

Fort Frances Age-Friendly Committee Action Plan 2017-2020



VISION:

Fort Frances is an age friendly community where older adults can live actively and safely with dignity, respect and independence.

MISSION:

The primary mission of the Fort Frances Age Friendly Committee is to ensure healthy active aging for older adults in accordance with the World Health Organizations eight essential elements of an Age Friendly Community.



As the baby boomer population ages, it became very important that Fort Frances move forward with a plan to provide all residents with an appropriate quality of life. Older adults want to remain in the community they have been members of for the larger part of their lives. They want to live independently, maintain social contact with family and friends and be participating members of the community. By the end of the next twenty years, older adults will make up over 40% of the population of Fort Frances. This sector of the population will be extremely diverse in terms of income, cultural identity, health status and activities.

Mayor and Council endorsed the Town of Fort Frances becoming an Age Friendly community through an initiative in the 2015 Strategic Plan. The town then applied to the Seniors Community Grant Program to obtain funding for a project to initiate the process of becoming an Age Friendly Community. The Town of Fort Frances was successful in gaining the funding. In order to obtain and maintain membership in the WHO Global Network of Age Friendly Communities, Fort Frances requires an action plan. The success of this plan is largely dependent on the support of the Town of Fort Frances and the programs and facilities maintained by the town in concert with the partnerships created through the process outlined in this brochure.



VALUES:

QUALITY OF LIFE:

The Fort Frances Age Friendly Committee is committed to providing a safe and secure environment that promotes physical, social and mental well-being for older adults.

RESPECT:

The Fort Frances Age Friendly Committee will demonstrate respect for the dignity of older adults and will foster acceptance, recognition and involvement of older adults throughout the community.

ENGAGEMENT:

The Fort Frances Age Friendly Committee is committed to engaging residents, families, community partners and health care providers in the process of promoting healthy active aging for our older adults,

COMMITMENT:

The Fort Frances Age Friendly Committee is committed to the community of Fort Frances and to our mission to assure healthy active aging for older adults who have chosen to make Fort Frances their home.





PLANNING THEME AREAS:

Creation of the plan was based on the guidance offered by the eight dimensions created by the World Health Organization that describe an age-friendly community.

These planning theme areas are as follows:

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

STEP 1: DEFINING LOCAL PRINCIPLES

A steering committee was established. The committee consisted of ten committed members plus a coordinator, who were responsible for completing the work of the project and ensuring that the results are in line with the community's values. The members of the committee are from various organizations and service groups and represent a diverse cross section of our community to ensure a comprehensive planning process.

The next task was to create committee guiding principles. This would involve the establishment of Vision, Mission and Values for our Age Friendly Committee's strategic plan. The diverse membership of our committee greatly supported the further task of building partnerships with our community stakeholders. The final task undertaken in step one was the creation of an Age Friendly Community Profile.



STEP 2: CUSTOM NEEDS ASSESSMENT

A COMMUNITY EVALUATION

Committee needed to assess the age-friendliness of the Fort Frances Community. This stage of the process identified what is working well in the community and where our challenges lie. The needs assessment reflected how the community stands regarding the eight planning theme areas mentioned previously. The tools used are as follows:

- Survey (already in progress)
- Focus groups

The results of these assessments helped us know what is in place and what needs to be developed.

STEP 3: DEVELOP AN ACTION PLAN

This stage of the process had the committee analyze the data from the needs assessment and identify specific strategies to eliminate any barriers to the Town of Fort Frances becoming an Age Friendly Community. These strategies were used to develop an action plan with specific goals and objectives.

Completion of this third step resulted in the completion of the project as outlined in the grant application. A fourth step of Implementation and Evaluation of the plan will follow. The committee will evaluate progress and plan for this phase now that the first three steps have been completed.

OUTDOOR SPACES AND BUILDINGS

ENTRANCES

Sidewalks downtown are safe and clear for older adults on a year-round basis.

1. Maintain continuous snow removal and application of salt on sidewalks in front of businesses.

DROP OFF AREAS

Designated Drop Off Areas in Place.

1. Create drop off areas in downtown area where Older Adults can be dropped off and picked up safely.

PUBLIC WASHROOMS

Clean, well maintained and accessible washrooms available for older adults in business areas.

1. Inform Older adults of washrooms in businesses that are available
2. Ensure public washrooms are easily available and accessible in Town Square/Museum.

ACCESSIBILITY

Increased number of handicapped accessible buildings.

1. Businesses and buildings in downtown area should be updated in terms of new accessibility requirements. (e.g. ramps, automatic doors).

