



# Positive Aging Strategy

Building an Age-Friendly Simcoe County

2018 Annual Progress Report





## Message from the Warden

The County of Simcoe is proud to release the first annual progress report on our Positive Aging Strategy, which highlights our successes over the past 12 months and our sustained efforts to improve the quality of care and services to address our growing seniors population's needs.

In January 2018, the County of Simcoe launched the 2018-2023 Positive Aging Strategy, based on extensive engagement with older adults, local municipalities, health care agencies, and other key stakeholders. Building on the eight dimensions identified by the World Health Organization, the County of Simcoe produced a comprehensive planning framework, incorporating 141 recommended initiatives to address the needs of the population aged 65+ in Simcoe County, which is set to nearly double by 2036.

As well as providing personal care to more than 540 residents at our four county-owned long-term care facilities, the County of Simcoe is also working to support senior Simcoe County residents in their own homes. Through our Community Paramedicine Referral and Home Visits programs, seniors are provided with information on local partner agencies to help support them within their community and to keep them out of our local emergency rooms.

In June 2019, the County released the 2018 report card on our 10-Year Affordable Housing and Homelessness Prevention Strategy, which has led to the investment of more than \$500,000 in our new Age-Friendly Seniors Housing Grant. County staff have also attended several seniors' fairs and symposiums, where they have highlighted government initiatives to make housing more affordable for our residents.

Since the launch of Route 1 between Penetanguishene/Midland and Barrie in 2018, our LINX transit program has been reporting excellent results. Monthly ridership is more than 25 per cent higher than projected. Thanks to our smart-card system, we know that more than a quarter of riders are seniors and public feedback indicates that this initiative has had a tremendous impact on social participation and inclusion. Our LINX+ accessible transit service continues to offer door-to-door service for those with specialized mobility needs.

In 2019, the County of Simcoe will continue to work through the recommendations laid out in our 2018-2023 Positive Aging Strategy. We look forward to working with businesses and community partners to incorporate the positive aging recommendations and improve the quality of life for our senior Simcoe County residents.

A stylized, handwritten signature in black ink that reads "George Cornell".

**George Cornell**  
Warden, County of Simcoe





There is one thing all residents of Ontario have in common—we're all getting older. The number of Ontarians turning 65 years of age is expected to grow at a rate of 3.6% annually until 2036. This means that over the next two decades, the population of Ontarians who are age 65+ will double, the population who are age 85+ will quadruple, and the population age 100+ will triple.<sup>1</sup>

In 2016, Statistics Canada estimated that within 20 years, the population age 65+ in Simcoe County will be nearly double from 94,800 to 186,219, making seniors roughly one quarter of the population in 2036.

The Age-friendly Communities initiative has been adopted in most provinces in Canada. Since the receipt of an Age-Friendly Communities grant in late 2015, Simcoe County's Age-friendly Advisory

We have added more than  
**30 YEARS**  
to our life expectancy  
over the past century

The 85-plus age group is the  
**FASTEST**  
growing subgroup of  
the aging demographic

A 10-year-old child  
today has a 50% chance  
of living beyond age  
**100**



Committee (Advisory) has been working hard to meet the challenges of growing older in Simcoe County.

Age-friendly Simcoe County began with a comprehensive assessment of the County's age-friendliness so that it could then respond to the needs of its growing senior population.

Throughout 2016, The County engaged older adults, its internal corporate departments, the local municipalities, agencies, and leaders from different sectors to learn and deliberate on how they could improve the quality of life of seniors residing in Simcoe County. In response to the findings, the County released the Building

an Age-friendly Simcoe County – 2016 Community Needs Assessments Report in the summer of 2017.

Subsequently, the 2018-2023 Positive Aging Strategy was launched in January 2018 as a means to build upon the information garnered from the assessment report and is being used as a corporate-wide strategy developed to enhance opportunities for older adults to live healthier, more socially-connected and vibrant lives in Simcoe County. One hundred and forty-one recommended initiatives were included in the Planning Framework of this strategy. Simcoe County's initiatives focused on all areas of the

eight dimensions identified by the World Health Organization as both important and central to creating age-friendly communities:

1. Communication
2. Transportation
3. Housing
4. Health/Community Supports
5. Outdoor Spaces/Building
6. Volunteerism/Employment
7. Social Participation
8. Respect/Social Inclusion

This 2018 Annual Progress Report provides an update on the status of some of the initiatives recommended in the Positive Aging Strategy in addition to highlighting other age-friendly accomplishments.

## How is Age-Friendly helping our communities

There are numerous ways that can be used to measure each dimension that is contributing to creating an age-friendly environment.

Measurement methods include Assessment Tools, Accessibility Tools, Existing Data, Program Inventories, and Surveys.

Indicators such as process-based and outcome can be used to track performance (Did



**Simcoe County Age-Friendly Advisory Committee.**

we meet our objective? How well did we do it? What is the effect/impact?).

In addition to indicators, observational studies can be used to achieve the desired outcome.

This progress report uses some of these performance measures to evaluate the implementation of the Positive Aging Strategy based on the individual dimensions and situations presented.

In a nutshell, 2018 exceeded our expectations.

## Age-Friendly program receives provincial award

The Government of Ontario has recognized the County of Simcoe's efforts to support communities, residents and organizations to adapt to the region's aging population.

The County received the 2018 Ontario Age-Friendly Community Recognition Award, under

the Community Recognition Category, for work completed on the Simcoe County Age-Friendly Community initiative.

Formal recognition from Ontario enables the County of Simcoe to have access to streamlined eligibility for national recognition through the Pan-

Canadian AFC Recognition Framework developed by the Public Health Agency of Canada (PHAC).

PHAC's endorsement has also triggered the World Health Organization to invite the County to join its Global Network of Age-Friendly Cities and Communities.

