

## What is an Age Friendly Community?

An age-friendly community enables people of all ages to participate in community activities and treats everyone with respect, regardless of age.

## Why does this matter?

Older adults are enabled to live with good health, well-being, safety and security.



## Communities in which:

- Housing choice is available, affordable, and safe
- Healthy and safe transportation options enable residents to get around
- Community information is available and well communicated
- Recreation, Leisure & Cultural Activities foster social participation
- Meaningful volunteer and employment opportunities are available
- Health and community services support aging-in-place
- The City of Hamilton champions dementia friendly strategies

## Because.....

Hamilton's population is aging and it is expected to increase. Currently there are 167,070 people age 55 years and older living in the City of Hamilton representing about 30% of the population.

## Key Messages

1. The Hamilton Council on Aging is partnering with the City of Hamilton, the Hamilton Seniors Advisory Committee and other community partners to make Hamilton more age-friendly.
2. In 2015, The City of Hamilton endorsed Hamilton's Plan for an Age Friendly City. The five-year implementation plan (2014-2019) focused on improving Hamilton's age friendliness.
3. In 2020 we are developing Hamilton's Plan for an Age Friendly City (2020-2025).

## Resources:

Hamilton's Plan for an Age-Friendly City [www.coahamilton.ca](http://www.coahamilton.ca)

**Video:** Hamilton is an Age-Friendly City! <https://youtu.be/wLE7Y5x9r2g>

## Websites:

- [www.who.int/ageing/age-friendly-world/en/](http://www.who.int/ageing/age-friendly-world/en/)
- [www.hamilton.ca/agefriendly](http://www.hamilton.ca/agefriendly)



**What can you do to make Hamilton age friendly?**