

About Edmonton Seniors Centres Strategy

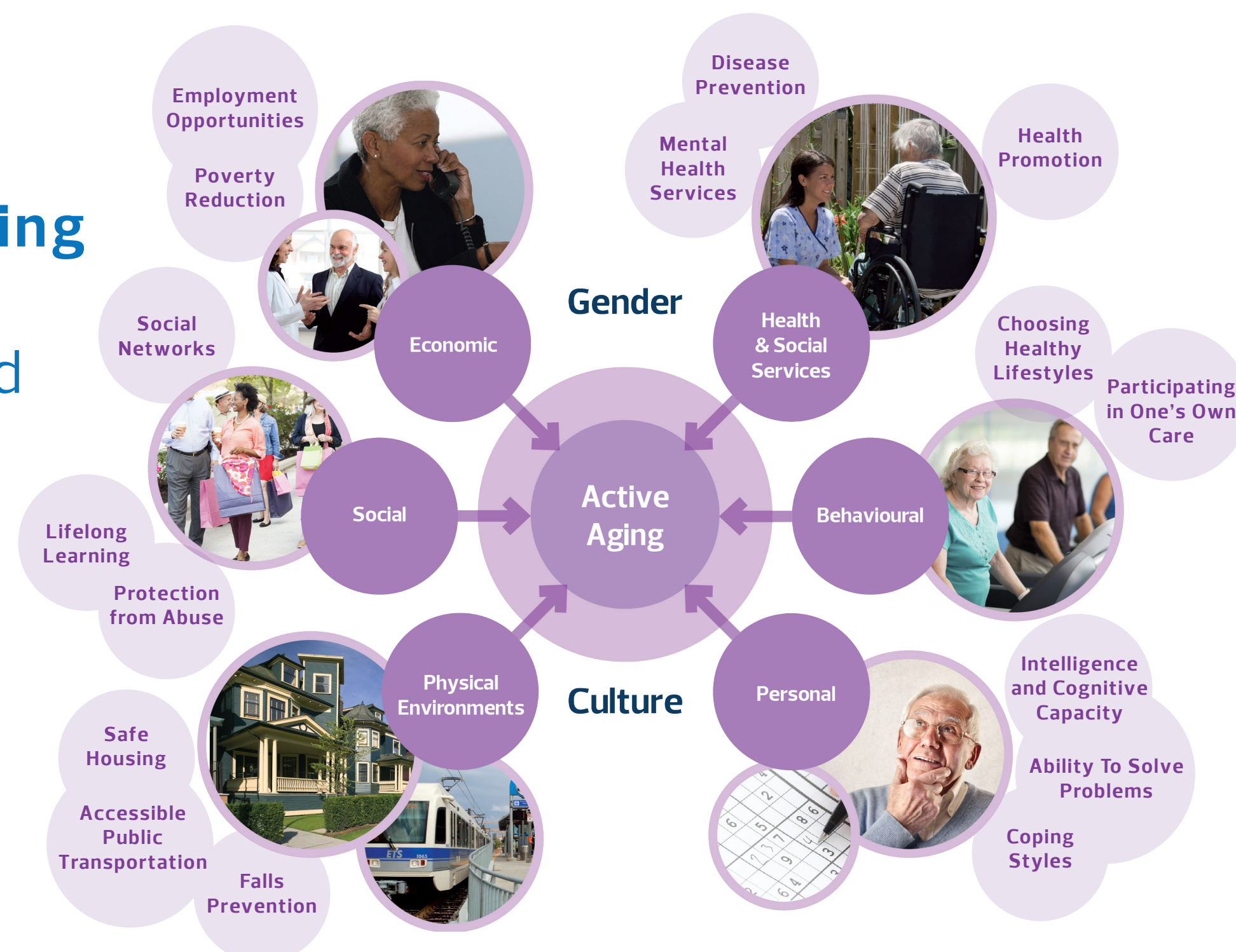
How do we help people remain independent and active as they age? How can we strengthen health promotion and prevention for older people? As people are living longer, how can the quality of life in old age be improved?