# 1. COMMUNICATION AND INFORMATION

**GOAL:** Communicate to citizens of Simcoe County information to reduce communication barriers they can manage their lives and meet personal needs vital for active ageing.

## Accomplishments

### Age-Friendly Municipal Champions Network

A County-wide planning forum was established with local municipalities to promote age-friendly concepts, exchange ideas, share local success stories and strengthen overall planning. Members meet quarterly.

### County of Simcoe Age-Friendly Website

Through the AFC website, [simcoe.ca/dpt/ltc/age-friendly](http://simcoe.ca/dpt/ltc/age-friendly), we have been providing valuable aging information, including local successes, seminars and linkages to community information sessions, funding opportunities, and connections to service providers, businesses, government sites, and other useful resources.

### Make the right call

The County's Paramedic Services

branded all 42 of its ambulances with information to differentiate between 211 Community Services and 911 Emergency Services and make the right call.

Handouts on how to differentiate the two services are being distributed to patients by Paramedics while on community home visits and 911 calls.

The County continues to promote 211 by providing information at senior fairs and events.

### Senior Safety Prevention

The County's Emergency Management



Make the  
Right Call  
**20k**  
handouts

### Simcoe Muskoka Cyber Seniors Project

The intergenerational program, facilitated by SMDHU and supported by the Age-Friendly Advisory Committee, is a one-to-one learning session where a youth volunteer is paired up with a senior to provide technology training.

The County of Simcoe Information Technology department were able to support this project by initializing and setting up profiles for 46 iPads that were purchased through New Horizons for Seniors funding. The iPads are available for loan to organizations who wish to offer one-to-one training to seniors and to seniors who wish to practice.

Department held 20 Public Education events that included senior safety prevention. Topics included:

- Identifying the risks
- Making personalized emergency plans
- What to include in an emergency preparedness kit
- Senior specific personalized emergency planning



## Library Information Hub Model for Older Adults

# 643

programs were offered  
targeting seniors

# 210

seniors received  
“Books on Wheels” service

# 5,826

seniors participated in  
targeted programming



### Age-Friendly activities in Simcoe County libraries

Survey results show impressive content for older adults.

- All responding libraries either offered services or purchased materials for seniors in 2018
- Some libraries are actively involved with Age-friendly or Local Senior Advisory/ Council meetings
- Age-Friendly materials purchased: Large print, audiobooks, books designed for Alzheimer patients, seniors magazines, Alzheimer memory kits, iPad for Seniors in Easy Steps, large piece puzzles, Active Mind Kits for families to interact with members who have dementia, electronic magnifier for seniors with visual impairments, assistive chair for elderly with mobility issues

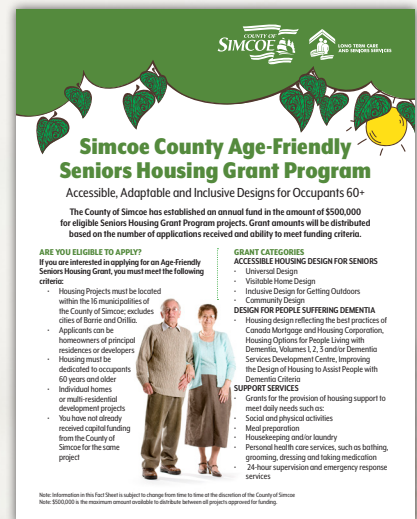
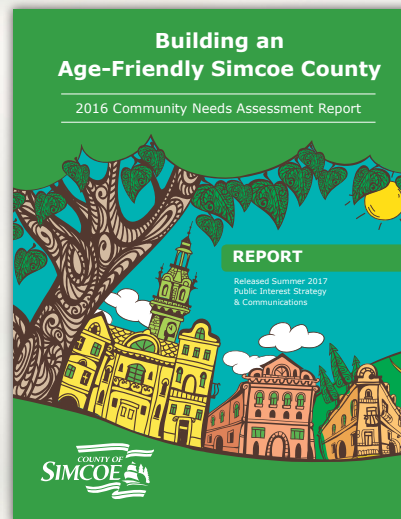
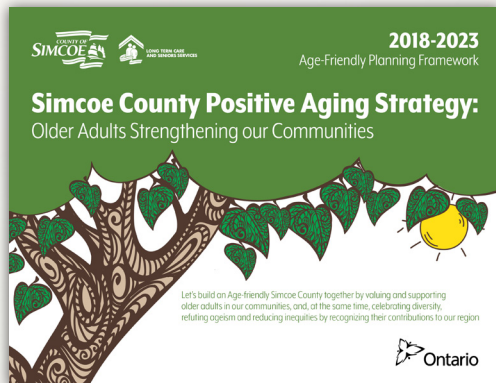
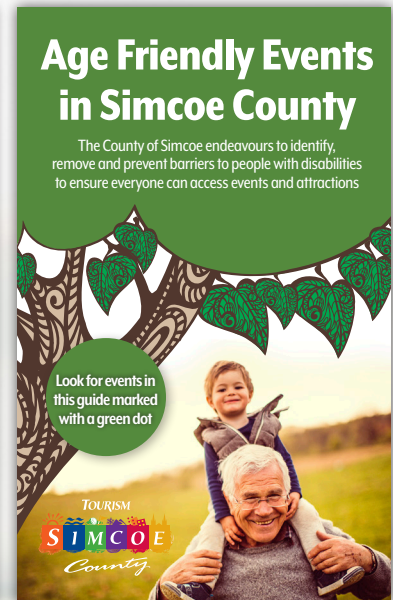
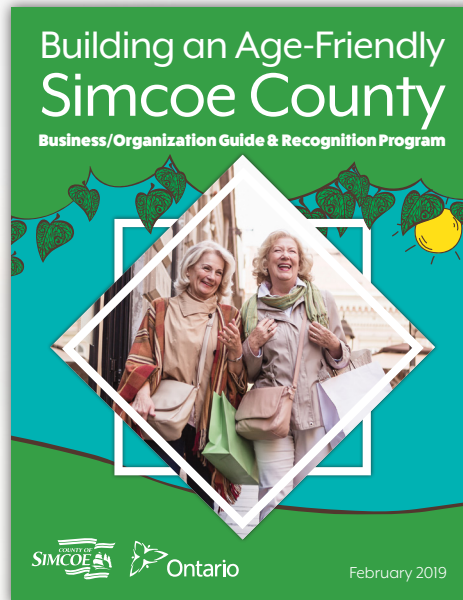
# 10

