

Seniors Citizens' Advisory Committee, Welland (SCAC)
Strategic Planning
FINAL

Background Information:

Aging Population

- Between 2011 and 2031, seniors 65 and older will account for 60 % of population growth in Niagara, while those in the 0-25 age category will account for 7%. Stats Canada: one in five Canadians should be aged 65 and older in 2024.
- Welland's population is 52,293, **21.28% are over 65**, Niagara on the Lake and Pelham are higher.

World Health Organization (WHO) 8 domains of livability

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

Age Friendly Community Vision

A caring community that optimizes opportunities for overall wellbeing to enhance quality of life as people age.

Niagara Age Friendly Niagara Network (AFNN) Forum Discussion for Collective Focus

- Address issues of common concern across Niagara through joint advocacy (e.g. transportation, housing, social isolation)
- Strengthen the intergenerational aspect of the AFNN by engaging youth in our planning and action
- Implement mechanisms, such as an online portal, to support timely information-sharing between municipal committee
- Look for new ideas and best practices by connecting with municipalities in Niagara and beyond

- Engage directly with developers, planners and affordable housing experts
- Engage with Niagara Regional Housing, long-term care homes, and transitional housing providers
- Bring forth recommendations informed by best practice and evidence conversations to the respective local municipal councils

Senior Citizen's Advisory Committee (SCAC) Strategic Plan
Lead By: Rose Dzugan SCAC Vice Chair

Committee Members: Carol Sernasie Chair, Rose Dzugan Vice Chair, Doug Rapelje, Denise Bourque, Jeanine Hughes, Linda Oakes, Joan Churchman, (Richard Dalton)

In alignment with Niagara Aging Strategy and Action Plan (NASAP)
And
2015 SCAC Terms of Reference

THINK GLOBALLY, ACT LOCALLY

Niagara Aging Strategy and Action Plan Goals (NASAP)	Strategy	Action Step	Responsible	Time line	Priorit y 1 - 3
<u>Goal #1</u> Elevate the profile, level of leadership and engagement of older adults in the community	Partner with other seniors	- Initiate communication with local seniors groups to - Propose partnerships for planning and conducting seniors events	Carol S Rose D Doug R	Ongoing	1
	Age Friendly Niagara Network (AFNN) and action plan	- Collaborate and support the AFNN sustainability plan within the SCAC strategic plan - Confirm 2 SCAC members on AF Leadership Council	Rose D Doug R	Ongoing	1
	WHO Age Friendly (AF) criteria (Ontario recognition of Outstanding AF Community)	- Sustain AF WHO designation for Welland Assume leadership role in completing and updating WHO criteria	Denise B Carol S AF Leadership	Ongoing	1

		- Consider opportunity to pursue a Niagara-wide WHO designation - Maintain relationship with Ontario Age Friendly Niagara Network - Provide info to Ontario Age Friendly initiative through SCAC members -Integrate SCAC with WHO Age Friendly (AF) criteria	Council and SCAC Doug R Rose D		
	"Let's Chat Benches" Niagara wide initiative	- Complete design prototype: done: considering French version and possibly braille - Obtain Council approval	Doug R	Short term Oct 31 2020	1
	Niagara-wide AF flag	-Collaborate with AF Leadership =Develop generic flag to be used across Niagara - Generic Niagara Crest -Fly flag during seniors month June and World Seniors/United Nations day Oct 1 -Raise the profile of Seniors Month Across 12 municipalities	Doug R SCAC	Ongoing Short term May 1 2020 Oct 1	1
	Age friendly business requirements	-Participate in Ruby Awards, including recommendations for the Age-Friendly Community Business Award. -Collaborate with Welland Chamber of Commerce.	Rose D	Ongoing Fall 2020	1
	Community engagement in SCAC initiatives	-Invite community as ad hoc members to appropriate SCAC initiatives	SCAC	Ongoing	1

		-Plan general discussions with seniors following seniors day lunch. -Determine feasibility attend WCenter once/month to be available for discussion with Seniors - investigate attending at locations frequented by Senior and identify locations -investigate Inviting youth to participate in SCAC initiatives			
	SCAC membership add youth	- Investigate youth representation to support Intergeneration aspects of AF community -Investigate feasibility of SCAC member attending youth committee -involve youth in planning an carrying out activities	SCAC	Ongoing	2
	Age-Friendly Niagara Network Mailing List :Niagara Connects	-Join the Age-Friendly Niagara Network Mailing List : Niagara Connects -Provide content about age-friendly initiatives, events, or resources in Niagara -Promote SCAC Age Friendly initiatives with Niagara Network	SCAC email info@agefriendlyniagara.com Doug R	Immediate	2
	Age-Friendly Floral Display	-Draft letter to City requesting date for display	Doug R. Carol S.	March 2020	2
	Age friendly wall at WCenter for all ages	-Collaborate with Wellness Center to determine feasibility for display	Doug R. Carol S	Planned 2020	3
<u>Goal #2</u>	Education for seniors, caregivers, all age	-Partner with and develop ongoing relationship with Brock University's	SCAC	Ongoing	2

