

Age Friendly



Hamilton

HCoA

Hamilton Council
on Aging

Age Friendly Hamilton ... Moving Forward

2019 Discussion Guide



About Age Friendly Hamilton

The City of Hamilton's Vision is to be the best place to raise a child and age successfully.

According to the 2016 census, there are 92,910 citizens over the age of 65 living in Hamilton, making up over 17% of the population. It is expected that this number will double by 2031. Like many large municipalities in Canada, Hamilton is planning for these demographic changes.

In 2013, the City of Hamilton partnered with the Hamilton Council on Aging and the Seniors Advisory Committee to develop Hamilton's first Age Friendly Plan. Through public consultation, 101 recommendations were identified and endorsed by City Council in 2014. Since then, Hamilton's Age Friendly Plan has guided municipal decision-makers, staff, and community stakeholders in addressing the needs and priorities of older adults/seniors in Hamilton.

VISION

All residents of Hamilton are respected and included in community life regardless of age, ethnicity, race, gender, ability and background; policy and planning engages residents, reflects diversity, fosters social connectivity and the opportunity for active living and to age in place. Social connectivity links people to each other, place and services thus advancing health and well-being, while increasing the city's social capital.

(Hamilton's Plan for an Age Friendly City, 2014)

WE WANT TO HEAR FROM YOU!

In 2019, we are reaching out to the community for the planning of Age Friendly Hamilton 2020-2025.

Please visit www.hamilton.ca/agefriendly to learn about upcoming events and the different ways you can participate in Planning for an Age Friendly Hamilton.

This Guide is intended to help lead discussions for **groups** of older adults and special interest groups and to provide feedback. This will help move Hamilton in the journey to becoming an Age Friendly City.

You may choose to facilitate your own group discussion, or request a facilitator from our team to help you. [Please see the back page for contact information to request a facilitator, and information about where to submit your feedback.](#)



Topics in this Guide are based on the 7 Age Friendly Hamilton Goals.

We welcome your feedback on all Goals, but encourage you to focus on **1-3 key areas** that are most relevant and/or of interest to your group.

Please use the space provided to record feedback. Feel free to add additional pages as needed.

GOAL 1: HOUSING

Everyone should have a place to live. People are supported in ways that make sense for their unique circumstances, with a full range of housing options in their neighbourhood.

What do you think the greatest housing challenges are for older adults in Hamilton?

What do you think can be done to address these challenges?

GOAL 2: GETTING AROUND

The City's transportation systems, urban design and physical infrastructure enable people to participate in community life as they choose, as well as age in their community.

What do you think are the biggest challenges in getting around Hamilton and/or your community? (e.g., driving, walking, busing, cycling)

What do you think can be done to make it easier to get around Hamilton?

GOAL 3: INFORMATION & COMMUNICATION

Older adults have access to information and systems that are better connected, and are able to influence and design the type of information systems they need; customer service and wayfinding are intentional and responsive to individual needs and capacities.

How easy it is to find the information and resources you need?

What do you think can be done to make it easier to find the information and resources you need?

GOAL 4: HEALTH & COMMUNITY SERVICES

Older adults have access to a wide range of supports and services that allow them to remain in their homes and attend to their health and personal needs. Aging in community is eased by good urban design, appropriate housing, and the support of family and community.

What do you see as the challenges older adults/seniors face to stay in their own home?

What needs to be in place to support older adults/seniors to stay in their own home?

GOAL 5: SOCIAL PARTICIPATION

Social engagement opportunities are welcoming and reflect the diverse interests and preferences of older adults in the community, and are available in a variety of formats.

What are the challenges facing older adults to participating in meaningful recreation, leisure, social and/or cultural activities?

What do you think can be done to address the challenges facing older adults to participating in meaningful recreation, leisure, social and/or cultural activities?

GOAL 6: CIVIC ENGAGEMENT & VOLUNTEERISM

Hamilton's vibrant civic life includes meaningful roles for older people as leaders, influencers, employers and volunteers.

What do you think are the challenges to volunteering and/or working for older adults/seniors?

What can be done to make it easier to volunteer and/or working for older adults/seniors?

GOAL 7: AGE FRIENDLY PUBLIC SERVICE

Leaders in all City of Hamilton departments will champion age friendly strategies in their scope of authority and practice and in partnership with the community.

What can the City of Hamilton do to ensure it is the best place to raise a child and age successfully?

Demographics

Please survey your group to help ensure that outreach is broad and inclusive of as many voices of older adults/seniors as possible.

Group Name	
Facilitator Name	
Email Address	
Phone Number	
First 3 letters of postal code where the discussion took place	
Total # of participants in the discussion group	

Additional notes

Age Friendly



Hamilton



THANK YOU FOR YOUR FEEDBACK!

We appreciate the time you have taken to complete this Discussion Guide. Your responses will help to inform next steps, moving us forward in our journey to becoming an Age Friendly Hamilton!

To request a facilitator for your discussion group, submit a completed guide, or if you have questions, please contact:

Lisa Maychak
Project Manager,
Age Friendly Hamilton
The City of Hamilton
The Listerblock- 28 James
St. N., 5th floor
Hamilton, ON L8R 2K1
905-546-2424 ext.1721
Lisa.Maychak@hamilton.ca

OR
Shelagh Kiely
Project Coordinator
Hamilton Council on Aging
St. Peter's Hospital-
88 Maplewood Ave.
Hamilton, ON L8M 1W9
905-777-3837 ext. 12238
KielyS@hhsc.ca

Please submit your Discussion Guide in person at City Hall or any City of Hamilton Municipal Service Centre, or by mailing/emailing it to Lisa Maychak or Shelagh Kiely before June 30, 2019.

www.hamilton.ca/agefriendly.ca