retirement homes/community  
programs received  
“Pop Up” service

#### Programs offered

Next Chapter Café, “Older and Bolder” for older LGBTQ, Fiber Friends, Visually Limited Book Club, Certified Yoga in a Chair instructors, Tech Tutoring/Help, Appy Hour, Therapy Lights, Book Clubs, Redirection Series, Quilting Club, Sponge painting, Travel Tales, Movie Matinees, Cultural Places Passes, Knitting/Sewing, Brain Health, Seniors Rock, Senior Income Tax Program, and SPICE.

# AFC Communication Campaign - Branding



## Seniors, Fairs, Forums

Age-Friendly and Positive Aging Strategy activities were promoted at various organizations and fairs in 2018:

- S.A.L.T Orillia
- Wasaga Beach Community Church
- Penetanguishene Seniors Council — Seniors Information Day
- Township of Tiny Seniors Symposium
- Wasaga Beach Age-Friendly Event
- Midland Bruce Stanton Day for Seniors
- Orillia Bruce Stanton Day for Seniors
- Askennonia Seniors Centre Health and Safety Fair
- Tiny Township Seniors Symposium
- Wasaga Beach Seniors Information and Active Living Expo
- Ramara L.E.A.D.S. Senior Program





### **iPad Program at Georgian Village**

The County of Simcoe's Georgian Village received funding to hire a French Language Services (FLS) Project Co-ordinator to support the provision of French language services and activities in the Penetanguishene area.

A wide range of games and videos can be accessed. This program is used for one to one programming and smart TVs group viewing.

The iPad is also available for family members to sign out and engage with the residents while they are visiting.





## 2. TRANSPORTATION

**GOAL:** Provide transportation options that are accessible and affordable to promote active ageing. Being able to move about supports social and civic participation and provides access to community and health services.

### Public Transit to Key Communities and Hubs

The County was excited to launch its new LINX Transit Service in 2018. Route 1 runs north and south from Penetanguishene/Midland to Barrie with stops in Wyebridge, Waverley, Elmvalle and Midhurst.

Fares are very affordable and operate on a zone system based on distance travelled.

The County also offers a LINX reloadable card.

Route 1 LINX service operates Monday to Friday with the first bus starting at 6 a.m. and the last drop off occurring at 7:40 p.m. Alerts and real-time bus tracking is available at [linx.simcoe.ca](http://linx.simcoe.ca).

The next phase will see a route established between

Collingwood, Clearview, Wasaga Beach, and Barrie, while connections to Orillia, Alliston, and Bradford would be phased in over time.

The Midland/ Penetanguishene-to-Barrie transit service, introduced in August of 2018, surpassed ridership expectation every month it has been in service.

#### Monthly Ridership - 2018

Month	Budget	Actual
August	2,297	2,943
September	2,297	3,078
October	2,297	2,544
<b>Total</b>	<b>6,891</b>	<b>8,565</b>

The staff report indicates many are using the LINX Transit service to get from the Midland area to Royal Victoria Regional Health Centre in Barrie to seek medical treatment.

#### Accessible door-to-door transit service

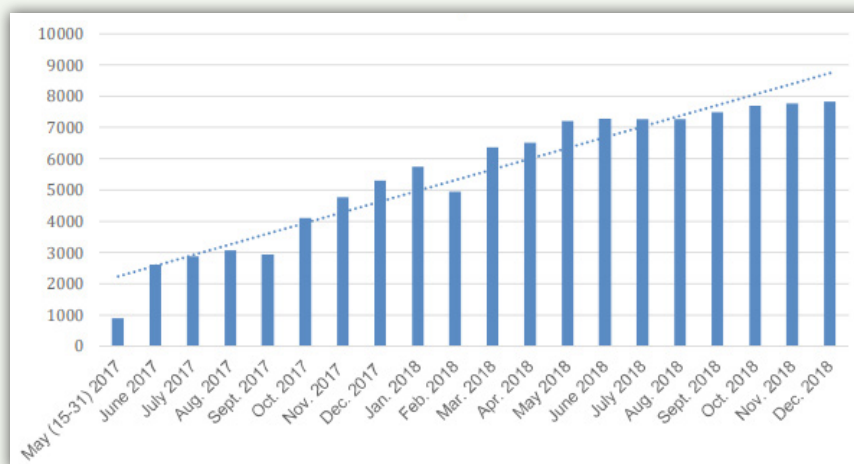
If you are unable to access the LINX fixed-route public transit service due to a physical or functional disability or health condition, the County is also offering a pre-arranged door-to-door, shared ride, accessible public transit service. Residents must apply and meet specific eligibility criteria. If interested, you can complete a registration form to access the LINX+ service by visiting [linx.simcoe.ca](http://linx.simcoe.ca) or by calling 1-800-263-3199.



#### Innisfil Transit

Innisfil Transit, which includes the Town's partnerships with Uber (for general trips) and Barrie-Innisfil Taxi (for wheelchair accessible trips), continues to be a success. Ridership has continued and residents have had a high level of satisfaction with the service. The Town frequently hears from older residents about how the service has been a "life changer" for them.

