

AGE FRIENDLY 2.0

Age Friendly Manitoba Initiative Milestone Recognition Program Application Information



Age-Friendly Community Milestones were developed by the Province of Manitoba, the World Health Organization (WHO) and the Public Health Agency of Canada (PHAC) as a basis to recognize age-friendly community efforts.

The Benefits of the Milestone Recognition Program

The program is designed to recognize and reward communities that show dedication in promoting and developing age-friendly initiatives. It recognizes achievements in becoming a more age-friendly community. The benefits include:

- Age-Friendly Manitoba Initiative (AFMI) recognition award
- PHAC and WHO recognition as an age-friendly community
- Promotion of the community's achievements on the www.agefriendlymanitoba.com website.
- Financial recognition to assist the community with age-friendly initiatives
- Enhanced eligibility on Age-Friendly grants as they become available

Age-Friendly Manitoba Milestone Recognition Application

When a community completes the 4th Age-Friendly Milestones, the municipal government may apply to have the community officially recognized by completing the attached application form. Successful applicants will be awarded \$2500.

For more information on the AFMI recognition award contact:

Connie Newman, Executive Director

 www.agefriendlymanitoba.com  hello@agefriendlymanitoba.com



The Age-Friendly Manitoba Initiative is under the stewardship of the
Manitoba Association of Senior Communities (MASC)

SEP 2023

Background Information on Age-Friendly Manitoba Initiative

- Age-Friendly Manitoba is built on the World Health Organization's healthy aging framework that looks at eight key dimensions of community life to optimize health, participation and security.
- The Public Health agency of Canada has adopted the concept.
- Manitoba invited all municipalities to engage in 2009.
- Representatives attended orientation sessions and upon passing a Council resolution to work toward becoming more age friendly received a \$2.0 grant from the Province.
- Community consultation were offered by the University of Manitoba Centre on Aging which generated reports on which to build action plans.
- Currently over 90 jurisdictions in Manitoba are on the "Age Friendly path".
- WHO declared the Decade of Healthy Aging 2021– 2030.
- The Manitoba Association of Senior Communities (MASC) is now the Steward of the Age-Friendly Manitoba.

In March 2023 the Province of Manitoba released the "Provincial Senior Strategy". It recognizes the importance of local community in supporting people to age in place, lead healthy active lifestyles and continue to contribute to their communities. It also recognizes Age-Friendly communities as an important piece of the strategy.

This led MASC to develop "Age Friendly 2.0". There are opportunities for existing AF jurisdictions.

Milestones Recognition: (\$2.5 grant) This is a 5-step process:

1. Municipal resolution;
2. Establish a leadership group; There are different structures throughout the province. Having the municipality engaged is critical. Some of the more sustainable model involve engaging with organizations to have representatives on the group – this also helps develop an "age friendly culture" in organizations which moves out into the community. Finding a "champion" and or a committed chairperson is valuable.
3. Develop an action plan based on community consultation: Existing reports could be revisited to see what has been accomplished and what could still be addressed. A new consultation process could look at new & emerging issues e.g. dementia friendly communities, agism, social isolation, intergenerational concerns
4. Publicize the action plan; After Step 4, the municipality may submit an application for Milestone recognition.
5. The application includes step 5, a commitment to follow up and evaluate.

Community Collaboration Grant program: (Age friendly jurisdictions would have received an email message on September 7 announcing this program.)

- up to \$10.0 for initiatives that involve the local government and 3 or more community organizations and impact 2 or more domains.
- Milestone jurisdictions will have preferential consideration.
- Application deadline is December 3, 2023.

Other resources available:

The **Age Friendly Manitoba website** at www.agefriendlymanitoba.com has information about the AF initiative, the 8 domains and benefits of being an AF community.

Email notices of **monthly AF newsletter** are sent to the municipal offices of all AF communities. If we have contact information for community leaders, they also receive a message. Past newsletters are archived on the web site under the Resources & Newsletters tab.

MASC works closely with AMM and MMAA with webinars and information sharing.

A New Horizons project on emergency preparedness with 8 jurisdictions has engaged MASC with the Provincial EMO.

MASC is in ongoing contact with Manitoba Health & Manitoba Seniors & Long-Term Care, which link to the Regional Health Authorities.

We also work with the Manitoba Chambers of Commerce that link to local Chambers.