BENCHES AND SEATING

Number of new benches installed.

1. Install additional benches in identified areas.

SIDEWALKS AND ROADS

Increase in number of Age Friendly Sidewalks in Fort Frances (especially in areas frequently used by older adults).

1. Ongoing upgrade of sidewalks and roads to ensure safety of seniors
2. Pursue Active Town plan to connect East and West of town at Third and Central Avenue.

TRANSPORTATION

HANDICAP AND TIME SENSITIVE PARKING

Reduce inappropriate use of handicap and time sensitive parking.

1. Increase monitoring and ticketing of offenders.

DELIVERY SERVICE

Services in place for delivery of groceries and essentials to seniors.

1. Establish Seniors Helping Seniors Committee to help with delivery needs
2. Community partners
3. Establish a service for grocery delivery.

HOURS OF SERVICES FOR HANDIVAN

Extended hours for Handivan in place and more efficient use of Handivan.

1. Extend hours of service.

MEDICAL TRANSPORTATION OUT OF TOWN

Transportation options available for medical related travel.

1. Establish Seniors Helping Seniors Committee to help with delivery needs
2. Advocate for bus or van service to Winnipeg and Thunder Bay
3. Lobby provincial Government for medical transportation assistance.

INFORMATION REGARDING ALL OF THE AVAILABLE TRANSPORTATION SERVICES

Directory in place.

1. Create a directory of transportation and delivery services available in the community.

SOCIAL PARTICIPATION AND RECREATION

ISOLATION AND LONELINESS

Increased membership and participation at the Sister Kennedy Centre.

1. Review participation and membership at Sister Kennedy Centre.

2. Create a volunteer companion service to help isolated Older Adults get to events.

HOUSING

HOUSING OPTIONS FOR OLDER ADULTS

Survey completed and guide in place.

1. Review housing survey completed by Assisted Living Group
2. Create a list/guide of existing options available and include accessibility, rent amount, support services available.

WAIT TIMES

Wait times reduced to 90 days.

1. Hold a meeting of all partners (DSSAB, Town of Fort Frances, MPP, Riverside Health Services)

2. Research existing units available and why are there empty units.

LOCATION CLOSE TO SERVICES

Prioritized List of suitable locations for new housing options.

1. Form committee to research and create the list.

RESPECT AND SOCIAL INCLUSION

COMMUNITY PLANNING

Recognition & Presentations to Older Adults Businesses and Groups recognized by Seniors' Group.

1. Create community project involving seniors in recognizing and acknowledging exemplary Age Friendly practices in the community.

INCLUSION AND SENSITIVITY

Program created.

1. Create a program to educate the community with regards to working with seniors.

CIVIC PARTICIPATION, VOLUNTEERING AND EMPLOYMENT

WORK/VOLUNTEER OPPORTUNITIES

Volunteer agency established.

1. Establish a central agency to administrate volunteer and employment opportunities for seniors.

SHARING EXPERTISE AND EXPERIENCE

Programs established.

1. Establish programs with schools and businesses where seniors are involved in education and business projects
2. Advertise opportunities.

COMMUNICATION AND INFORMATION

EFFECTIVE COMMUNICATION

Web page up and current. Communication Program in place. Tool created which gives committee accurate information as to success of communication.

1. Create community project involving seniors in developing a seniors' web page
2. Establish an Age Friendly Communications training program on how to communicate effectively with seniors for businesses and service providers.

3. Create plan to assess effectiveness of communications programs.

INFORMATION FOR HOUSING & TRANSPORTATION OPTIONS

Service Guide prominently displayed in all Seniors' Buildings.

1. Promote the availability of the services guide around Fort Frances.



COMMUNITY AND HEALTH SERVICES

HOSPITAL CARE SYSTEM

Increase in beds available. Wait times reduced.

1. Advocate to provincial and federal governments to increase available beds and reduce wait times in hospitals.

LONG AND SHORT TERM CARE OPTIONS

Assisted living facility in place. Directory in place.

1. Advocate to establish adequate assisted living facility in Fort Frances
2. Establish comprehensive directory of services available.

HOME HEALTH CARE SERVICES

Delivery service in place.

1. Establish delivery service for medical supplies and essentials.

PRIMARY CARE PROVIDERS

Increase in government support. Nurse Practitioner clinics in place.

1. Advocate to provincial and federal governments regarding shortage of primary care providers in Fort Frances
2. Establish availability of Nurse practitioners in Seniors' Homes.

**If you have any questions or concerns or for further information
please email agefriendly@fortfrances.ca**