#### Innisfil Transit Trips Per Month







Seniors accounted for 25% of ridership based on smart-card use. Seniors tap-on and tap-off to receive a 15% discount when using LINX smartcard. Smartcards are available from drivers onboard the bus. Seniors can load \$20 onto their LINX smartcard onboard or online.





### 3. HOUSING

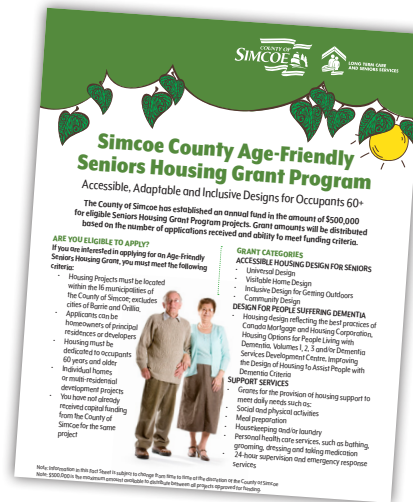
**GOAL:** Ensure older people are well informed about the housing options across Simcoe County

## Age-Friendly Seniors Housing Grant Program

County Council approved \$500,000 in annual funding towards this new grant program to support eligible applicants who need accessible, adaptable, and inclusive designs for adults aged 60 and older.

Applicants eligible for this grant include individuals or developers completing housing accessibility modifications located within Simcoe County (excluding the cities of Barrie and Orillia).

Grant amounts are distributed based on the number of applications



received and the ability to meet funding criteria.

The 2018 deadline was November 30.

#### Grants we awarded under three streams:

- accessible housing design features
- housing that incorporates support services features for older adults
- design for individuals with dementia

**30**

applications approved in 14 municipalities

## Simcoe County Seniors Housing Numbers

**867**

Rent Geared to Income

**355**

Affordable Housing – Private

**79**

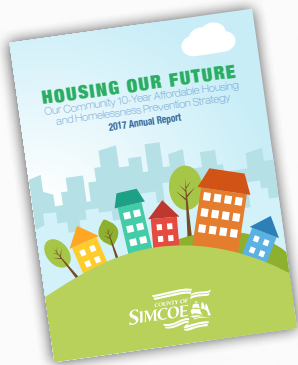
Simcoe County Housing Corporation Affordable Housing

**133**

Simcoe County Housing Corporation Affordable Housing – Planned







See the 10-year Affordable Housing and Homelessness Prevention Strategy online at [simcoe.ca/dpt/sh/10-year-strategy](https://simcoe.ca/dpt/sh/10-year-strategy)





# Long Term Care Expansion & Redevelopment

## Building a Seniors Campus

Building a Seniors Campus provides the not-for-profit sector with a clearer understanding of their role in seniors' care, delineates key principles and strategies essential to the development of a successful seniors' campus continuum.

View the paper at [simcoe.ca/dpt/ltc/building-a-seniors-campus](http://simcoe.ca/dpt/ltc/building-a-seniors-campus).

In 2018, Georgian Village Seniors Campus was selected to participate as a potential case study site in a research

study "Seniors' Campuses as Integrating Mechanism for Senior Care."

This peer-reviewed research was co-funded through the Canadian Institutes for Health Research (CIHR) Health Systems Impact Research (HSIR) and AdvantAge Ontario to help move forward our research on Seniors' Campuses in Ontario. The Principal Investigator was Dr. Frances Morton-Chang, CIHR Health Systems Impact Fellow, AdvantAge Ontario and the University of Toronto.



### Additional LTC Beds

The County received approval from the MOHLTC Policy & Planning Branch to add three additional beds at Georgian Manor in Penetanguishene, bringing the total to 146.



## Increase Awareness of Housing Options

County of Simcoe Social Housing and Age-Friendly Community representatives attended 12 Senior Fairs/Symposiums across Simcoe County area, at which time, housing program information was regularly distributed.

This provided an opportunity to promote various housing options and to clarify eligibility requirements for older adults

To view **County of Simcoe Social Housing** options, visit [simcoe.ca/dpt/sh](http://simcoe.ca/dpt/sh)

- Subsidized options
- Ontario Renovates (Home Repairs): The program includes funding up to \$15,000 per unit for urgent repairs, renovations, and accessibility modifications for low to moderate income homeowners.
- Secondary Suites: The

program provides funding up to \$30,000 per unit for the creation of a secondary or garden suite.

To view **EMPOWER SIMCOE Regional Housing Support Services**, visit [empowersimcoe.ca/regional-housing-support-services/](http://empowersimcoe.ca/regional-housing-support-services/)

To contact **LEAP (Low-Income Energy Assistance program)**, call the United Way at 1-855-487-5327.

- The program provides a one-time financial assistance grant of up to \$500 per year, or \$600 if electric heat is used. This grant is available to low-income or special circumstance residents who meet program criteria.

To contact **HRF (Housing Retention Fund)**, contact the

Housing Resource Centre at 705-739-0485 or toll-free at 1-833-726-9082.

- This program is to assist residents who are in arrears of rent or mortgage payments, last month's rent, assistance with moving expenses or set up benefits. OW/ODSP recipients must contact their worker.

To view the **Ontario Electricity Support Program (OESP)**, visit [ontarioelectricitysupport.ca/](http://ontarioelectricitysupport.ca/)

- This program is an Ontario Energy Board program that lowers electricity bills for lower-income households. The OESP provides a monthly credit to eligible customers based on household income and household size.





## 4. HEALTH & COMMUNITY SUPPORTS

**GOAL:** Remove barriers that older adults experience with accessing and utilizing community and health supports. Ensure services offered address the needs and concerns of older people to enhance quality of life and meet personal health needs.

