



## 2022 AGE-FRIENDLY HAMILTON PROGRAMS & PRACTICES

Detailed information about the 2022 Age-Friendly programs and practices submitted by community organizations, groups and City of Hamilton staff that have been profiled in the 2022 Age-Friendly Community Progress Report

# 2022 AGE-FRIENDLY HAMILTON PROGRAMS & PRACTICES

[www.coahamilton.ca](http://www.coahamilton.ca)

[www.hamilton.ca/agefriendly](http://www.hamilton.ca/agefriendly)

<b>GOAL 1: HOUSING</b>		
<i>Housing choice is affordable, available, and safe</i>		
<u>Organization and Program</u>	<u>Details</u>	<u>Learn more (www.)</u>
<b>City of Hamilton - Ontario Renovates Secondary Suites Forgivable Loan Program</b>	The Ontario Renovates Secondary Suites Forgivable Loan Program provides financial assistance of up to \$25,000 to eligible homeowners in form of a 15-year forgivable loan to create affordable secondary suites in existing single-family homes or garden suites on the property lot of a single-family home that is the homeowner's sole and principal residence. Program provides an additional grant of \$5,000 if accessible modifications are included in the project, towards the costs associated with developing a secondary suite.	<a href="http://www.hamilton.ca">www.hamilton.ca</a>
<b>City of Hamilton - Supports for homeless &amp; precariously housed seniors</b>	The City of Hamilton funds and monitors programs that together work to support individuals and families in stabilizing housing and preventing homelessness wherever possible and in quickly ending experiences of homelessness for all citizens, including older adults.	<a href="http://www.hamilton.ca">www.hamilton.ca</a>
<b>Hamilton Community Legal Clinic - Legal advice for senior tenants</b>	The Hamilton Community Legal Clinic provides free legal advice and services for all tenants, including seniors.	<a href="http://www.hamiltonjustice.ca">www.hamiltonjustice.ca</a>
<b>St. Matthew's House - Affordable housing units for Black &amp; Indigenous seniors</b>	Seniors who are provided safe, permanent housing have better health, aging, and social outcomes. Mental well being is improved, food security can be attained, and low-income seniors can age in place successfully. The goal for this program was to successfully apply for funding to convert our former food bank to 15 deeply affordable bachelor units for Black and Indigenous Seniors facing/experiencing homelessness. St. Matthew's House successfully raised \$7.8 million to reach this goal.	<a href="http://www.stmatthewshouse.ca">www.stmatthewshouse.ca</a>
<b>West Hills Co-operative Homes - Installation of accessibility supports for seniors</b>	Several Co-op members have lived at West Hills Co-Operative Homes for 20 plus years and require home supports to accommodate their changing needs. We consulted with older adult residents and made adaptations to accommodate these needs, including the installation of handrails in the front and back entrance ways.	<a href="https://ontario.coop/west-hills-co-operative-homes">https://ontario.coop/west-hills-co-operative-homes</a>