Consultation: There is increased budget to support community consultation. We also plan to hold community meetings local and regional to help share information and

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Age Friendly Manitoba Initiative

Milestone Recognition Application



The Age-Friendly Manitoba Milestone Recognition Program

After completion of the 4th Age-Friendly milestone, communities can apply for Milestone recognition. Additional information may be attached to the application.

Municipal Government Information

Municipal Government Town of Carberry

Mailing Address: Box 130 Carberry MB R0K0H0

Email acao@townofcarberry.ca Phone 204 834 6603

Contact Person Teresa McConnell Position Assistant Chief Administrative Officer

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Age Friendly Manitoba Initiative

Milestone Recognition Application



The Age-Friendly Manitoba Milestone Recognition Program

After completion of the 4th Age-Friendly milestone, communities can apply for Milestone recognition. Additional information may be attached to the application.

Municipal Government Information

Municipal Government Municipality of North Cypress - Langford
Mailing Address: Box 220 Carberry, MB R0K0H0
Email cao@rmofnorthcypress.ca Phone 204 834 6600
Contact Person Teresa Parker Position CAO

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Age Friendly Manitoba Initiative Milestone Application Form



MILESTONE 1 - Community Engagement - Establish an Age-Friendly leadership group that includes active engagement of older adults.

An age friendly leadership group was formed to work with the University of Manitoba Planning students to assess the Municipality and Town.

Who is involved in your leadership group?

The leadership group consists of members of the Carberry Service for Seniors board, Handivan board, Council members from both the Municipality of NCL and Town of Carberry as well as seniors and members of the community.

List the organizations represented on your leadership group (attach a separate sheet if required).

Carberry United Church Ministry
Municipality of North Cypress - Langford Council
Town of Carberry Council
Carberry Economic Development
Seniors
Community members.

How has the group consulted with the community? For example, community meetings or other events, requests for submissions, comments, etc.

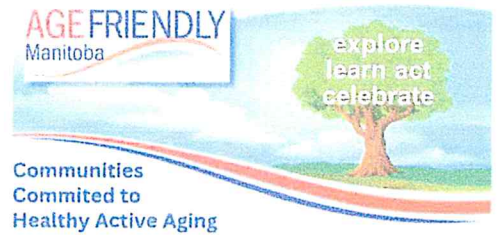
University of MBS Planning students initiated a consultation with the board and community members to evaluate (assess the community on Age Friendly factors). The students toured the communities and have had a couple of sessions with seniors engaging them in feedback on living in Carberry and area. To date we have not received the final report from the planning students. Expected in December with community meeting.

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MILESTONE 2 - Council Resolution - Secure a municipal council resolution to actively support, promote and work toward becoming Age-Friendly. (Please attach a copy).

Date Passed: Town of Carberry Jan 23, 2024

MILESTONE 3 - Action Plan - Establish a comprehensive and concrete plan of action based on community consultation including older adults. The plan includes goals, objectives, activities, timing, funding and other resources and target measures (please attach copy).

Please describe how older adults were involved in these processes (eg. focus groups, surveys, number of participants). By what method(s) did you consult with your community?

Attached.

Date Action Plan Created November 7 / 2023

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MILESTONE 4 - Public Awareness - Demonstrate commitment to action by publicly posting the action plan.

Date and location(s) of action plan post (for example, municipal office, municipal website, community centre, etc).

*Action plan posted on:
Town of Carberry Website and Facebook,
Municipality of NCL Website and Facebook,
Carberry Service for Seniors Facebook,
Posted at Senior Centre
Community Centre,
Town of Carberry NCL newsletter.*

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Required attachments checklist.

Please submit the following with your application:

- Copy of municipal resolution
- AF needs consultation/assessment
- AF action plan

MILESTONE 5 - Commit to Evaluation - Commit to measuring activities and reporting publicly on action plan outcomes.

Additional material that you can provide will be helpful to us in promoting age-friendly accomplishments in your community. If available, please provide:

- Outcomes and progress reports on AF action plan
- Evaluation reports (may include anecdotal)
- Photographs of age-friendly features/events. Please contact us if you need a media release form.

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Age Friendly Manitoba Initiative

Milestone Application Form



Additional Comments:

I, Debra Steen, confirm that the contents of this form are accurate to the best of my knowledge.

Debra Steen
Signature

Oct 8 2023
Date

Resource Coordinator
Position

SEP 2023



AGE FRIENDLY – ACTION PLAN
Town of Carberry &
Municipality of North Cypress-
Langford

AGE Friendly -ACTION PLAN

Debra Steen

Carberry Service for Seniors

Carberry Age Friendly Committee

What is Age Friendly Community?