Seniors Centres are part of a continuum of services that provide programs, resources and information to older Edmontonians. *The Seniors Centres of the Future Research Report* considered the changing needs of this group and identified gaps, barriers, and challenges that need to be addressed to ensure Seniors Centres can continue to meet the needs of their communities.

The **Edmonton Seniors Centres Strategy** will provide a comprehensive approach to guide the City of Edmonton in achieving active aging outcomes for older Edmontonians.

What is Active Aging?

The concept of **Active Aging** recognizes that a variety of influences are required to ensure older people continue to participate in society, experience well being, and receive protection and care when they need it.



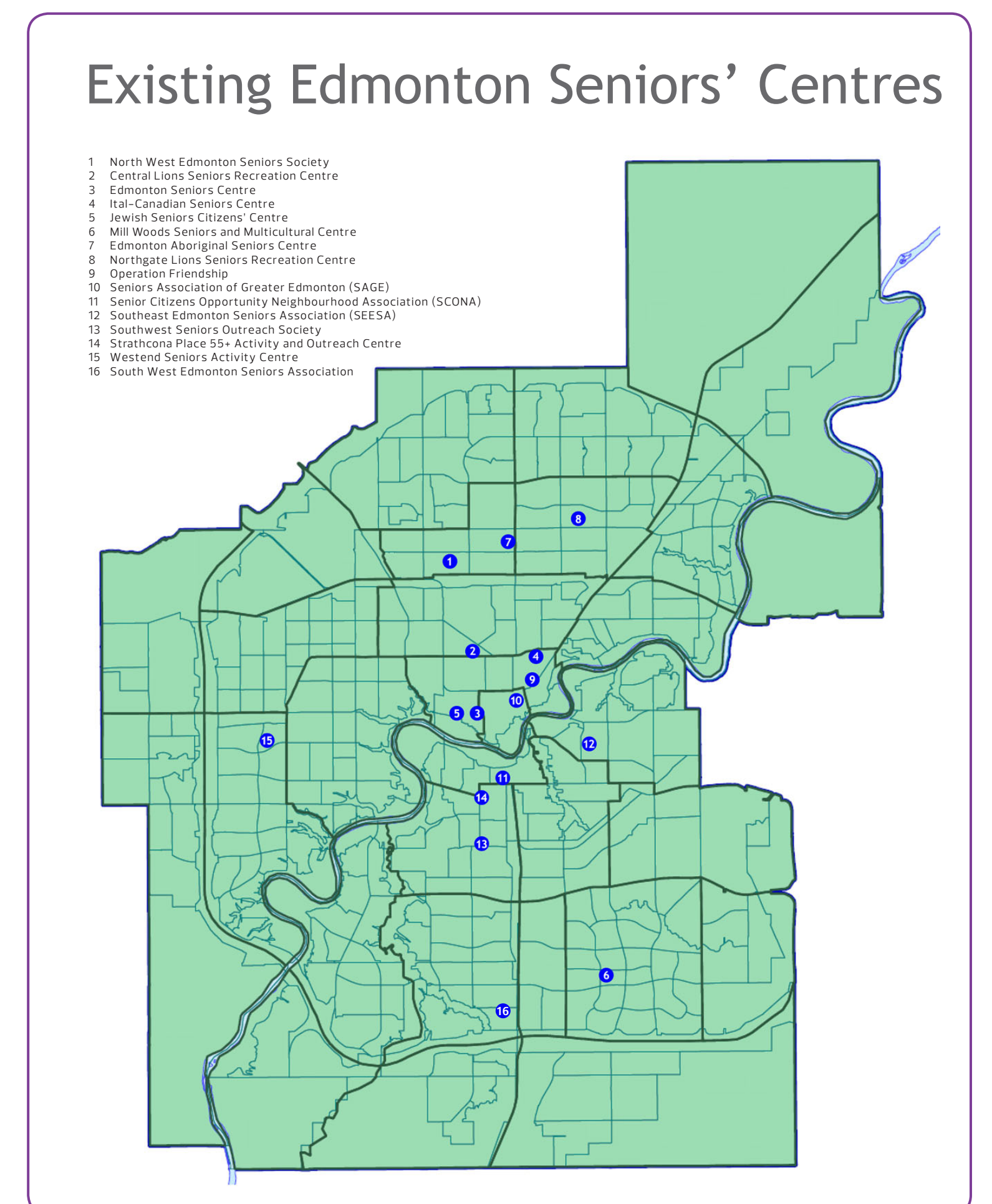
Source: World Health Organization

Current State

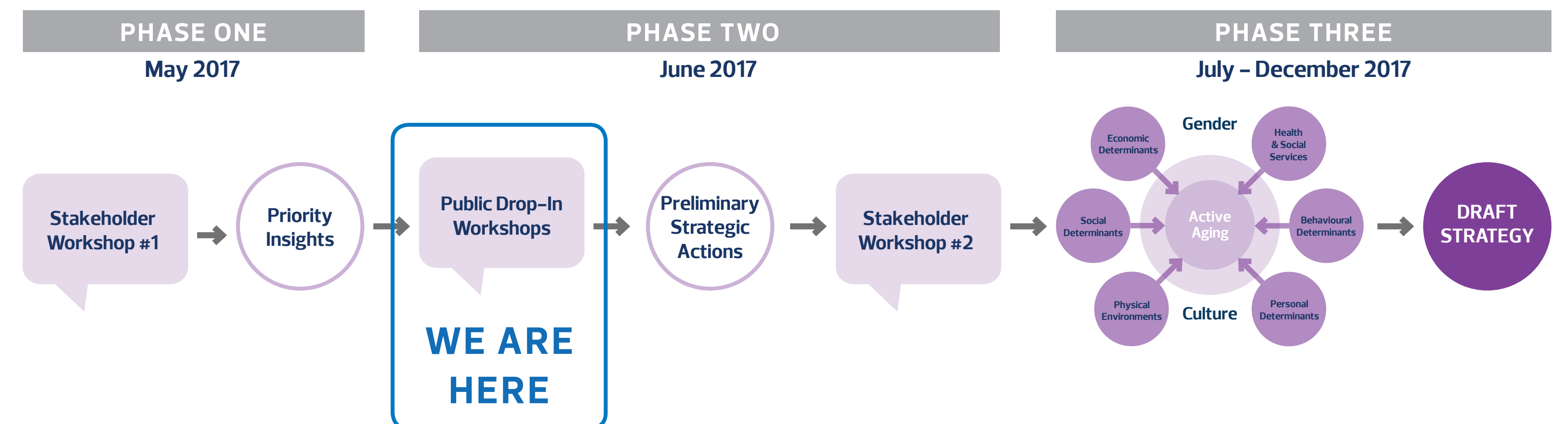
There are a total of 16 Seniors Centres in Edmonton operated by non-profit organizations.

Seniors Centres are targeted to individuals aged 55+ and offer a diverse range of programming intended for all seniors.

Today, we are seeking your input about how Seniors Centres can support positive active aging of Edmontonians.



PROJECT TIMELINE



Centre of Excellence Model

These Seniors Centres meet the highest standards of excellence and accreditation. They hire highly qualified directors and are continuously improving and adapting.