<b>GOAL 2: GETTING AROUND</b>		
<i>Transit options enable seniors to get around Greater Hamilton</i>		
<u>Organization and Program</u>	<u>Details</u>	<u>Learn more (www.)</u>
<b>Hamilton Bike Share Inc.- Adaptive Bike Hub &amp; cycling education</b>	In June of 2022, the Everyone Rides Initiative (ERI) launched the Adaptive Bike Hub in Gage Park. Riders can now access a small fleet of adaptive bikes in Gage Park and use the newly paved multi-use trail to practice and enhance their cycling skills. Since the launch, the ERI has engaged partners in weekly sessions at the Adaptive Bike Hub where everyone can ride a bike or receive a ride in the cargo bike. The Adaptive Bike Hub is open to EVERYONE interested in trying an adaptive bike. Bikes are available to borrow for rides around Gage Park by appointment for no cost.	<a href="http://www.everyonerides.org">www.everyonerides.org</a>
<b>City of Hamilton - Complete Streets Design Manual</b>	The Complete Streets Design Manual is a tool that will change how streets are designed across Hamilton by integrating a new set of standards into the design of our streets. The approach focuses on considering the needs of road users of all ages and abilities and building streets that meet their needs, whether walking, cycling, taking transit, driving a private automobile, or delivering goods. The approach prioritizes road safety for everyone and aims to enhance the public realm and complement the adjacent land uses.	<a href="http://www.hamilton.ca">www.hamilton.ca</a>
<b>DARTS - Specialized transit services</b>	DARTS Transit provides predictable, reliable, safe, and affordable transit options to those who are unable to use a private car or public transit, whether that inability is temporary, seasonal, or full time.	<a href="http://www.dartstransit.com">www.dartstransit.com</a>
<b>Flamborough Connects - Volunteer driving program</b>	Flamborough Drives provides volunteer drives that take clients to local appointments (shopping, hairdresser, errands, etc.) generally within Flamborough. <i>This is not transportation to medical appointments or hospitals</i>	<a href="http://www.flamboroughconnects.ca">www.flamboroughconnects.ca</a>
<b>Hamilton Council on Aging - Let's Get Moving workshops</b>	Let's Get Moving Workshops (Let's Drive a Car, Let's Take a Walk, Let's Ride a Bike, Let's Ride the Bus) strengthen the safety and well-being of older adults by enhancing their independence to get around Hamilton, age in place and access services. Register for an upcoming workshop or organize a workshop for a group of older adults.	<a href="http://www.coahamilton.ca">www.coahamilton.ca</a>

<b>GOAL 3: INFORMATION &amp; COMMUNICATION</b>		
<i>Communication and information is easy to access and understand</i>		
<u>Organization and Program</u>	<u>Details</u>	<u>Learn more (www.)</u>
<b>Hamilton Police Services</b> - Traffic Safety video for older adults	Hamilton Police Services partnered with the Seniors Advisory Committee to create traffic safety video to inform older adults of ways in which to be safe as pedestrians and drivers.	<a href="http://www.hamiltonpolice.on.ca">www.hamiltonpolice.on.ca</a>
<b>Jamaica Foundation Hamilton</b> - Help for older adults to stay connected	The Jamaica Foundation of Hamilton provided online interaction through zoom, with speaker presentations, and social activities during stay-at-home orders through Covid-19. Senior participants are now meeting in-person at a senior's centre.	<a href="http://www.thejamaicafoundationhamilton.org">www.thejamaicafoundationhamilton.org</a>
<b>Occupational Therapy Program, McMaster University</b> - Developing a dementia friendly recognition program	Student occupational therapists worked in small groups to develop recommendations for a recognition program in collaboration with the Empowering Dementia Friendly Communities Project (Hamilton Council on Aging.)	<a href="http://www.coahamilton.ca">www.coahamilton.ca</a>
<b>RGPC</b> - Navigation tool: Care for Older Adults, Where to Start	"Care for Older Adults: Where to Start" is a navigation tool with a selection of helpful provincial and regional resources for older adults and their caregivers.	<a href="http://www.rgpc.ca">www.rgpc.ca</a>
<b>Seniors Advisory Committee</b> - Enhanced City of Hamilton webpage to navigate seniors' programs and services	The City's Seniors Advisory Committee provided feedback to redevelop the City of Hamilton Seniors website, so it is more user-friendly and easier to navigate and find information for older adults.	<a href="http://www.hamilton.ca">www.hamilton.ca</a>