According to the World Health Organization (WHO), an age- friendly community is one that “encourages active aging by optimizing opportunities for health, participation and security in order to enhance quality of life as people age. “

“Quality of life” is explained in three ways:

- **Society:** Seniors are supported to age actively, enjoy good health, remain independent, and stay involved in communities.
- **Economy:** Businesses are better able to support older workers and benefit from support of older customers.
- **Physical environment:** Buildings and streets are safe and barrier-free, with better access to local businesses and facilities. Communities have more green spaces.

Everyone benefits when we have safer streets and sidewalks, more inclusive and accessible facilities and services and significant contributions to our communities from seniors.

How we developed the Age- Friendly Action Plan

Community meetings were planned in 2009 and again recently in 2023. University of Manitoba Planning students offered to tour, evaluate and consult with Age Friendly board members, community members and both council members from Town of Carberry and Municipality of North Cypress Langford.

Final results of the Age Friendly evaluation will be presented to the age friendly members and community in December 2023.

Results from 2009 Age Friendly Attached. Based on general discussions during these meetings the priority areas are as follows:

Priority Areas

- °The need for access to local healthcare. Need Doctors and emergency access. As well as local access to footcare, hearing specialist and physiotherapy.
- °Communication- Since losing local paper seniors are struggling to know what is going on if they are not on Internet / Facebook.
- °Housing – Assisted Living with daily meals provided. Access to lower income housing for all ages.
- °Transportation- Access to more affordable transportation services. Shuttle to Brandon (go in am, home in afternoon); extended hours and access.
- °Sidewalks need some repair and clearing of snow/ice especially from Senior's buildings to access essential services.
- °Access to public washrooms.

What Priorities have been addressed to date:

- °Carberry Economic Development has been active working to bring further businesses to Carberry such as Chiropractor, Physiotherapy and footcare.
- °Councils, Carberry Health Action Committee and the community as a whole are working to bring doctors back into the community and re-open the emergency department.
- °Communication proves to be a hurdle for the area as those without internet options have struggled. A quarterly newsletter is distributed around town, a poster display board has been erected in a central location downtown and a large electronic display board has been put up outside the Collegiate that has current events listed.
- °Community is working towards access to Assisted Living option with meals and recreation in place.

°Carberry North Cypress-Langford Handivan service is greatly supported by the Town of Carberry and the Municipality of North Cypress-Langford and they recognize the necessity of providing its mobility disadvantaged community members with a safe reliable mode of transportation.

The Handivan committee secured a grant from Rural Transit Solutions Fund towards the purchase of a new Handivan for Carberry North Cypress-Langford which in turn will save on the maintenance costs of the current Handivan service and supports the Carberry North Cypress-Langford Handivan service to remain affordable and accessible for all.

The Handivan also secured funding through the Carberry and Area Community Foundation for funding to secure a coupon book (5 free return rides) for its users. This will be a \$40.00 saving for each user and we hope will encourage new usership locally. The Handivan service also has access to a Community Needs Fund where those that cannot afford Handivan transportation can apply to have the cost of their transportation for medical needs covered in whole or partially. The Carberry Community Needs fund is made possible by Carberry and Area Community Foundation.

° The Town of Carberry have worked to put in place school zones around the two educational facilities along with three lighted crosswalks for easier and safer access for all ages.

°Carberry Council members are committed to replacing and repairing sidewalks in business district and around town to better enable accessibility for all.

°A paved & lighted walking path has been developed that encompasses a large area of the Town and has proved to be a vital resource for many.

° New and enhanced outdoor spaces and seating are available in areas around town with the addition of a new playground in the West end of Carberry and a shaded seating area in the park on Main Street which provides access to safe, inclusive seating when attending business district.

° Carberry Drop In Centre are working to increase membership and activities for the seniors.

° To date there is no option for community washrooms during the winter months.

°Municipality of North Cypress-Langford are updating their accessibility plan for the smaller urban areas within the Municipality.

