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2013 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 \$219,300. 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 \$59,100 for special projects directed to training sessions for community centre staff and older adult group members and program equipment for Square One Older Adult Centre.



To address 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 the community.

- “Two Days of Awesome, Learning and Working Together” training sessions were held November & December 2013;
- 120 key community centre staff and older adult group leaders attended
- Topics include:
 - Communication skills and techniques
 - Understanding and experiencing the process of aging
 - Older adult activity and program ideas
 - Older adult group governance and the role of the Staff Liaison
- On December 4, 2013, Council approved the establishment of an **Older Adult Advisory Panel** which delivers on the Older Adult Plan recommendation to provide the chance for older adults to exchange information and advice with City staff on developing and improving older adult services. The panel also will be involved in preparing a multi-year work plan to guide its activities.
- A total of 11 community members, five City staff and two City Councillors will provide advice and support in four specific areas:
 - Co-ordinate the annual Older Adult Educational Symposium
 - Assist in planning Senior Month activities
 - Provide input to Future Directions (refresh of Master Plans for services including Recreation, Fire and Emergency Services, Parks and Forestry and Library) focussing on a community physical space review for current and future needs
 - Help the City pursue designation as an Age-Friendly City from the World Health Organization (WHO), (Recommendation A-1).

- A New Horizons Grant (Human Resources and Skills Development of Canada) of \$20,000 provided the opportunity to establish a Lifelong Learning Mississauga group. The Lifelong Learning Mississauga group is the first older adult led project with a vision to engage Mississauga's older adult population in a structured educational, lecture style environment that will cross cultural barriers and be fully accessible to all who attend. The sessions were held at Mississauga Valley Community Centre.

1. Spring 2013 Topics included:

- 100 years of Jazz - This course charted the progression of jazz from New Orleans, down-and-dirty to highfaluting, America's Classical Music. 70 participants.
- Speaker Series with various topics - Guest Speakers included Earl Fee, David Culham, Mathew Wilkinson, David Olive, and Bonnie Crombie. 40 participants.

2. Fall 2013 Topics included;

- Rollicking History of the English Language - An ever-entertaining and surprisingly hilarious trip through our crazy English language. 105 participants.
- Fire and Ice, Flood and Drought: People and Planet Earth – The history of our interactions with our environment from our evolution to dispersal. Through our first global impacts with plant and animal domestication and the 'rise of civilization' to colonialism and the globalization of disease; including the demise of island ecosystems was retraced.

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

- Partnered with Square One Older Adult Centre and Peel Senior Link to host the Spring Older' Association of Ontario (OACAO) Older Adult Fair – March 21 and 22
- 2nd Annual Seniors Forum – Brad Butt MP – Streetsville – April 12

- Councillor Saito Seniors Forum – Meadowvale Community Centre – June 14
- CARP Zoomer Spring and Autumn Fair – April 18 & September 19
- Seniors Fair – Burnhamthorpe Community Centre – June 27
- 651 programs were offered across 18 libraries with 5,451 participants. Types of programs offered included Intergenerational Computer Buddies programs and various informative topic sessions for older adults such as financial planning for retirement, health and wellness, leisure activities, social and book clubs.

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.
- 4,799 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 locations at accessible prices, including: Gentle Joint & Stretch, OsteoFit, Tai Chi, Line Dancing, Yoga, Zumba and computers.
- Four warm water therapeutic pools are located throughout the city offering a variety of programs, including aquafit, strength training, and tai chi.
- A range of convenient swimming and skating times are offered 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 75 individual drop in activities offered on a daily basis.
- The Mississauga Seniors' Centre also hosts numerous special events and more than 37 weekly wellness/active living registered programs.
- Square One Older Adult Centre, main centre, is located in the lower level of Square One Shopping Centre with a satellite location in the Mississauga west area at Meadowvale West Church Centre.

Principle 9 states that the City will strive to ensure Older Adults will be inspired to volunteer in their communities. In 2013, this was evidenced by:

- Mississauga Seniors' Centre – Approximately 122 volunteers contribute more than 15,801 volunteer hours to their community annually.
- 53 volunteer older adult groups across the City offer a variety of activities to older adults through City of Mississauga community centres. Members of these groups contribute approximately 29,000 volunteer hours annually.

Older Adult Plan Initiatives for 2014

Staff along with an array of community partners will continue to implement and deliver on the recommendations of the Older Adult Plan in 2014, including:

- Implement the Older Adult Advisory Panel and create a two year panel work plan by the end of 2014. (Recommendation A-1).
- Older Adult Community Centre Committees will be piloted at three (3) community centres. These committees will provide a forum for focused communication regarding programming and space requirements and will foster an overall understanding of the needs of all users and groups at the centre. More than 53 older adult groups meet weekly at 11 community centres with an ongoing demand from existing and new groups continuing to grow (Recommendation A-9).
- Maintain and enrich partnerships between City staff and volunteer groups to:
 - Increase older adult activities offered in community centres
 - Facilitate ongoing educational opportunities for City staff and older adult group leaders
 - Foster and strengthen working relationships
 - Provide training for key staff, group leaders and community centre staff

New training tools for community centre staff and Older Adult group members will be developed as part of this initiative. (Recommendation C-4).

- A City-wide older adult space utilization strategy will be developed which speaks to:
 - Current space used by older adult groups
 - Future trends and needs
 - Service delivery models to consider
 - Standardized older adult room rates and participant fees for older adult programs/activities (Recommendation F-6).



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** or e-mail **older.adults@mississauga.ca**



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