Facilitate an active and positive lifestyle for older people	ranges: determine sources	Growing with Brock and Lifespan Research -Lifelong Learning Speaker Series -Age Works series -Suggest lecture series with emphasis on mental health, senior isolation, dementia and cognitive impairment, health and nutrition, brain health, etc. -Host speakers: partner with Brock -Participate in research studies if appropriate -Investigate partnerships with other appropriate organizations regarding speakers' series ie. Niagara College, Brock, Carp, Lifelong Learning, Alzheimers Society -Consider hosting regional AF Leadership Council Forum			
	Age friendly active lifestyle education	-Collaborate with other age friendly groups to host a Seniors' Information and Active Living Fair	SCAC	ongoing	2
<u>Goal #3</u> Optimize the health and wellness of older people And <u>Goal #4</u> Improve access and utilization of services and supports	Hospice South Niagara	-Continue advocating and lobbying for Hospice in South Niagara in partnership with Hospice, City of Welland -Actively participate in new <u>South Niagara's</u> proposed development. Ongoing support activities currently under way. Provincial funding essential	Doug R Carol Nagy Carol S	Ongoing	1

		-Integrate knowledge of existing local Hospice services: Visiting programs, McMaster office Prince Charles Grimsby McNally House 6 beds. St Caths 10 beds Hospice Niagara Stabblar Center (16 beds for Niagara) -Draft letter to City in support of locating Hospice in Welland			
	Age Friendly requirements for recreational purposes	-Participate in planning for new Rotary Park with reference to age friendly features	Richard Dalton Arthur R.	Ongoing	3
	Transport Inter-municipal transportation, go train integration and growth	-Consider results of one day free transport for seniors study in Niagara Falls All municipalities waiting on Niagara Falls report. - Meet with City Transit Manager: Doug has done. City agreed to AF Signs on buses and bus stops: Doug has examples of signs	Doug	Ongoing 2020	3
	Affordable housing	-Consider dependence on Regional planning -Continue advocating for affordable housing in Welland	Generic AF Leadership and SCAC	Ongoing	1
	Social isolation	-Plan for SCAC availability in discussing issues with seniors -Investigate other methods of addressing social isolation/inclusivity -Integrate current findings and strategies into SCAC planning	SCAC	Ongoing	1

	Age Friendly signage and way finding	-Promote AF sign/font size within City -Letter to City	Carol S	2020	3
Goal #5 Improve and maintain a supportive infrastructure SCAC view	SCAC Budget	-Utilize budget template -Plan for future budgetary needs -provide budgetary requirements to City -Invite manager to discuss budget needs prior to next budget timelines -Investigate possibility of treasurer role to manage SCAC budget	Rose D Carol S	2020	3
	Senior's Month	-Develop sub-committee: Partner with City -Aim for June 2 Wellness Center	Working group	Date: June 2 2020 75% complete	1
	National Seniors Day October	-Raise Flag in City Center with City officials	SCAC City of Welland	Oct 2020	1
	Year round age friendly events	-As identified in Strat Plan	SCAC	2020	1
	Alzheimer's Coffee Break	-Collaborate with Recreation Manager to host, plan and provide signage at WC "fundraiser event"	Denise B.	Third week Sept	1
	New SCAC brochure	-Create new SCAC brochure - Identify budget funds to develop brochure -Compose working group to develop content	Rose Jeanine Doug	Immediate Jan 2020	1
	Quarterly Newsletter	- Continue hard copy print and identified distribution areas -review quantity and distribution sites -Meet with recreation manager	Carol S With Ann Osborne	Ongoing	1

		and make recommendation to city to address issues related to electronic delivery			
	Research grants and donations	-Identify appropriate Research Grants: funding source, grant criteria, application deadline, writing grant, requirement for tax receipts, and submission through City	Jeanine Rose	Spring 02	3
	SCAC Terms of Reference	-Review Terms of Reference annually	SCAC	Within 2020	3
	SCAC name	-Suggest name change to Welland Age-Friendly Advisory Committee -recommend and take to Council	Carol S	2020	3
	Orientation package	-Maintain updates to orientation package and provide package to new members -Identify mentor for new members	Rose D	Ongoing	3
	SCAC accomplishment summary	-Maintain ongoing list of SCAC accomplishments and project summary. Build on 2016, 2017, 2018 list	Denise B	Ongoing	3
	SCAC calendar of events	-Create SCAC calendar of events: For web site and Welland City web site - integrate other source events as appropriate	SCAC	Ongoing	3
	SCAC profile	-Raise community awareness and seniors education through the following strategies -Partner with Niagara College Or other source to create AF Welland video, use at presentations and make available on web site	Working group	2020	2

		- Check availability of grant \$ -Promote SCAC's work in the Wellness Guide. -- -Consider using social media, Facebook, Twitter Newsletter - Newspaper articles. - Social media article - Collaborate with Recreation Manager, Marketing Director - News release Niagara this week and local			
	SCAC knowledge base	-request funding and attend International Federation on Aging : Global Conference on Ageing November 2020, Niagara Falls -interact with other local seniors committees and groups -Invite guest speakers to SCAC meetings at discretion of Chair	Carol S Rose D	Nov 2020	Immediate
	Annual Report to City	Prepare and submit an annual report and recommendations to Council for consideration according to -2.7 Terms of Reference			
	SCAC member acknowledgement	-Thank committee members on retirement from SCAC and long term commitment/ membership with Achievement pin and Certificate	Carol S	Ongoing	2