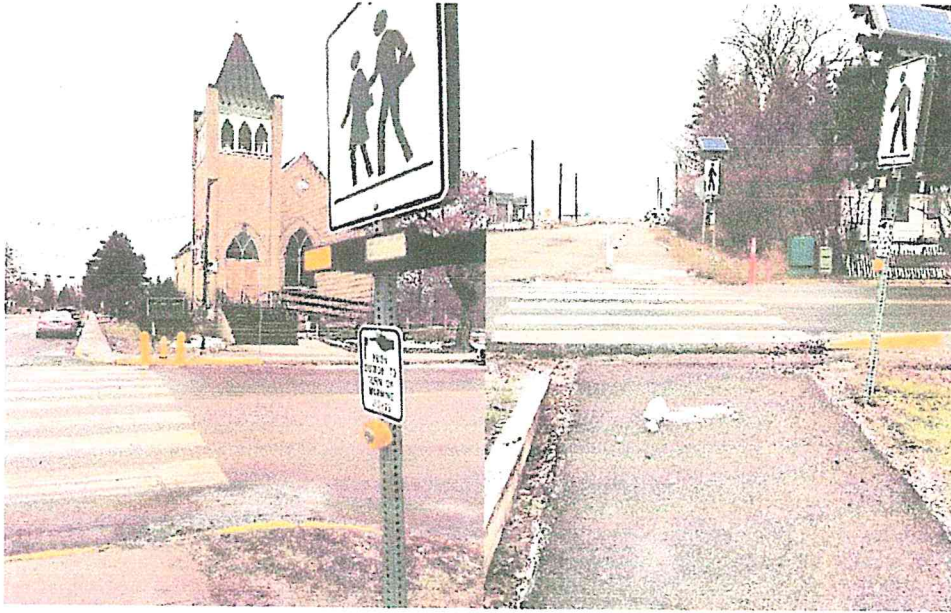
°Town of Carberry will also be updating their accessibility plan.



Newly developed walking path that is greatly enjoyed by all ages!



New shade structure and seating in business district for the community!



Addition of 3 sets of lighted crosswalks for the community.



Replacement of sidewalks remains to be a priority!

Community Age-Friendly Priorities

Carberry, Manitoba

Age-Friendly Carberry Community Consultation Summary

October 19, 2009

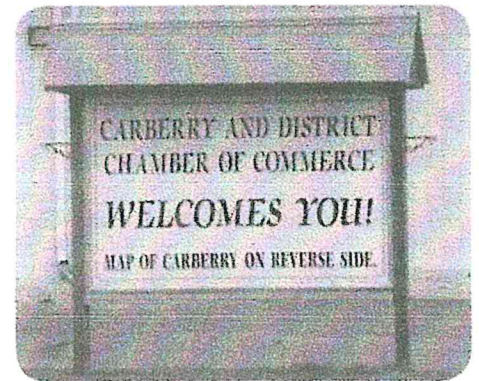
Community consultations are being held with seniors and community members in a number of communities in Manitoba as part of a larger Age-Friendly Initiative. The goal of these community consultations is to assist communities to prioritize issues that will help them form action plans to make their community as age-friendly as possible. On October 19, 2009, 15 individuals from the Town of Carberry, Manitoba came together to talk about age-friendly priorities and issues within their community. Participants also had the opportunity to complete a survey of the age-friendliness of their community. The following is a summary of the age-friendly priorities identified at the meeting and survey results.



Summary of Group Discussion

Age-Friendly Benefits in Carberry

- Handi-van service is a reasonable cost
- Enough housing is available for seniors
- Most events are open to community members
- Snow removal is done quickly
- Updated town map is posted on the community board
- Lighting around town is sufficient and has been upgraded



Priority: Increase Parking Availability Near Businesses

Potential Actions:

- Designate a permanent parking space for handicap parking only in front of public buildings such as the senior centre and library
- Review how to increase parking spaces, e.g. parallel parking vs. angled parking
- Encourage business owners and employees to leave parking spaces available in front of their businesses on Main Street for customers and clients and to develop alternate parking behind the businesses for their vehicles



Priority: Make Public Transportation More Readily Available

Potential Actions:

- Survey the need for a private business that offers "taxi service" at reasonable costs
- Explore the acquisition of a smaller Handi-Van, to transport people who cannot drive, around Carberry to businesses and appointments
- Increase the number of volunteer drivers (both full time and part time) to take seniors to appointments



Priority: Improve Local Health Services

Potential Action:

- Promote the continuance of health services in Carberry and surrounding areas

Priority: Increase Safety on Sidewalks and Walking Trails

Potential Actions:

- Complete regular maintenance on uneven sidewalks
- Add sidewalks in specific areas such as in older residential areas, at the Smith building, and the senior complex
- Design a walking trail for people to use to walk to town so they do not use the highway



