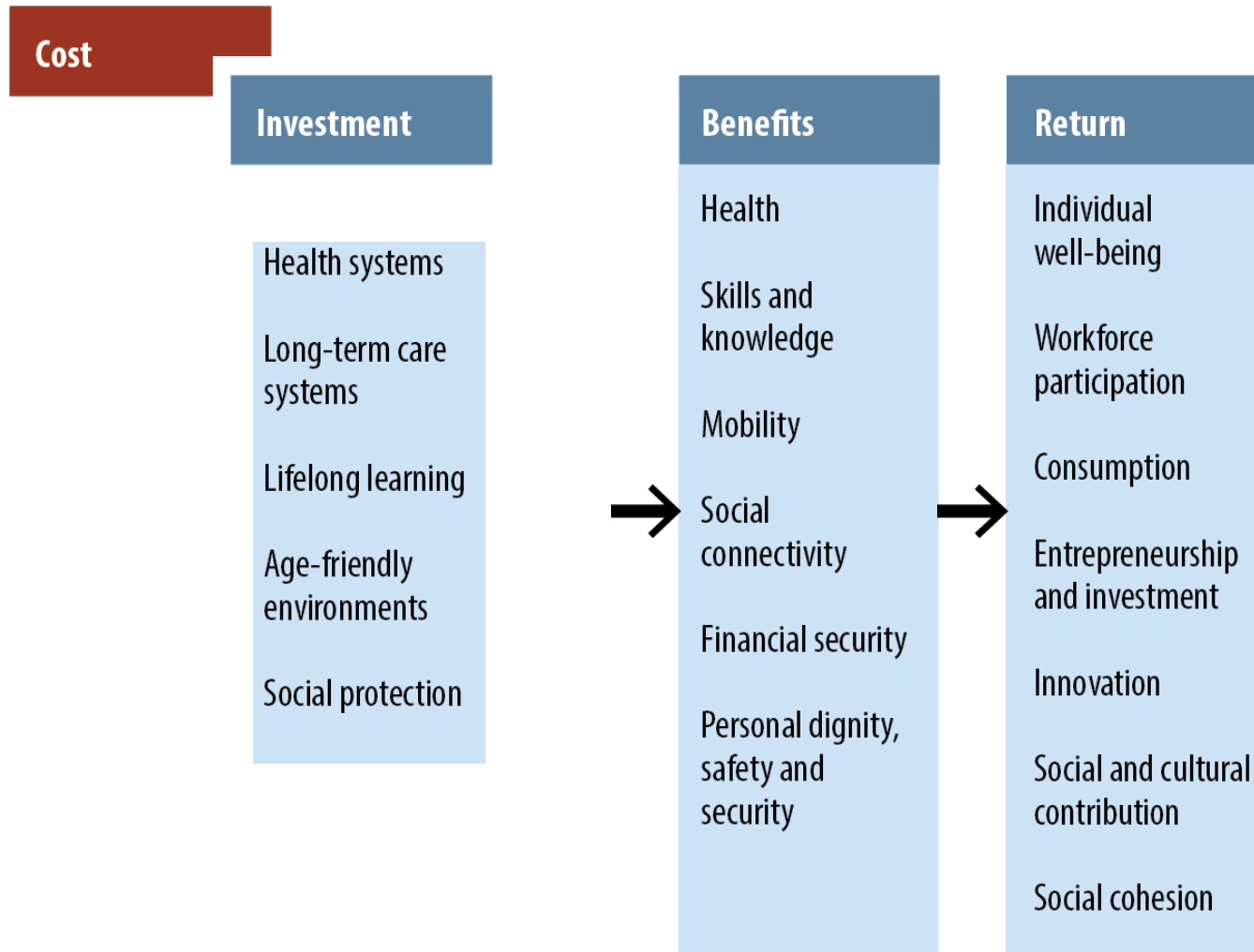
- Age-Friendly Resource Team
- Provincial Supports
 - funding; orientation/consultation, website
- Regional Connecting Community Days
 - Opportunity for communities to network, share ideas, best practices, success and challenges
- Partnerships (Senior-serving organisations, Association of Manitoba Municipalities, Regional Health Authorities)
- Public Health Agency Canada
- World Health Organization

Age-Friendly Video

- Manitoba's Age-Friendly Video is available at:
<https://www.gov.mb.ca/seniors/afmb/why.html>

VIDEO

Healthy Ageing is an investment, not a cost



Moving Forward: Sharing Responsibility

- All levels of government
- Service providers
- Voluntary sector
- Seniors
- Caregivers
- Business leaders



In Conclusion

**Design for the young and you exclude the old;
Design for the old and you include the young.**

Bernard Isaacs, Founding Director

Birmingham Centre for Applied Gerontology.

For more information:

Manitoba Health, Seniors and Active Living

Seniors and Healthy Aging Branch

204-945-6565

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<https://www.gov.mb.ca/seniors/>

AND/OR

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