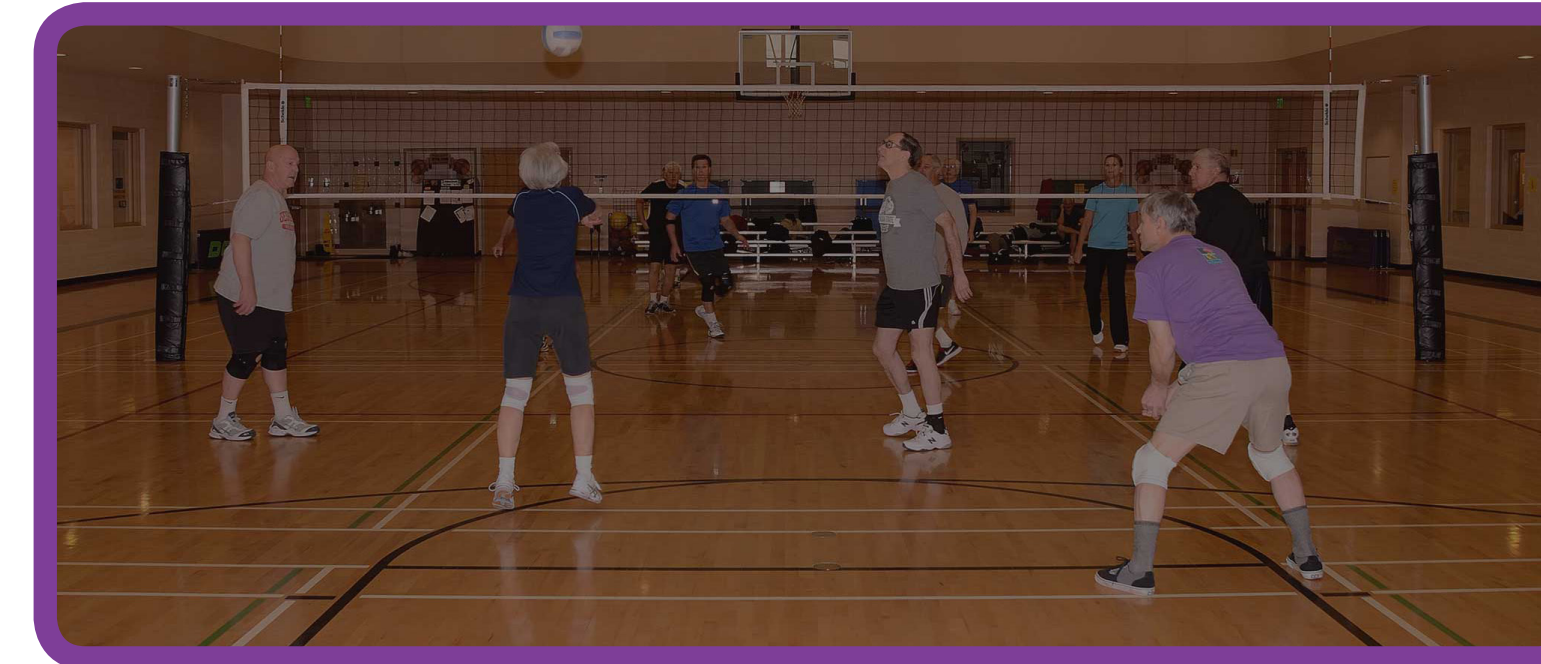
Community Centre Model

These Seniors Centres provide comprehensive programming that is inclusive for all ages and abilities. They may have state-of-the-art health and fitness centres and may use alternative names to "Senior Centre".



Wellness Centre Model

These Seniors Centres use evidence-based health promotion models, coordinate with healthcare professionals and universities and use innovative technology and current knowledge to promote health.



Centre for Lifelong Learning and the Arts Model

These Seniors Centres focus on intellectual stimulation, personal growth, and enhanced quality of life. They are culturally and linguistically diverse and celebrate our creativity.



Continuum of Care / Transition Model

These Seniors Centres coordinate information, access, and service delivery to the aging population. They provide programming that meet the changing needs of the consumer as they age in their community.