Priority: Increase Personal Safety While Walking and Driving

Potential Actions:

- Encourage residents walking on Wellwood Road to wear reflective clothing (especially at dawn or dusk) so motorists can see them
- Fix the curved slope at the post office and add a railing to reduce the hazard of falling
- Find ways to reduce blind spots for motorists crossing intersections, especially at the post office and Davidson's corner



Priority: Improve Building Accessibility

Potential Actions:

- Investigate how to increase the accessibility of older municipal buildings e.g. by installing an elevator or by installing lighter weight doors
- Encourage business owners to assess and improve building accessibility e.g. by installing automated doors at the grocery store, bakery, and bank
- Promote better access and safety for the post office by widening the stairs and having the door open the other way



Priority: Create More Affordable Housing

Potential Actions:

- Create subsidized and assisted living housing options for seniors
- Develop affordable housing to encourage young families to move to Carberry



Priority: Improve Communication

Potential Actions:

- Create a monthly age-friendly newsletter to raise awareness in the community
- Develop a partnership between the senior centre and home care to publish a directory of services
- Update the town map on the Web site
- Explore creating a large, coloured map that identifies points of interest and offers advertising along the sides
- Provide effective communication to residents regarding the use and timing of the siren, e.g. sounding when a tornado is approaching



Priority: Add More Benches for Sitting

Potential Action:

- Add more benches along walking trails and along Main Street

Summary of Survey Responses

As part of a community consultation held in Carberry on October 19, 2009, individuals were asked to complete a brief questionnaire designed to collect information on the age-friendliness of their community. A total of 14 questionnaires were completed by individuals attending the consultation. An additional 18 questionnaires were completed by individuals living in Carberry who had not attended the community consultation. This report summarizes the findings from the 32 individuals who completed the Age-Friendly Communities Survey; 31.3% identified themselves as a senior.

Most Age-Friendly Areas

Based on the survey results, most of the residents feel that seniors are generally treated with respect. Many residents feel that the congregate meal programs available and meal delivery services to seniors' homes are sufficient. Also identified was safety in the community, as seniors feel safe when walking alone during the day, and residents also identified that snow clearing is done in a timely manner so walking and driving is safe.

Least Age-Friendly Areas

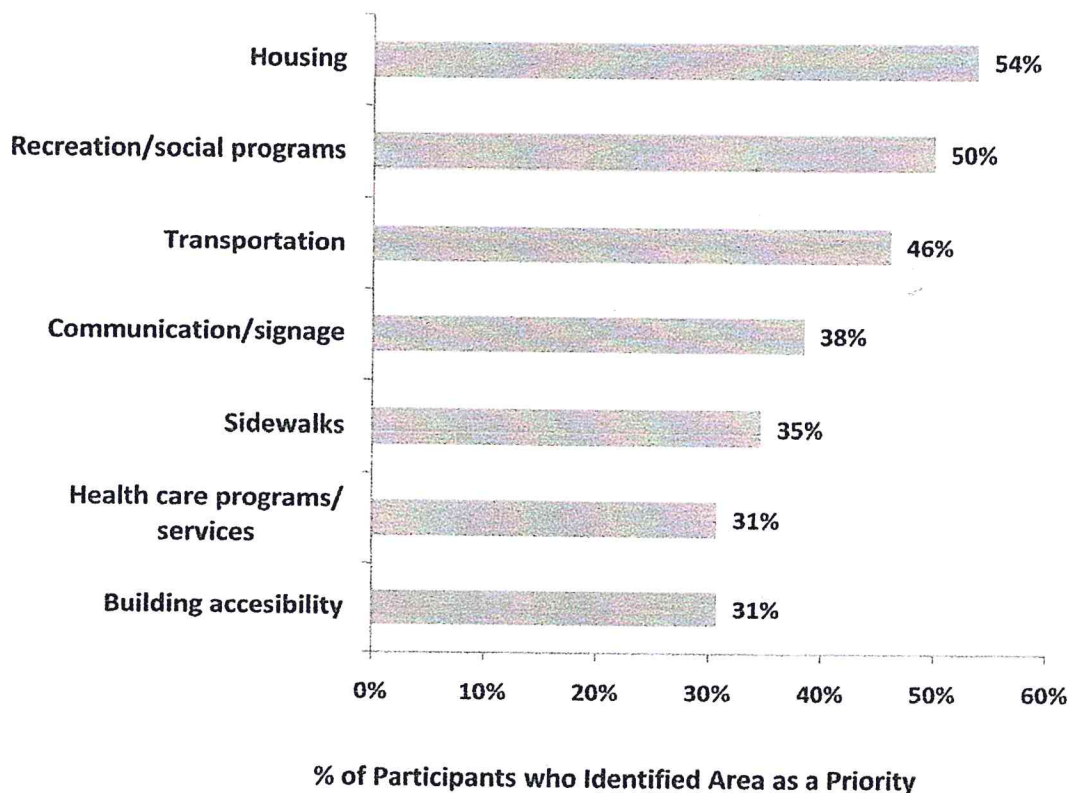
Important areas identified by residents, include public transportation to health care services and housing. Residents, who completed survey, feel that waiting times for senior housing that provides supports to seniors could be improved along with offering subsidized housing for low-income seniors and younger people in the community. They also feel that more resting areas with benches along paths or trails are needed. More intergenerational programs are needed as well as lifelong learning programs specifically for seniors and seniors' advocacy services in the community.