### Community Paramedicine Referral Program

Paramedics responding to 9-1-1 calls assess the need to link their patients to relevant health and community services to help maintain their health and independence at home.

**4,100+**

referrals for patients requiring additional services at home

**60%**

referrals received enhanced support as a result

**30%**

reduction in 911 calls from those patients

### Community Paramedicine Home Visit Program

Deployment of targeted Rapid Response Units that provide in-home visits when not responding to 911. This program has a roster of 100 patients, most of them 65+, from Orillia, Oro, and Ramara and is expanding to North Simcoe.

**651**

home visits and 128 phone follow ups

**76%**

Emergency transfers avoided

**\$197k**

Estimated cost avoidance



## Public Access Defibrillator Program - Paramedic Services

The County of Simcoe Paramedic Services' PAD program has skyrocketed in activity with more than 14,000 people trained in CPR and the use of automated external defibrillators. The County has installed 769 defibrillators throughout the region, including Barrie and Orillia, at recreation centres, arenas, schools, public and private offices, and businesses.

**769**

Number of PADs

**14,377**

Individuals trained

**18**

Number of saves

### File of Life Program

The PAD program also funds and promotes the File of Life program which collects valuable information about existing medical problems and in-home support services that Citizens can keep on their fridges for emergency access.

## Older Adult Assistance Programs

Older adults may be eligible (income-based testing) for the provision of emergency dental, dentures and eyeglasses assistance. Assistance for rental mortgage and utility arrears also available. The Housing Retention Program assisted older adults 60+ on average 10/month or 120 annually with retaining or maintaining accommodation. Assistance was in the form of financial support with rental, mortgage and/or utility arrears.

**654**

older adults were assisted with  
dental/dentures/eyeglasses



## Addiction Services Initiative for Vulnerable Persons

The Addiction Services Initiative is being phased out in all Ontario Works Addiction Services Initiative sites in the province as of July 31, 2019. Residents can obtain information on community-based addiction counselling services in their area by contacting 211 or at [www.211.ca](http://www.211.ca)





**211 is a free, 24/7, multilingual **helpline** staffed by **Community Navigators** who **connect people with** community, social, health and government **services****

**10** 2018  
**TOP 17,243 Contacts**  
**15,778 Referrals**

- #1 Health - 14.6%
- #2 Individual/Family Services - 13.7%
- #3 Housing - 11.7%
- #4 Transportation - 7.9%
- #5 Other Government/Economic Services - 7.3%
- #6 Mental Health/Addictions - 7.2%
- #7 Legal/Public Safety - 6.7%
- #8 Information Services - 6.5%
- #9 Income Support/Financial Assistance - 5.1%
- #10 Food/Meals - 4.3%

#### Simcoe County Callers by Municipality

Municipality	Contacts	Municipality	Contacts
Barrie	6,383	Waubushene	87
Collingwood	4,524	Elmvale	84
Orillia	1,653	Tottenham	54
Midland	998	Lefroy	52
Wasaga Beach	914	Moonstone	49
Stroud	521	Creemore	34
Alliston	332	Oro	29
Stayner	207	Cookstown	27
Penetanguishene	186	Lafontaine	26
Borden-Angus	166	Brechin	22
Port McNicoll	160	Coldwater	22
Bradford	161	Christian Island	6
Beeton	111		

Total contacts are equivalent to 9% of all Simcoe County households

## Alzheimer Society of Simcoe County

The Alzheimer Society of Simcoe County, member of the Simcoe County Age-Friendly Advisory Committee, responded to the need for inclusive, supportive programs and services that encourage people living with dementia and their care partners to live well and thrive.

In 2018, they increased their offering of: Taking Control of Our Lives the 8-week self-management program; and, Minds in Motion® an 8-week physical & social/recreational program. Through the implementation of these programs, and the broader awareness in our community, their total client base grew by 25% and most importantly, the number of clients served

who are living with dementia increased by 58%. In late 2018, the Minds in Motion® program was approved to receive funding from the North Simcoe Muskoka LHIN to sustain and grow the number of sessions that are offered.

In this same year, the Alzheimer Society of Simcoe County, [alzheimer.ca/simcoecounty](http://alzheimer.ca/simcoecounty), delivered 30 specific 'dementia-friendly' presentations, reaching more than 550 individuals, 56% more people than in the previous year.

Dementia friendly presentations focus on increasing participant's knowledge and understanding of dementia and provide suggestions for