<b>GOAL 4: HEALTH &amp; COMMUNITY SERVICES</b>		
<i>Health and community services support aging-in-place</i>		
<u>Organization and Program</u>	<u>Details</u>	<u>Learn more (www.)</u>
<b>Banyan Community Services</b> - Grocery service to support aging in the community	Grocer ease delivers groceries to some of the most isolated seniors in Hamilton. Our staff are aware that at times they are the only contact between the senior and the community. Staff make it a point to socialize with them, connect them to another isolated senior to talk, another community agency to help support or introduced to virtual activities that are available.	<a href="http://www.banyancommunityservices.org">www.banyancommunityservices.org</a>
<b>Blackheath Binbrook Lions Club</b> - Supports to age in the community	The Binbrook Lions Club is promoting environments that support and enable older adults to age actively and with dignity. This includes improving accessibility, safety, and availability of resources and services that enhance their physical, social, and mental well-being.	<a href="http://www.e-clubhouse.org/sites/blackheathbinbrook/">www.e-clubhouse.org/sites/blackheathbinbrook/</a>
<b>Cancer Assistance Program</b> - Free accessible supports for cancer patients	The Cancer Assistance Program provides free service to cancer patients and their families by providing FREE transportation to health-related appointments, nutrition and food, home health equipment, educational podcasts, parking, and personal comfort items.	<a href="http://www.cancerassist.ca">www.cancerassist.ca</a>
<b>Regional Geriatric Program Central</b> - Clinical intake referrals to improve access to specialized medical care	The Regional Geriatric Program Central leads a Central Clinical Intake service for community based Specialized Geriatric Services (Geriatric Medicine and Geriatric Psychiatry), Behavioural Supports Ontario, and GeriMedRisk. Central Clinical Intake accepts referrals for community-dwelling older adults wishing to receive service in the Hamilton, Niagara, Haldimand Norfolk, Brant and Burlington regions.	<a href="http://www.rgpc.ca">www.rgpc.ca</a>
<b>Dementia Friends in our Community</b> - Newsletter by people living with Alzheimer's to challenge how people understand dementia	Dementia Friends in our Community- Hamilton is a group of individuals who live with Alzheimer's disease. In 2022, Dementia Friends launched a free newsletter: "Living Well with Alzheimer's" to reveal Alzheimer's from a different perspective, through the eyes of people who live with it. Their goal is to create a network of support for people who live with dementia and educate everyone about how to create more meaningful and dementia-inclusive communities.	<a href="http://www.coahamilton.ca">www.coahamilton.ca</a>

<b>HEALTH &amp; COMMUNITY SERVICES (continued)</b>		
<u>Organization and Program</u>	<u>Details</u>	<u>Learn more (www.)</u>
<b>Dundas Community Services</b> - Meals on wheels & transportation services	Dundas Community Services is working to keep seniors in their homes when possible. We will aid in transporting them to doctors appointments, or shopping trips. We also have meals on wheels to help with nutrition.	<a href="http://www.dundascommunityservices.on.ca">www.dundascommunityservices.on.ca</a>
<b>Dundas Weight Loss Clinic</b> - Weight management & health promotion for older adults	The Dundas Weight Loss Clinic services clients of all ages, with altered care to include age-appropriate vaccinations, health issues related to aging, prevention of falls, health screening for older adults, specific nutritional requirements, exercise etc.	<a href="http://www.dundasweightlossclinic.ca">www.dundasweightlossclinic.ca</a>
<b>Service Canada</b> - Improving access to information about government programs, services & benefits for older adults	The Government of Canada provides information and outreach for residents to access federal government benefits and services via Service Canada such as Canada Pension Plan, Canada Pension Plan - Disability, Old Age Security, and Guaranteed Income Supplement benefits, Passport services, Social Insurance Numbers, Employment Insurance, using online tools such as My Service Canada Account, and Benefits Finder.	<a href="http://www.canada.ca">www.canada.ca</a>
<b>Glanbrook Community Services</b> - Information & referral, nutrition & fitness to support older adults to age in the community	Glanbrook Community Services supports the continuation and sustainability of healthy, independent living for seniors in the community with nutrition, exercise, and Information & Referral to assist with health navigation etc. in Binbrook / Mt. Hope / Glanbrook Areas.	<a href="http://www.glanbrookcommuntyservices.ca">www.glanbrookcommuntyservices.ca</a>
<b>Glanbrook Community Services</b> - Meal delivery service for 55+	Glanbrook Community Services provides a meal delivery service to increase food availability and access to anyone who struggles to receive nutrition owing to financial restraints or social isolation in Binbrook, Mt. Hope, Glanbrook Areas	<a href="http://www.glanbrookcommuntyservices.ca">www.glanbrookcommuntyservices.ca</a>
<b>Hamilton Urban Core</b> - Improved access to health, dental & social services	The Hamilton Urban Core breaks down barriers to accessing healthcare and dental care (Ontario Seniors Dental Care) through arranging transportation and services and providing information and opportunities for seniors to socialize.	<a href="http://www.hucchc.com">www.hucchc.com</a>

