

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

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

Websites:

- www.who.int/ageing/age-friendly-world/en/
- www.hamilton.ca/agefriendly



What can you do to make Hamilton age friendly?