Priority Areas

Individuals were also asked to write down the top five issues they felt needed to be most urgently addressed in their community. Twenty-six of the 32 individuals (81.2%) identified at least one priority area. These written comments were grouped into the priority areas as shown in Figure 1:

- housing (e.g., affordable housing, more senior housing, assisted living, low income housing);
- recreation/social programs (e.g., activities/exercise for seniors, more social programs, walking trails, activities of interest for seniors);
- transportation (e.g., transportation costs, lower handi-van fees, more transportation, less costly transportation for out of town appointments);
- communication/signage (e.g., signage around community, communication, survey of seniors' needs, larger signs throughout town);
- sidewalks (e.g., street-sidewalk issues, some sidewalks need repair, sidewalks that meet at street intersections);
- health care programs/services (e.g., more doctors plus medical staff, less waiting time for care home placement, medical needs, more programs for shut-in seniors); and,
- building accessibility (e.g., access to public buildings, increase wheelchair accessibility, better access to stores such as automatic door openers, accessibility to recreation centre).

Figure 1: Priority Areas Identified by Participants



Age-Friendly Survey Responses

Housing	Percent Responding		
	Yes	No	Don't Know
There is enough housing that meets the needs of seniors.	35.5	41.9	22.6
Housing for seniors is affordable.	32.3	16.1	51.6
There is enough subsidized housing for low-income seniors.	12.9	35.5	51.6
The waiting times are reasonable to get into senior housing that provides supports to seniors (e.g., assisted living, nursing homes).	16.1	54.8	29.0
There is enough housing for younger people.	3.2	67.7	29.0

Transportation	Percent Responding		
	Yes	No	Don't Know
The public transportation (not provided by family or friends) to shopping, senior centres, religious events, cultural events, and so forth is sufficient.	22.6	45.2	32.3
The public transportation (not provided by family or friends) to and from medical appointments is sufficient.	35.5	32.3	32.3
The transportation that is available for individuals with disabilities (e.g., Handi-Van) is sufficient.	51.6	16.1	32.3
The public transportation (not provided by family or friends), including Handi-Van that is available in my community is affordable for seniors.	48.4	22.6	29.0
There are volunteer drivers or an informal network of drivers available for seniors who need transportation.	43.3	20.0	36.7
There are enough parking spaces close to services and stores.	53.3	40.0	6.7
There are enough "handicap" parking spaces close to services and stores.	38.7	45.2	16.1

Respect and Social Inclusion	Percent Responding		
	Yes	No	Don't Know
Seniors are generally treated with respect.	90.3	0.0	9.7
Seniors serve in an advisory role to municipal government (e.g., there is a seniors' council).	31.3	18.8	50.0
Community consultations specifically include seniors.	37.5	15.6	46.9
Planning processes specifically consider the needs of seniors (e.g., planning for housing or transportation).	25.8	16.1	58.1

Safety	Percent Responding		
	Yes	No	Don't Know
Crime and vandalism are a problem.	40.6	31.3	28.1
Seniors feel safe when walking alone during the <i>day</i> .	81.3	3.1	15.6
Seniors feel safe when walking alone during the <i>night</i> .	25.0	25.0	50.0