<b>HEALTH &amp; COMMUNITY SERVICES (continued)</b>		
<u>Organization and Program</u>	<u>Details</u>	<u>Learn More (www.)</u>
<b>Lions Club Zone 25 -</b> Creating an accessible & supportive community	The Lions Club create community or environment that is accessible and supportive for older adults, with a focus on promoting their health, well-being, and independence. This can include initiatives such as improving transportation options, providing access to services and amenities, and promoting social engagement and physical activity. The overall aim is to create a community where older adults can continue to live with dignity and autonomy.	<a href="http://www.e-clubhouse.org/sites/blackheathbinbrook/">www.e-clubhouse.org/sites/blackheathbinbrook/</a>
<b>Thrive Group - Senior Friendly Assessment Tool</b> for healthcare organizations	The ALC Leading Practices Guideline includes a Senior Friendly Assessment that healthcare organizations can (and should in some cases) be completing on an annual basis. This will help to identify any gaps in the system that need to be addressed in relation to age-friendly care. This work was less of a priority through the pandemic however it is time to revisit this important practice. The ALC - Barriers to Discharge table is working with partners from all healthcare sectors within the region to re-prioritize this work and will be looking for trends that we can address together.	<a href="http://www.rgps.on.ca">www.rgps.on.ca</a>

<b>GOAL 5: SOCIAL PARTICIPATION</b>		
<i>Social engagement opportunities are welcoming and reflect the diverse interests, preferences and needs of the community</i>		
<u>Organization and Program</u>	<u>Details</u>	<u>Learn more (www.)</u>
<b>Art Gallery of Hamilton - Artful Moments for specialized audiences</b>	Artful Moments is the AGH's program of arts-based conversations and hands-on activities that is designed to support the changing abilities of participants. With a focus on people living with dementia for many years, we have increased program opportunities for seniors in the community who may not be experiencing specific diagnoses but wish to join programs to connect with others. In the past two years we have expanded from only in-person programs, to include virtual and phone-based opportunities as well. Most programs are heavily or fully subsidized, making them financially accessible for all. Partnerships with community service providers expands our reach.	<a href="http://www.artgalleryofhamilton.com">www.artgalleryofhamilton.com</a>
<b>Cactus Festival of Dundas - Social programming for older adults</b>	Dundas Cactus Festival provides free, programming - in addition to being free to attend the festival is accessible as it's on the street, with accessible restroom facilities. The patio at main stage offers seating, and some shaded tables - a great place to connect with friends and family while enjoying the free entertainment. There are also tables near food vendors. The fire station is very close, in case of any emergencies, and paramedics are on-site to assist if needed. There are also many vendors for shopping.	<a href="http://www.dundascactusfestival.ca">www.dundascactusfestival.ca</a>
<b>City of Hamilton, Recreation Division - Social Participation Resource Guide for older adults</b>	The City of Hamilton developed a Seniors Recreation Guide to increase awareness and the importance of Social Participation and Recreation in healthy aging. Having this resource for seniors and their families makes it easy to navigate lots of different opportunities to participate in leisure, social, cultural, spiritual and recreation activities.	<a href="http://www.hamilton.ca">www.hamilton.ca</a>
<b>Computer Help for Adults - Technology accessibility to support participation of older adults</b>	Computer Help for Adults enables older adults to avail themselves of the programs and devices that can open their world, helping to connect them to technology to reduce isolation and helping them to feel more comfortable, and willing to use new tools.	<a href="http://www.computerhelpforadults.com">www.computerhelpforadults.com</a>

