## STRATEGY DISCUSSIONS & PROGRESS

**WORKING GROUP:** Respect and Social Inclusion

<table>
<thead>
<tr>
<th>5.1.1</th>
<th>Review success of current intergenerational programs and review best practices (including potential for programs within the cultural communities) (Year 1)</th>
</tr>
</thead>
<tbody>
<tr>
<td>5.1.2</td>
<td>Create and expand intergenerational programs (Year 2)</td>
</tr>
<tr>
<td>5.1.3</td>
<td>Develop a gardening program that matches older adults (landowners or those with skills to share) with students (volunteers or business operators)</td>
</tr>
</tbody>
</table>

### Is this related to any other strategies in the Plan?

Related to Social Participation steps: “develop a program that matches immigrant/newcomer seniors with other Londoners to assist in engagement and participation”; “develop senior-led cultural planning”.

### What’s already happening in the community that contributes to this action? Attach any supporting documents. (include name of initiative and organization or individual leading the work)

- **Oak trees to Acorns:** [http://www.thirdageoutreach.ca/content.aspx?id=108](http://www.thirdageoutreach.ca/content.aspx?id=108)
  - Seniors are matched with students from Northridge P.S. from October through June
  - Art program at Byron Library: Children were paired with artists from the Galley painting group, and created works of art during two meetings: one sketching and preparing, and the second, creating the painting.
  - City of London: Parent & Child programs; Sports (i.e., badminton); Gentle Yoga; Computer basics.
  - Kiwanis: Chess Program
    - Follow-up on review of intergenerational programs
    - Group discussed getting information on intergenerational programs out to the community
    - May want to follow-up directly with Seniors in IT and Chess programs

- Alzheimer Society: Program creating a memory book
  - Dharshi connected with Associate Director of Student Success Centre, Mature Student Advisor, SAGE Society for mature students
  - Discussed possible ways that the working group would like to reach out to mature students
  - SAGE is willing to work with group on potential intergenerational program once we have an idea of what the scope of the project would be
How could the AFLN support or expand on existing initiatives OR implement this new action?

- UWO Gerontology students conducting a literature review – local, national and international – including best practices
- Many ideas from Gerontology students, including using Western students, mature students and existing social gathering places such as Cherryhill Mall
- Connect with Western SAGE Society for mature students
- Suggested that we invite SAGE students to be members of new Advocacy Committee
- Find champions to take on this work or to implement intergenerational programs in their own schools/classrooms

UPDATE (Sept 9\textsuperscript{th} 2014):
Co-Chairs’ Recommendation for Year Two Project:

Container Gardening workshops

Education session on Container Gardening
- Alzheimer’s society of London-Middlesex has a gardening program at Mount Hope
- Also, The Hamilton Road Seniors Centre has garden plots that are right by the Youth Annex (run through Crouch Neighbourhood
- Perhaps we can utilize this space for an intergenerational gardening program?
- Cost may be an issue for a gardening program
- Could find out what other programs are available
- Carling Heights also has a community garden and lots of green space
- Would be nice to have something indoors that could be run all year round, as the outdoor season is limited

<table>
<thead>
<tr>
<th>Itemized Action Steps</th>
<th>Lead</th>
</tr>
</thead>
<tbody>
<tr>
<td>Complete Create document reviewing current...</td>
<td>Student project</td>
</tr>
<tr>
<td>Ongoing Review best practices of...</td>
<td>All members</td>
</tr>
<tr>
<td>Ongoing Identify key contacts that the...</td>
<td>All members</td>
</tr>
<tr>
<td>Ongoing Connect with MK regarding garden plots at</td>
<td>D.L.</td>
</tr>
<tr>
<td>Hamilton Road</td>
<td></td>
</tr>
</tbody>
</table>
### WORKING GROUP: Respect and Social Inclusion

<table>
<thead>
<tr>
<th>5.2.1</th>
<th>Create an Advocacy committee of the Age Friendly Network that can coordinate this work (to change the Stereotype of Seniors / Stop Ageism). (Year 1) <em>Deferred</em></th>
</tr>
</thead>
<tbody>
<tr>
<td>5.2.2</td>
<td>Identify key areas of focus for a campaign and identify partners (including media) (Year 2)</td>
</tr>
<tr>
<td>5.2.3</td>
<td>Develop a campaign to change the stereotype of aging/seniors that is organization/industry specific (tied to information &amp; communication strategies) (year 3)</td>
</tr>
<tr>
<td>5.2.4</td>
<td>Develop a strategy to deal with ageism in the healthcare industry and healthcare professionals (Year 3)</td>
</tr>
</tbody>
</table>