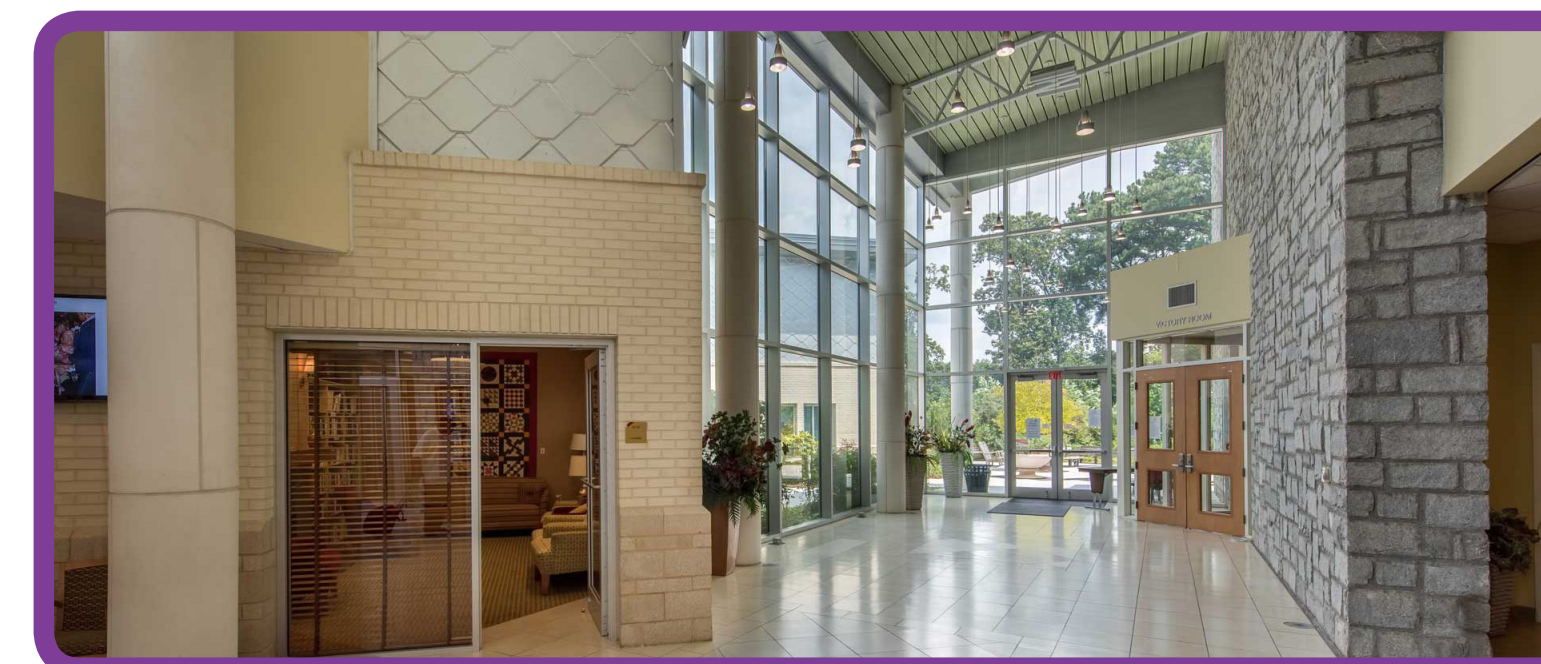
The Next Chapter Model

These Seniors Centres provide life planning programs to explore future possibilities and goals as people age. They recognize that seniors prefer to use their skills and experience in flexible work or service opportunities.



Entrepreneurial Model

These Seniors Centres focus on philanthropic funding rather than public funding. They are consumer driven and are open during non-traditional hours to attract diverse consumers.



Cafe Model

These Seniors Centres have a retail approach to their programs. The cafe is the centrepiece for these centres and they offer programs that are in addition to cafe's at various sites.



The *Seniors Centres of the Future Research Report* identified specific gaps, barriers, and challenges that Seniors Centres need to address to continue to meet the needs of seniors and their communities.

The following boards will provide you with the opportunity to give your input regarding these issues.



**SENIORS CENTRES AS
COMMUNITY HUBS**

Community Hubs provide a central point of access for information and services that meet the needs of the entire community, not just a specific age group.

Seniors Centres could balance the desire for seniors-only spaces while meeting the needs of other community members.



SOCIAL INCLUSION

Isolation and loneliness are critical concerns with significant impact on seniors quality of life.

Seniors Centres could provide opportunities to form social bonds, build friendships and deepen connections.



AGEISM

Ageism is the prejudice and discrimination against individuals or groups because of their age. It may lead to isolation, invisibility, social exclusion, elder abuse, etc.

Seniors Centres could help change public perceptions about aging.



**INTERGENERATIONAL
PROGRAMMING**

Intergenerational spaces connect individuals of any age, to share, learn, and engage with each other.