<b>SOCIAL PARTICIPATION (continued)</b>		
<u>Organization and Program</u>	<u>Details</u>	<u>Learn More (www.)</u>
<b>Hamilton Aging in Community</b> - Learning for resilient aging	Hamilton Aging in Community provides online learning and information about seniors-oriented opportunities in the Hamilton region (in person and virtual). Focus was sharing life stories (memoir writing), innovative housing alternatives for seniors, aging with spirit, strengthening connections for families with dementia through faith communities.	<a href="http://www.hamiltonagingtogether.ca">www.hamiltonagingtogether.ca</a>
<b>Hamilton Bike Share Inc.</b> - Removing barriers to cycling	Hamilton Bike Share is working with community members and partners to remove barriers to cycling through the Adaptive Bike Hub, regular rides throughout the summer and fall, for new riders, including older adults who have balance or mobility barriers to a two-wheeled bike, or just want a little extra support. Hamilton Bike Share has also collaborated with the Hamilton Council on Aging to host a Let's Ride a Bike Workshop for seniors.	<a href="http://www.hamiltonbikeshare.ca">www.hamiltonbikeshare.ca</a>
<b>Hamilton Council on Aging</b> - Seniors4Change positive aging workshops	The Hamilton Council on Aging offers a series of six positive aging workshops, through the leadership of volunteers to explore the determinants of health for positive aging. Delivery format allows for questions, quizzes, and audience contributions. Workshops are free to attend and group sessions can be organized free-of-charge.	<a href="http://www.coahamilton.ca">www.coahamilton.ca</a>
<b>Hamilton Council on Aging</b> - Faces of Dementia campaign	The Empowering Dementia-Friendly Communities Hamilton, Haldimand project created an awareness campaign to reduce the stigma around dementia and promote inclusive communities for people affected by dementia.	<a href="http://www.facesofdementia.ca">www.facesofdementia.ca</a>
<b>Hamilton Jewish Family Services</b> - Social programs to age well in the community	Jewish Family Services provides social, active, and healthy programming to older adults along with supporting them to keep their independence by assisting them to access community services and supports they may need. Reduce isolation of older adults in the community.	<a href="http://www.hamiltonjfs.ca">www.hamiltonjfs.ca</a>

<b>SOCIAL PARTICIPATION (continued)</b>		
<u>Organization and Program</u>	<u>Details</u>	<u>Learn more (www.)</u>
<b>Hamilton Literacy Council</b> - iPad and computer basics training	The Hamilton Literacy Council opens the doors of the digital world to seniors to reduce isolation, and increase community engagement. In the training seniors learned the digital skills needed to access information, training, and services available online. They also learned ways to engage socially with others online, have fun, and stay safe.	<a href="http://www.hamiltonreads.ca">www.hamiltonreads.ca</a>
<b>Hamilton Public Library</b> - Return to in-person programming	The Hamilton Public Library fosters learning opportunities, inclusion, and social connections for older adults.	<a href="http://www.hpl.ca">www.hpl.ca</a>
<b>McMaster Institute for Research on Aging</b> - Meet My Hamilton: an intergenerational program	Beginning out of an in-person pilot program, the McMaster Institute for Research on Aging pivoted early in the pandemic to offer Meet My Hamilton, an intergenerational program aimed at building community and relationships between students at McMaster and older adults in the Hamilton community. Based on year-end surveys, this virtual program provided students with excellent insight into the lives and experiences of older adults, and both older adults and students indicated it improved their mood and helped to build community. In 2022, we pivoted the program back to a hybrid model and are enjoying welcoming older adults back to campus.	<a href="http://www.mira.mcmaster.ca">www.mira.mcmaster.ca</a>
<b>McMaster University EMBOLDEN study</b> - Community codesign to enhance physical and community mobility in older adults	The overall goal of EMBOLDEN is to promote physical and community mobility of older adults who experience difficulties participating in community programs and reside in communities of high health inequity. Building on existing best practices and local evidence, researchers together with local older adults and community service providers have co-designed an innovative community-based program to promote mobility amongst community-dwelling older adults.	<a href="http://www.emboldenstudy.mcmaster.ca/">www.emboldenstudy.mcmaster.ca/</a>
<b>McMaster Office of Alumni Engagement</b> - Lifelong learning programs	McMaster Office of Alumni Engagement provides opportunities throughout the year for alumni and older adults to access, mostly, free lifelong learning opportunities. This includes our lecture series, reunion programming, webinars on various topics and learning opportunities.	<a href="http://www.alumni.mcmaster.ca">www.alumni.mcmaster.ca</a>

