



Re12

# 2012 Report on the Older Adult Plan

# Older Adult Plan Vision

As an age-friendly city, older adults in Mississauga will lead purposeful and active lives, will live in their community with dignity, integrity and independence and will experience a diverse range of lifestyle opportunities to pursue their personal interests.



## Guiding Principles

Becoming an “age-friendly city” requires that services, facilities, and programs be “more accessible and responsive to the specific needs of older persons.” The following 10 guiding principles were developed to focus efforts and to support greater collaboration between all levels of government, community organizations, citizens, funding agencies, and businesses to ensure that Mississauga is truly an “age-friendly city”.

1. Support individual needs and interests of older adults
2. Celebrate life's older years
3. Travel within Mississauga is possible for all
4. Complete neighbourhoods benefit older adults
5. Active living and lifelong learning enhance older adults' quality of life
6. Older adults are “in the know”
7. Public spaces, places and programs are age friendly
8. Age will not be the sole determinant in establishing fees for older adult services
9. Older adult volunteers contribute immensely to the community
10. Partnerships strengthen community

**To support principles 1, 3, & 10, the City of Mississauga will develop collaborative relationships with community organizations to meet the needs of older adults living in Mississauga, taking into consideration the individual's abilities, interests, personal health, work commitments, cultural preferences, and personal perception of one's place in society.**

- The City received Elderly Persons Centre (EPC) base funding grants from the Ministry of Health and Long Term Care in the amount of \$219,000. The EPC grant was distributed to seven community centres and allocated to support the delivery of quality, age friendly activities.
- The City received one-time EPC funding totalling \$32,000 for special projects directed to South Common Community Centre, Mississauga Seniors' Centre, Meadowvale Community Centre, and Square One Older Adult Centre. The funds allowed for the purchase of new activity equipment at all identified centres and additional staffing to assist with volunteer recruitment and coordination at the Mississauga Seniors' Centre.



**In order to further principles 2, 5, & 6, the City of Mississauga will promote older adults' lifelong learning, physical activity and mental stimulation and ensure older adults are respected and valued for their knowledge, skills and contributions to community.**

- 370 programs were offered across 18 community libraries with almost 2,700 participants. Types of programs offered included Intergenerational Computer Buddies programs at three libraries and various informative topics such as financial planning for retirement, social clubs for older adults and book clubs.



- A New Horizons Grant (Human Resources and Skills Development of Canada) of \$15,000 provided the opportunity to deliver a “Junior Seniors Mentoring and Helping Senior Seniors” program which allowed older adults and community professionals to present educational learning sessions for older adults, including:

1. Ask an Expert Series - A monthly series of educational information sessions held at Mississauga Valley Community Centre included the following topics:

- Understanding your City services
- Your health
- Volunteerism
- Aging in place (home care services)

2. The grant also funded Seniors Spreading the Word series – A six week leadership development session, created and facilitated by a volunteer team of older adults. The participants are encouraged to “spread the word” using learning modules. Topics included: presentation skills, technology, health promotion, health and safety topics and creating a good neighbourhood program.

3. The grant also funded a training workshop for club executives from all community centres on the following topics:

- Executive roles and responsibilities
- Updating your constitution & by-laws
- Grant writing & funding

4. The City participated in health and wellness fairs and workshops which promoted City older adults information and knowledge to the public including:

- Older Adult Centres' Association of Ontario (OACAO) & Square One Older Adult Centre Older Adult Fair
- CARP Zoomer Fair held at the Sheridan Mall



**Efforts to promote principles 4, 7, & 8 will ensure that the City of Mississauga will give consideration to all types of physical, social, cultural, and mental conditions, including loss of hearing, eyesight, language, immobility and dementia when implementing leisure activities and programs for older adults and establish older adult services fees that are not solely determined by age of the individual.**

## Community Delivered Activities

- Approximately 120 distinct, organized activity groups specifically designed for older adults were offered at community centres. Activities are designed to meet the individual older adults' social, physical and educational interests and needs. Activities included: social teas, cards, bingo, dancing, badminton, art programs, tai chi, trips and outings, billiards, golf, pickle ball, health information and general interest educational sessions.
- Activities are held Monday to Friday, 8:30 a.m. to 4:30 p.m. with some centres offering evening and weekend activities.
- Approximately 4,765 group members participated in older adult activities throughout the city.



## City of Mississauga Delivered Programs

- A wide selection of registered and drop in programs specifically designed for older adults are offered at the Mississauga Seniors' Centre and select community centre location at accessible prices, including: Gentle Joint & Stretch, OsteoFit, Tai Chi, Line Dancing, Yoga, and Zumba.
- The City of Mississauga operates four warm water therapeutic pools located throughout the city offering a variety of programs, including aquafit, strength training, and tai chi.
- The City of Mississauga offers a range of convenient swimming and skating times scheduled throughout the day which can be accessed as part of a fitness membership with full access to all amenities, a swim/skate pass or as a single visit drop in.



### **The City of Mississauga has two older adult centres, one which is volunteer operated (Square One Older Adult Centre) and the other City-operated (Mississauga Seniors' Centre)**

- Both locations are open seven days a week, 52 weeks a year, with the exception of holidays
- Combined, there are approximately 3,100 members participating in more than 50 individual drop in activities offered on a daily basis
- The Mississauga Seniors' Centre also hosts numerous special events and more than 20 weekly wellness/active living registered programs
- Square One Older Adult Centre introduced a satellite location in the Mississauga west area at Meadowvale Church Common

### **Principle 9 states that the City will strive to ensure Older Adults will be inspired to volunteer in their communities and encouraged to mentor the city's youth. In 2012 this was evidenced by:**

- Mississauga Seniors' Centre – Approximately 129 volunteers contribute more than 11,000 volunteer hours to their community annually.
- 37 volunteer seniors clubs across the City offer a variety of activities to older adults through City of Mississauga community centres. Members of these groups contribute approximately 28,000 volunteer hours annually.
- Executive members of senior volunteer clubs participated in educational sessions which encourage and promote volunteerism. Topics included;
  - Executive roles and responsibilities
  - Updating your constitution & by-laws
  - Grant writing & funding

## Older Adult Plan in 2013

Originally completed in 2008, the Older Adult Plan is scheduled to be reviewed and updated in 2013 to validate and, if necessary, refresh the actions and recommendations of the report. In addition to this, staff along with an array of community partners will continue to implement and deliver on the recommendations of the Older Adult Plan in 2013, including:

- Continue to work to develop and establish an Older Adult Advisory Committee to address strategic plans related to older adults.
- Promote fair and equitable access to meeting room and program space at city recreation facilities and proactively manage limited space during periods of high community demand and utilization.
- Maintain and enrich partnerships between City staff and volunteer groups to increase older adult activities offered in community centres and to facilitate ongoing educational opportunities for City staff and older adult group leaders to foster and strengthen working relationships.
- Facilitate and support the “Life Long Learning” group through a \$20,000 grant from New Horizons in 2013 enabling the delivery of training and orientation sessions on a variety of topics by older adults for older adults.



### For more information:

For a copy of the Older Adult Plan or to stay informed about older adult organizations and activities in Mississauga, please visit **[mississauga.ca/olderadults](http://mississauga.ca/olderadults)** or e-mail **[older.adults@mississauga.ca](mailto:older.adults@mississauga.ca)**