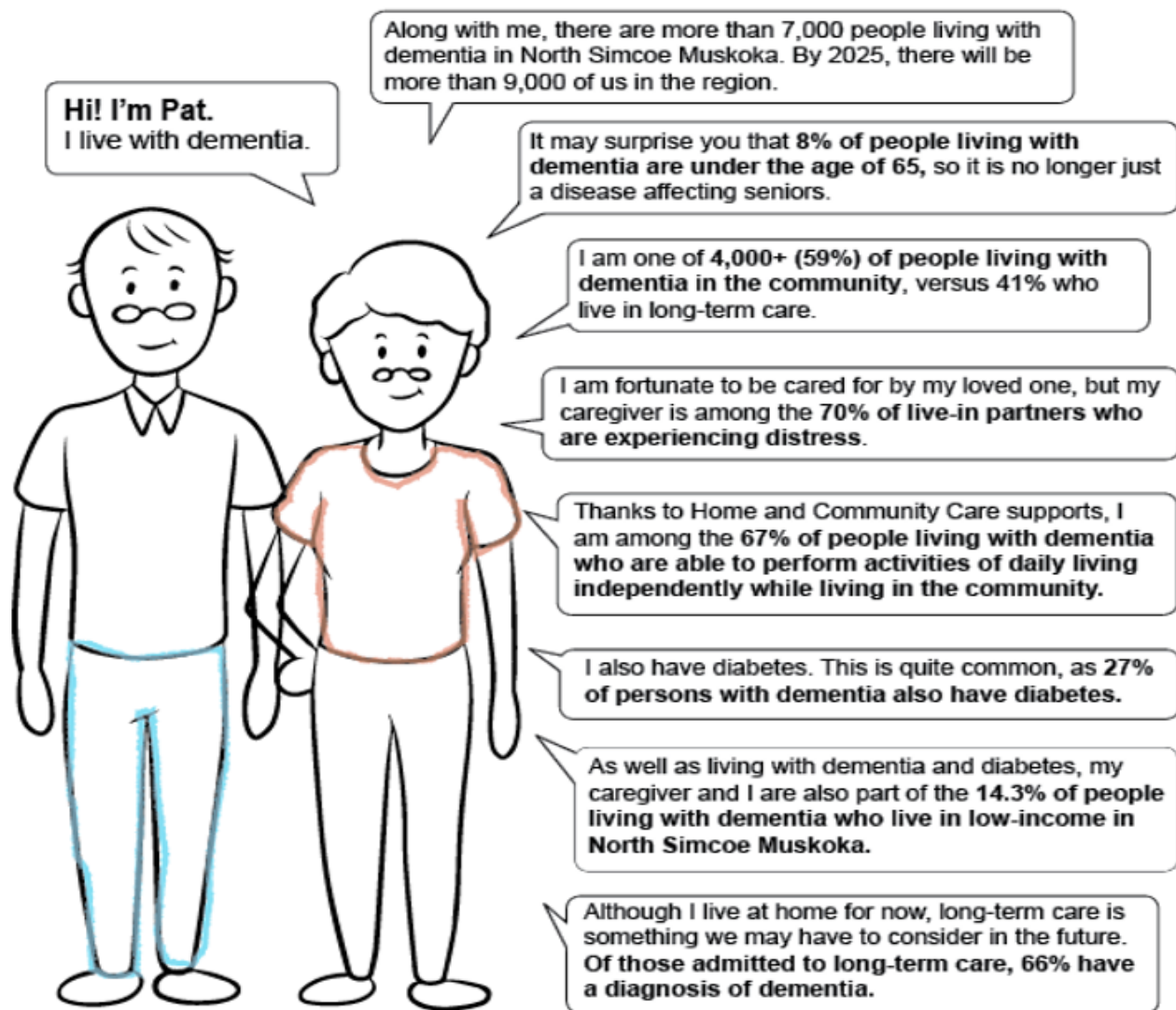
ways individuals can provide support and engage with persons living with dementia. This goes a long way to creating environments/communities where a person living with dementia can feel included and be able to participate to the best of their abilities.



# Dementia Capacity Planning – NSM LHIN

In September 2018, the North Simcoe Muskoka Local Health Integrated Network (NSM LHIN) met with a group comprised of a number of community partners to develop and complete the North Simcoe Muskoka 10-Year Dementia Capacity Plan to support individuals living with dementia and their care partners. The Plan was submitted to the Ministry of Health and Long-Term Care in March 2019. Some of the findings have been highlighted in the following graphic.

## Living with Dementia in North Simcoe Muskoka



*\*Underestimating many of these statistics is common due to stigma, lack of official diagnosis, etc.*

**“It is often said that, “a dementia-friendly community is Age-Friendly, but an Age-Friendly community is not necessarily dementia-friendly. In fact, neither one wholly encompasses the other.”**

**N. Turner and L. Morken**

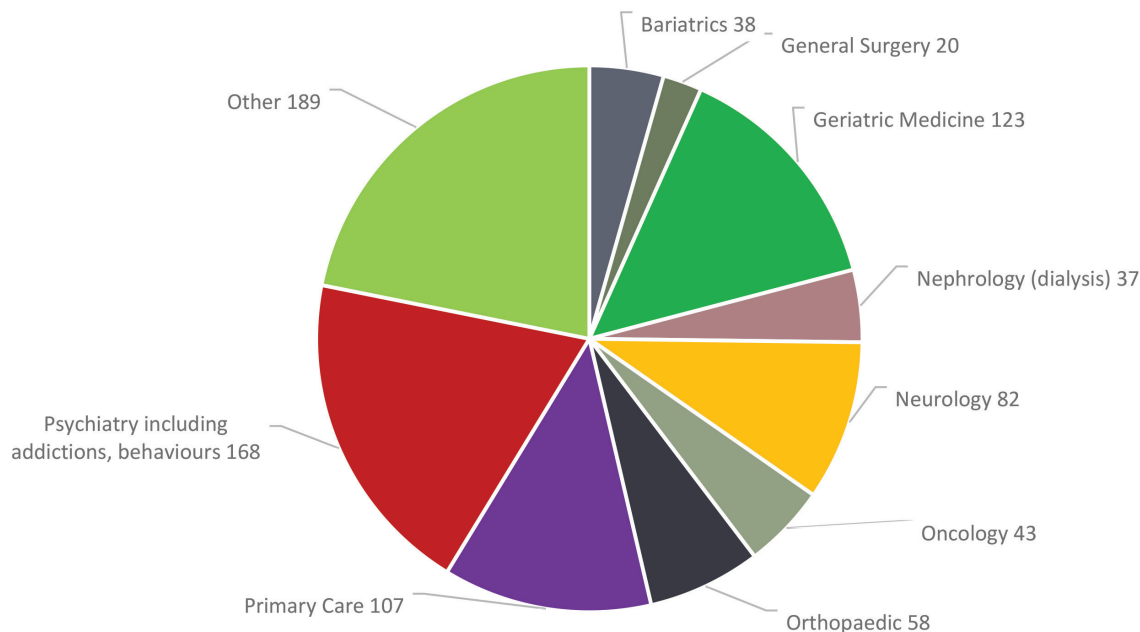
Better Together: A comparative Analysis of Age-Friendly and Dementia Friendly Communities



# Ontario Telemedicine Network (OTN)

An OTN Co-ordinator recruited to provide regional support to 29 long term care homes. The overall utilization rate increased by 24% (740 events in 2017 compared to 934 in 2018.) OTN Clinical visits doubled in 2018 (51%).