Seniors Centres could build capacity, leadership, resources, and connections in order to improve intergenerational programming.



HEALTH & WELLNESS

Health and active aging includes improving or maintaining overall physical, emotional and mental functioning.

Seniors Centres could demonstrate the important role they play for the health and wellness of the aging population.



CULTURAL DIVERSITY

Seniors are one of the most diverse groups of people and cultural diversity among seniors is increasing.

Seniors Centres could build capacity to meet the needs of seniors from diverse cultural groups.

Where is your Community Hub?

Please use the provided stickers to indicate your response.



Four empty purple circles representing response options:

- Seniors Centre
- Recreation and/or Community Centre
- Faith-Based Organization
- Other

.....
.....
If 'Other' please elaborate with provided sticky notes

How could Seniors Centres function as Community Hubs?

Please use the provided comment cards to post your response.

Eight empty purple comment cards arranged in a 2x4 grid, each with a purple dot at the top center for a pin.

Where do you go to build and maintain friendships and social networks?

Please use the provided stickers to indicate your response.



Four empty purple circles representing response options:

- Seniors Centre
- Recreation and/or Community Centre
- Faith-Based Organization
- Other

.....
.....
If 'Other' please elaborate with provided sticky notes

What is the role of Seniors Centres in fostering social interaction in communities?

Please use the provided comment cards to post your response.

Eight empty purple comment cards arranged in a 2x4 grid, each with a purple dot at the top center for a pin.

Do you feel excited about aging?

Please use the provided stickers to indicate your response.

.....
.....
If 'Other' please elaborate with provided sticky notes

What is the role of Seniors Centres in making you excited to age?

Please use the provided comment cards to post your response.

Where do you go to interact with different generations?

Please use the provided stickers to indicate your response.

.....
.....
If 'Other' please elaborate with provided sticky notes

What is the role of Seniors Centres in supporting intergenerational activities?

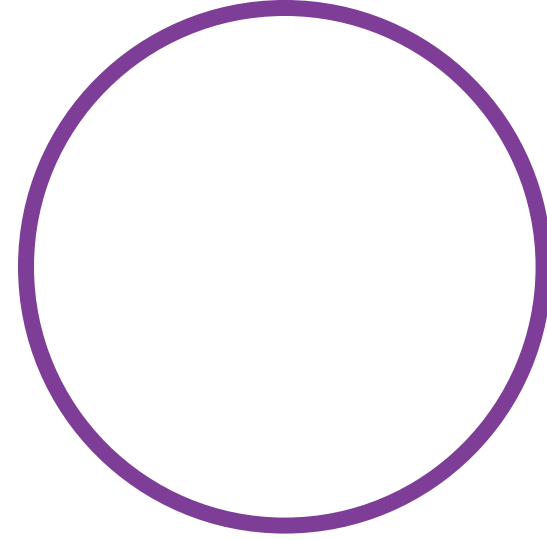
Please use the provided comment cards to post your response.



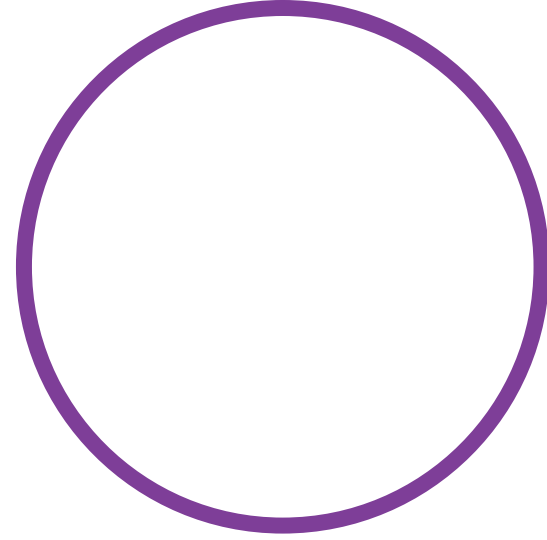
Where would you go to get services that support your physical, mental, and emotional health?

Please use the provided stickers to indicate your response.

