

## Older Adult Plan for Recreation will Support 200,000 Residents Who are 55+

July 3, 2019

Today, City Council endorsed the [Older Adult Plan for Recreation](#). The plan, to be implemented over 10 years, addresses the active living needs of the 200,000 Mississauga residents who are 55 years of age and over.

“This Older Adult Plan for Recreation focuses on program and service delivery for older adults,” said Shari Lichterman, Director, Recreation. “With support from a consultant, we conducted thorough research. This included a close look at older adult demographics, participation rates in City programs and how space is used in our facilities. Most importantly, we consulted with our older adult users to better understand their interests and needs.”

Lichterman further explained, “The 55+ age group currently accounts for 27 per cent of the City’s population. Growth projections show this age group increasing to 45 per cent by 2031. This will make the older adult population the largest demographic in the city. The greatest density of older adults is in the City’s central/east and northwest areas.”

The plan’s recommendations are organized into four key areas; highlights include:

1. **Older Adult Service Delivery** – align older adult clubs and providers to the [Community Group Registry Policy](#) and revise the policy to provide better clarity on program offerings and delivery
2. **Older Adult Programming** – establish the age of 55 as the age for older adult program delivery
3. **Allocation of Indoor Space for Older Adults** – prioritize older adult space needs at the same level as youth and other user groups.
4. **Future Older Adult Facility Design and Space Needs** – improve community centre spaces to accommodate older adult needs

Funding requirements for the Older Adult Recreation Plan will be considered through the annual budget process.

Visit [here](#) to review the full plan.

### Background:

The preparation for the Older Adult Plan for Recreation began in April 2018. It builds on the outcomes of the [2008 Older Adult Plan](#). The 2008 plan made a number of recommendations that have since been implemented including: the formation of the

# News Release

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[Older Adult Advisory Panel](#), the addition of an older adult co-ordinator staff member, the introduction of [ActiveAssist](#), the creation of the [therapeutic programs](#) and development of expanded fitness membership models.

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**Tweet:** [There are more than 200,000 older adults in @citymississauga who will benefit from the Older Adult Plan for Recreation endorsed by City Council today. This 10 yr plan lays out improvements for programming & services for adults 55 and older.   
<http://ow.ly/fMEc50uSLnX>](#)

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