## OTN - Top 10 Clinical Utilization by Event Type



## North Simcoe Muskoka Specialized Geriatric Services

The SGS Program has undergone substantial change. Previous years focused on program structure, this year focused on clinical services. A few highlights from the year include:

- Waypoint saw a 100% growth in funding and staffing for the SGS program
- The Integrated Regional Falls Program (IRFP) and Assess & Restore funding (previously used to support the Enhanced SMART program) officially transitioned to the SGS Program at April 1, 2018 aligning more services under a single program umbrella.
- The Implementation Plan for Local SGS Teams document was released.
- The Geriatric Psychiatrist Pilot was completed. Dr. Anurita Singh spent approximately 5 months with the Behaviour Support System (BSS) LTCH Team. Over this period she saw 38.6% referred cases and 91% were seen with an average wait of 2.63 days. 7% received medication recommendations in addition to non-pharmacological approaches used by the team.





## 5. OUTDOOR SPACES AND BUILDINGS

**GOAL:** Provide pleasant, clean, secure and physically accessible outdoor spaces and public buildings by increasing accessibility and removing barriers that limit opportunities for people with disabilities or age-friendly related impairments to participate in healthy, active living activities.

### Simcoe County Tourism Development Fund

**Ensure spaces where programs and services are held are accessible**

A new requirement implemented by Tourism Simcoe County is that recipients of the Simcoe County Tourism Development Fund consider that their project is designed with accessibility in mind. Within the application process, applicants must indicate how their project is accessible.







## Ontario Works - Optimize Satellite Offices Locations

### **Examine options for co-location opportunities with community partners to support programs**

As Service Simcoe continues to evolve, Ontario Works is working in partnership with Service Simcoe staff to provide opportunities for residents to access County of Simcoe services, in addition to social services in satellite office locations.

### **Barrier-free, accessible office space options**

The Collingwood and Midland Ontario Works office builds, slated for completion in 2019, will be accessible office spaces. Existing Ontario Works sites in Alliston, Barrie and Orillia are accessible spaces.

## Expanding Paramedic and Seniors' Services

### **Optimize Satellite Office Locations**

The County of Simcoe is investing in the development of a new facility in the village of Elmvale that will house a Paramedic Services station and the Long Term Care and Seniors Services Adult Day Program Centre for the surrounding area.

This new dual use facility will also serve residents in Springwater, Wasaga Beach, Oro-Medonte, Tiny and Tay for years to come and we thank our partners at Springwater Township for working with us on this important venture.

The County has acquired 191 Queen Street West in Elmvale. The facility will consist of a two bay Paramedic Services station, allowing the County to expand services to the area and address increased call volumes.

The Adult Day Program Centre will enable the County to expand its current program. The new space will allow for an increase in capacity and reduce the existing waitlists for the program. A bathing program will be offered from both locations, as well as Penetanguishene.

The County's Adult Day Program operates in Penetanguishene and Elmvale and provides daytime respite, support, education and activities for families and caregivers.

Construction will be completed in 2019.



## 6. VOLUNTEERISM, CIVIC PARTICIPATION, EMPLOYMENT

**GOAL:** Increase opportunities for volunteerism, employment and intergenerational programming that cater to older adults' interests and abilities

### What we did well:

#### Simcoe Strong Youth Volunteer Project

Through funding received from the Ministry of Citizenship/Immigration The County was able to hire a very enthusiastic youth co-ordinator to facilitate recruitment of youth volunteers.

Youth were involved in one-on-one visiting, assisting with meal assistance, large or small group programs, outings, program set up/ clean up, pet care, and provided administrative and organizational help.

**60**  
youth volunteers  
were recruited

#### Barn Quilting Program

A barn quilt is actually a large piece of painted wood that looks like a single quilt block and decorates a barn. You can see them for yourself in and around the Simcoe County area on local barns. Barn quilts are a reflection of rural culture and is compliant with the Food Charter and Food Security Framework by raising awareness of agriculture in our communities.

The four long term care homes

embarked on an amazing project with Simcoe Tourism that commenced in 2018. The residents engaged in a weekly Barn Quilting Program.

This included additional intergenerational programming with local schools as well.

Barn Quilts are made of simple geometric shapes — squares, rectangles and triangles. They're usually painted in bright, solid colours, though every now and then you'll come across one that looks

like a more complex printed fabric. So far 50 are installed.

We are on track to deliver the 150 by the end of 2019.

#### SPICE

This is a Partnership between the Library Co-operative and seniors in Simcoe County. The Library Co-operative received funding through the New Horizon for Seniors Program.

A Conversation Exchange can be as simple as exchanging recipes, family stories, chatting about politics, popular culture, or sharing opinions over coffee

Survey feedback was very positive and showed that the Cultural competency training was enjoyed and appreciated.

Each volunteer is paired with an immigrant who wishes to improve their English or French. Each week the pair will meet up for a minimum of one hour to discuss a topic of their choosing.

Each week participants will email each other the topic so they can both come prepared with questions and discussion points.