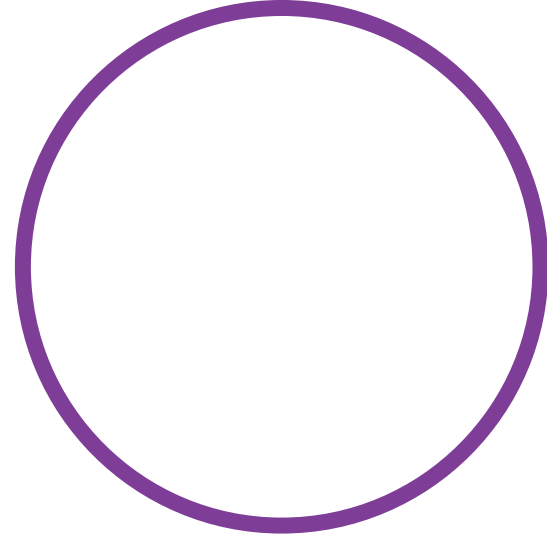




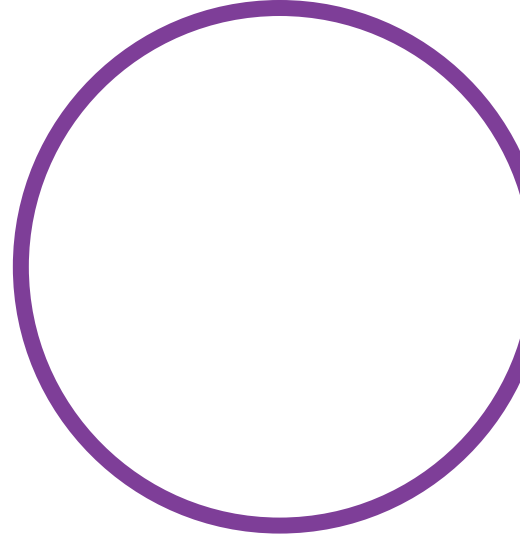
Seniors Centre



Recreation and/
or Community
Centre



Faith-Based
Organization



Other

.....

.....

If 'Other' please elaborate with provided sticky notes

What is the role of Seniors Centres in supporting health and wellness?

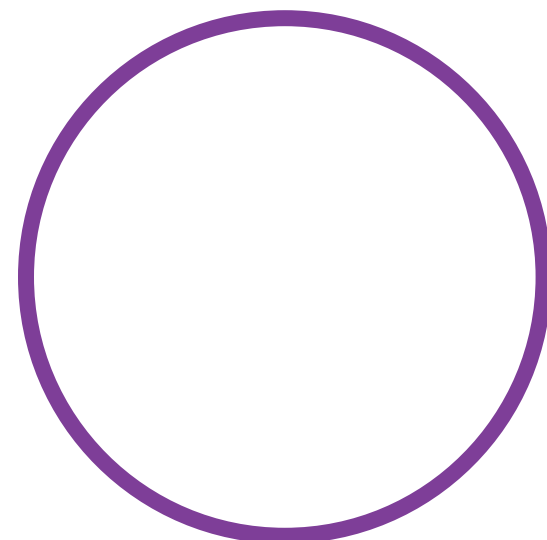
Please use the provided comment cards to post your response.

●	●	●	●
●	●	●	●

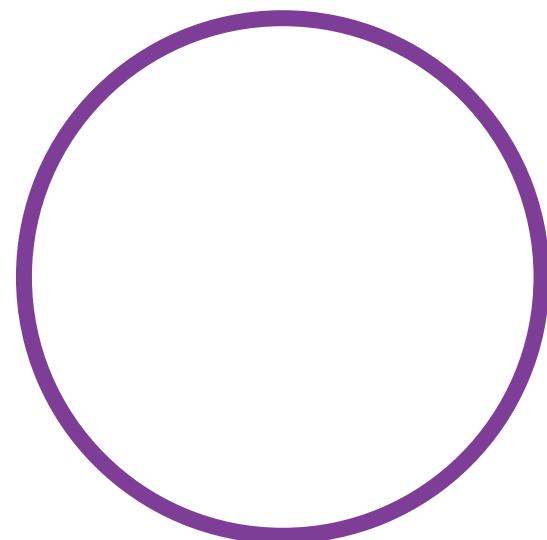
Where do you go to experience multicultural activities?