Outdoor Spaces and Buildings	Percent Responding		
	Yes	No	Don't Know
The road signs are easy to read and large enough for older drivers.	62.5	15.6	21.9
There are sidewalks linking residences and essential services in most or all areas of my community.	59.4	31.3	9.4
Sidewalks in most or all areas of my community are well maintained (even surfaces or paved, not a lot of cracks).	37.5	50.0	12.5
Snow clearing is done in a timely manner so walking and driving is safe.	71.0	19.4	9.7
There are enough street crosswalks in busy <i>business</i> areas.	68.8	21.9	9.4
There are enough street crosswalks in busy <i>residential</i> and/or <i>recreation</i> areas.	53.3	26.7	20.0
There are enough public washrooms in key areas of my community (e.g., business and recreation areas).	68.8	25.0	6.3
Public washrooms accommodate people with wheelchairs.	21.9	31.3	46.9
Most or all businesses and public buildings are easily accessible to everybody (e.g., have wheelchair ramps, automatic doors).	25.0	68.8	6.3

Social Participation/Recreation	Percent Responding		
	Yes	No	Don't Know
My community has enough pleasant places for walking (e.g., walking trails, parks, well-treed streets).	48.4	45.2	6.5
Local parks or walking trails are accessible and easy to use for seniors (e.g., paths with even surfaces).	31.3	43.8	25.0
There are enough resting areas with benches along paths or trails.	12.5	56.3	31.3
There are enough exercise classes specifically for seniors.	0.0	68.8	31.3
There are enough recreation programs specifically for seniors (e.g., card games, arts, crafts).	50.0	18.8	31.3
There are enough lifelong learning programs specifically for seniors (e.g., learning new things such as the use of computers).	9.4	56.3	34.4
There are enough programs in my community that bring seniors and children together (e.g., school reading programs, children spending time with seniors).	6.3	43.8	50.0
Recreational activities, such as exercise and other recreational programs, are generally affordable for seniors.	21.9	9.4	68.8
Isolated seniors (e.g., those who don't have anybody) are contacted, visited or taken to activities.	25.8	19.4	54.8

Community/Work Force Participation	Percent Responding		
	Yes	No	Don't Know
There are enough volunteer opportunities for seniors.	50.0	12.5	37.5
There is enough official recognition for seniors who volunteer (e.g., an appreciation banquet or volunteer awards).	34.4	28.1	37.5
There are enough paid job opportunities for seniors.	6.3	34.4	59.4
The job opportunities in my neighbourhood accommodate the needs of seniors (e.g., part-time work is available).	9.4	34.4	56.3

Information/Advocacy	Percent Responding		
	Yes	No	Don't Know
Information about community events is readily available to seniors.	37.5	12.5	50.0
Information about the services and programs provided by various organizations is readily available to seniors.	25.0	25.0	50.0
Official, written information, such as forms or brochures is easy to read and understand (e.g., large print, clear language).	31.3	15.6	53.1
Public telephone answering services are adapted to the needs of seniors (e.g., instructions are given clearly and slowly).	9.4	15.6	75.0
There is enough assistance available for completing official forms (e.g., help with filling out government or income tax forms).	18.8	12.5	68.8
There are enough seniors' advocacy services available (e.g., an ombudsman to inform others of seniors' needs).	9.4	25.0	65.6

Health and Community Services	Percent Responding		
	Yes	No	Don't Know
The home care services that support seniors in their own home (e.g., meal preparation, nursing care) are sufficient.	64.5	12.9	22.6
The services that help seniors around the home (e.g., snow removal, lawn care, garbage brought to the street) are sufficient.	61.3	9.7	29.0
The congregate meal programs available (e.g., lunch at a recreation or senior centre) are sufficient.	83.9	0.0	16.1
The meal delivery services that bring meals to seniors' homes are sufficient.	75.0	12.5	12.5
The health care services that are provided in my community meet the needs of seniors (e.g., hospital, physicians, eye care).	50.0	40.6	9.4
Public transportation (not provided by family or friends) to health care services that are <i>not</i> provided in my community is sufficient.	19.4	35.5	45.2
Access to health care that are <i>not</i> provided in my community is generally convenient (e.g., services not too far away, appointment times are convenient).	41.9	29.0	29.0

The views expressed herein reflect the opinions of the participants and do not necessarily represent the views of the Age-Friendly Communities Community-University Research Alliance (CURA) or the Centre on Aging.

This summary was prepared by the Age-Friendly Communities CURA. The Age-Friendly Communities CURA is funded by the Social Sciences and Humanities Research Council of Canada.

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