<b>SOCIAL PARTICIPATION (continued)</b>		
<u>Organization and Program</u>	<u>Details</u>	<u>Learn more (www.)</u>
<b>McMaster University Reading Lab</b> - Creative writing & digital literacy learning for older adults	This project aims to bridge the digital divide that, particularly during COVID-19, has increased social isolation for older adults. Using digital storytelling programs and one-on-one digital training provided by students, seniors will develop the skills needed to break through isolation.	<a href="http://www.readlab.humanities.mcmaster.ca">www.readlab.humanities.mcmaster.ca</a>
<b>Neighbour to Neighbour Centre</b> - Wellness supports for older adults	Neighbour to Neighbour offers a welcoming space at the Hamilton Community Food Centre that includes the following weekly programming for older adults at no charge, including: <ul style="list-style-type: none"> <li>– weekly fitness / yoga / mindfulness sessions</li> <li>– weekly community garden programs (seasonal)</li> <li>– telephone connect</li> <li>– weekly community kitchen - intercultural for all ages</li> <li>– 2 weekly meals offered (drop-in, food access)</li> <li>– week-end low-cost market and cafe</li> </ul>	<a href="http://www.n2ncentre.com">www.n2ncentre.com</a>
<b>Stoney Creek Historical Society</b> - Historical meetings	The Stoney Creek Historical Society captures, records, and shares the history of Stoney Creek for current and future generations. We encourage everyone, especially older citizens, to share local photographs of events, businesses, and family history.	<a href="http://www.stoneycreekhistorical.ca">www.stoneycreekhistorical.ca</a>
<b>The Gilbrea Centre for Studies in Aging</b> - SHARE Group	A Volunteer based older adult (55+) lead group focused on the ideas, thoughts, wants, needs and motivations of its members. The SHARE Group has five sub-groups that older adults can be involved in, Research and Knowledge Translation, Social Health and Wellbeing, Inter-generational Collaboration, Dementia SHARE group, and Short-Term Group: Consulting on NEW Physical Space. Each group will enable older adult to have access to various resources, shape future research, increase community engagement, promotes knowledge translation, and helps McMaster become more age inclusive.	<a href="http://www.gilbrea.mcmaster.ca">www.gilbrea.mcmaster.ca</a>
<b>The Muslim Association of Hamilton</b> - programs to keep seniors active	The Muslim Association of Hamilton has aspired to engage seniors through social programs and keep them socially engaged and connected with others in their circle. One of the best ways to help with the mental health of the seniors is to get them out and keeping them engaged.	<a href="https://hamiltonmosque.com/seniors-committee/">https://hamiltonmosque.com/seniors-committee/</a>

<b>GOAL 6: CIVIC ENGAGEMENT, VOLUNTEERISM &amp; EMPLOYMENT</b>		
<i>Civic Engagement: Meaningful volunteer and employment opportunities</i>		
<a href="#">Organization and Program</a>	<a href="#">Details</a>	<a href="#">Learn more (www.)</a>
<b>Seniors Advisory Committee</b> - Senior citizens engaging & advocating for an Age-Friendly Hamilton	The City of Hamilton's Seniors Advisory Committee developed community engagement items (brochure, banner) to help create more awareness about the role of SAC as well as that the role is a volunteer opportunity. These items were used at community engagement events for seniors, including the Seniors Kick-off, International Day of Older Persons, Dundas Community Services Seniors Fair and Advisory.	<a href="http://www.hamilton.ca/seniors">www.hamilton.ca/seniors</a>

<b>GOAL 7: OUTDOOR SPACES</b>		
<i>Outdoor spaces and public places are accessible, safe, and inviting</i>		
<a href="#">Organization and Program</a>	<a href="#">Details</a>	<a href="#">Learn more (www.)</a>
<b>City of Hamilton</b> - Public parks improve accessibility through pathway resurfacing	The City of Hamilton carried out park pathway resurfacing improvements that improve the accessibility for park users at the following locations: <ul style="list-style-type: none"> <li>– Eleanor Park</li> <li>– Churchill Park</li> <li>– Captain Cornelius Park</li> <li>– Eastmount Park</li> <li>– Pier 4 Park</li> <li>– Hayward Park</li> <li>– Alison Park</li> </ul>	<a href="#">Park Projects   City of Hamilton</a>