Please use the provided stickers to indicate your response.

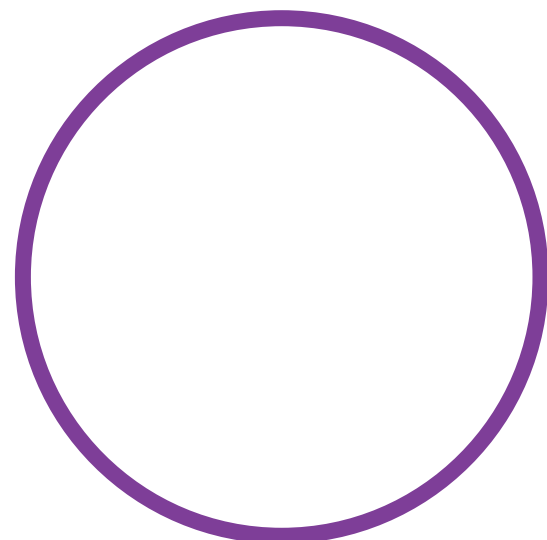




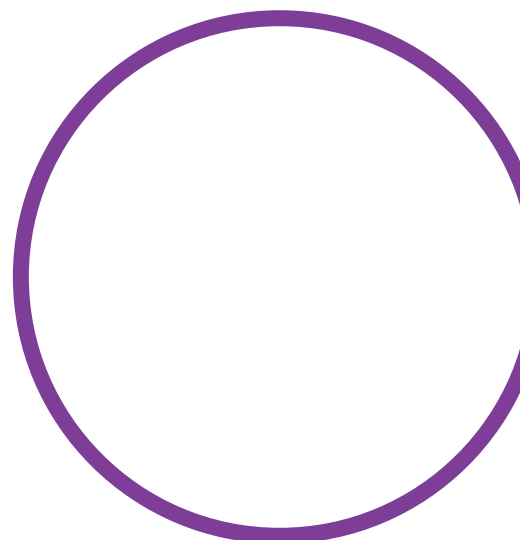
Seniors Centre



Recreation and/
or Community
Centre



Faith-Based
Organization



Other

.....

.....

If 'Other' please elaborate with provided sticky notes

What is the role of Seniors Centres in intercultural learning?

Please use the provided comment cards to post your response.

●	●	●	●
●	●	●	●

Do you have any additional comments, questions, or ideas?

Please use the sticky notes and pens provided to leave any additional questions, comments or big ideas.

TELL US WHAT YOU THINK

AGEISM

Do you feel excited about aging?

What is the role of Seniors Centres in making you excited to age?

TELL US WHAT YOU THINK

HEALTH & WELLNESS

Where would you go to get services that support your physical, mental and emotional health?

What is the role of Seniors Centres in supporting health and wellness?

TELL US WHAT YOU THINK

INTERGENERATIONAL PROGRAMMING

Where do you go to interact with different generations?

What is the role of Seniors Centres in supporting intergenerational activities?

TELL US WHAT YOU THINK

CULTURAL DIVERSITY

Where do you go to experience multicultural activities?

What is the role of Seniors Centres in intercultural learning?

GENERAL COMMENTS

Do you have any additional, comments, questions or ideas?

EDMONTON SENIORS CENTRES STRATEGY

TELL US WHAT YOU THINK

In the spaces provided, please leave us any additional input regarding the boards and questions posted. Your comments, questions and suggestions are also welcome.

TELL US WHAT YOU THINK SENIORS CENTRES AS COMMUNITY HUBS

Where is your Community Hub?

How could Seniors Centres function as Community Hubs?

TELL US WHAT YOU THINK SOCIAL INCLUSION

Where do you go to build and maintain friendships and social networks?

What is the role of Seniors Centres in fostering social interaction in communities?

Thank you for your input.