**2,934**  
youth hours  
contributed

#### Tay Seniors Advisory Committee

The Tay Seniors Advisory Committee in partnership with the Tay Township Public Library have introduced monthly Senior 'Talks and are also hosting Seniors Fairs to

let older adults know about the many ways they can get involved in their community. The local newspaper, The Tay Report, is creating a monthly seniors column for the

advisory committee to share information. A flyer was also developed to let "folks" know how to access groceries if they have transportation or mobility challenges.





**37**

senior volunteers  
were trained in  
**SPICE**



## 7. SOCIAL PARTICIPATION

**GOAL:** Remove barriers that prevent older adults from participating in their community. Social participation and support are strongly connected to good health and well-being throughout life.

### Soup from Seniors Program

Soup from Seniors is a program where the Residents from Trillium Manor Long-Term Care Home make a large Crock-Pot of soup monthly which is then delivered to the Lighthouse Soup Kitchen and shelter for men.

Supplies are donated from the

community.

Residents prepare the soup in a Crock-Pot and staff deliver it to the local shelter where it is cooked and served.

The program continues to be self-sustainable because of community support.



### Township of Tiny - Local Aging Plan

The Township of Tiny identified the significance of the contribution older adults and seniors make to the community during the development of its Strategic Plan 2015-2020.

In 2017, a Local Aging Plan was approved by Council. The plan outlines Tiny's opportunities to enhance senior services and strategies to develop an Age-Friendly Community. As a legacy piece, the Township now holds an annual Senior Symposium in order to provide an update on Tiny's Local Aging Plan.

In 2018, the Township was successful in receiving a grant from the Province of Ontario to organize a Senior Speakers Series; free workshops that addressed issues related to seniors. In response to



**Chair yoga.**

requests about available senior services in the Township of Tiny and surrounding areas, a Directory of Senior Services was produced. The Township also implements the Senior of the Year Award better known as 'The Heart of Tiny' Award. Tiny participates annually in the "June is Recreation,



**Tiny Advisory Committee 2019-2022.**

Parks & Older Adults Month" and promotes a calendar of free activities for seniors that encourages a healthy, active lifestyle.

Through the Local Aging Plan and its commitment to Seniors and Older Adults, the Township of Tiny continues to work diligently to ensure that all Tiny residents can 'age in place' while continuing to remain active, contributing members of the community.

### Town of Collingwood

The Town of Collingwood offers numerous seniors programs, most of which are year-round programs, at the

Collingwood Public Library.

The Town also offers "Aquafit Wednesdays" mornings from September to June. This

program is a partnership with Chartwell Georgian Traditions Retirement Residence, and typically draws 60 participants.



## 8. RESPECT AND SOCIAL INCLUSION

**GOAL:** Simcoe County older adults will be treated with respect, recognition and inclusiveness life.

### Sewing for Ages Intergenerational Program

Sewing for Ages was implemented at Sunset Manor Long-Term Care Home by a retired nurse and dedicated volunteer. Young children were taught the skill of sewing on machines at an introductory level.

Over an eight-week period, the children, with the support of residents, worked diligently on creating customized fidget blankets. They made polar fleece lap-sized blankets covered in items like patches, pockets,

zippers, buttons and small toys for residents with dementia. The Program continues to receive donations of sewing machines and fabric from the community and calls from parents interested in enrolling their child. Given the huge success of this program, the home is now holding two separate sewing classes.

**Sewing for Ages was featured worldwide through the World Health Organization newsletter and has also been selected by the Ontario Age-Friendly Communities Network to be featured in the next update of the Finding the Right Fit Guidelines of the Government of Ontario. These guidelines were created to assist new communities to become more age-friendly.**



### Town of Wasaga Beach

The Age-Friendly Community Advisory Committee hosted its second annual Seniors Information and Active Living Expo in June. They also launched a Neighbours Helping Neighbours promotional campaign encouraging people to assist their senior neighbours with snow shoveling, leaf raking and general assistance to allow them to cope and remain independent and safe in their

homes.

Grand opening of a new Seniors Active Living Centre at the site of the Youth Centre at 1621 Mosley Street. The Centre offers seniors programs to encourage socialization, information exchanges and older adult programming and has grown from three to five days a week with a variety of programming.

A monthly Age-Friendly Speakers series was launched

in the fall of 2018, organized by the Recreation Department and features informative topics relevant to seniors/older adults on the first Monday of the month at the RecPlex.

Grand opening of the new Wasaga Beach After-Hours Medical Clinic operated by the Town out of the South Georgian Bay Community Health Centre. The clinics hours have expanded from two, to recently, six days a week.

## IN THE NEWS

### Seniors' Social at the Simcoe County Museum

The Friends of Simcoe County Museum welcome older adults from across the County to a new monthly Seniors' Social series taking place on the

first Wednesday afternoon of each month starting at 2 pm and include treats with tea or coffee.

Admission is \$6 per person,

with proceeds supporting Simcoe County Museum initiatives.

Groups of five or more are asked to register in advance.



### Simcoe County Archives releases WWI honour roll

The Simcoe County Archives announced the launch of Simcoe County's first consolidated First World War (WWI) honour roll to recognize fallen men and women who had connections to Simcoe County.

Entitled Simcoe County Remembers, this virtual memorial contains the names of 1,006 men

and women who died while in service or as a result of injuries sustained during WWI.

Given the scope of this research, the County encourages residents to contact us about any known missing names and/or documentation errors at [archives@simcoe.ca](mailto:archives@simcoe.ca) or 705-726-9331.

Open to the public, the Simcoe County Archives holds a variety of WWI and WWII resources related to Simcoe County including records, newspapers, photos, diaries and more.

Simcoe County Remembers can be accessed by the public at [simcoe.ca/simcoecountyremembers](http://simcoe.ca/simcoecountyremembers)







[simcoe.ca/age-friendly](https://simcoe.ca/age-friendly)