**Is this related to any other strategies in the Plan?**

Related to Communication and Information

**What’s already happening in the community that contributes to this action? Attach any supporting documents. (Include name of initiative and organization or individual leading the work)**

- Positive images/examples of older people exist through In Motion, Seniors Month, International Day of Older Persons
- This work is also connected to efforts to end Elder Abuse
- Coalition to End Elder Abuse
- Western University: Centre for Research and Education on Violence against Women and Children participates in "It’s Not Right" campaign

- We can put a call out to SAGE for students who may want to join the Respect & Social Inclusion Advocacy Committee to change stereotype of seniors and stop ageism
- If we had an advisory committee, beyond members of the Network, we bring in fresh ideas and new perspectives

**Actions:**
- Draft email to send to SAGE email list, inviting SAGE students to become members of Advocacy Committee
- Dharshi to send Michelle an example or template of Terms of Reference
- Michelle to develop draft Terms of Reference for Advisory Committee and send out to working group members
- Working group to review draft Terms of Reference and finalize at next meeting
- Send and invitation out through the SAGE Network to invite individuals to be part of the Advocacy Committee
How could the AFLN support or expand on existing initiatives OR implement this new action?

- Advocacy committee can serve as resource to older adults who experience abuse
- Create a ‘Terms of Reference’ for Advocacy committee
- Working group to decide on terms of reference for advocacy committee at next meeting
- What should the framework be for this committee? Discussed need to develop terms of reference for Advocacy committee
- Should include some of the history of AFLN and our vision and purpose

UPDATE (Sept 9th 2014):

- Working group decided to defer creation of advocacy committee, and instead focus on first creating a sub-group to design and implement educational sessions

Co-Chair’s recommendation for Year Two project on a Stop Ageism Campaign:

- Create a campaign to align with Seniors’ Month next June 2015

Breaking stereotype campaign for June 2015
- Idea from Karen: Would like to screen documentaries “Grey Ambition” and “Grey Glory”, based on the book “What Makes Olga Run?” about a woman in the 90s who competed in marathons and set records into her 90s.
- There are also lots of local examples of positive aging that we can highlight, for example: 90 year old cyclist in London
- Perhaps these local people can be highlighted through a photo project or gallery?
Lead: Karen. Will revisit creating a sub-committee for this strategy in the coming months

<table>
<thead>
<tr>
<th>Itemized Action Steps</th>
<th>Lead</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deferred Invite members of the Network to join advocacy committee</td>
<td>Co-chairs</td>
</tr>
<tr>
<td>Deferred Develop Terms of Reference/Model for Advocacy Committee</td>
<td>All members</td>
</tr>
<tr>
<td>Ongoing Look into cost/feasibility of screening and whether the group can screen these movies in partnership with the library</td>
<td>KH</td>
</tr>
</tbody>
</table>
**WORKING GROUP:** Respect and Social Inclusion

| 5.2.5 | Encourage seniors and their support networks (family, friends) to become educated and empowered to stand up for themselves (Year 1 to 3) |

**Is this related to any other strategies in the Plan?**

Related to 5.2.6. May be combined?

**What’s already happening in the community that contributes to this action? Attach any supporting documents. (include name of initiative and organization or individual leading the work)**

**How could the AFLN support or expand on existing initiatives OR implement this new action?**

<table>
<thead>
<tr>
<th>Itemized Action Steps</th>
<th>Lead</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**WORKING GROUP:** Respect and Social Inclusion

| 5.2.6 | Provide family education sessions on how to support aging family members (may be some cross over with 8.1 caregiver supports) (Year 1 to 3) |

**Is this related to any other strategies in the Plan?**

Related to Community Support & Health Services and with Social Participation – Discussed possibility of working together with these groups on common curricula

**What’s already happening in the community that contributes to this action? Attach any supporting documents. (include name of initiative and organization or individual leading the work)**

- Alzheimer’s society does demonstration sessions on simulating aging, which are very educational and are appropriate for all ages
- Accessibility Advisory Committee used to hold an empowerment and action day with a guest speaker
- Researchers have created social media accounts for caregivers, so they can communicate and support each other

**How could the AFLN support or expand on existing initiatives OR implement this new action?**

Co-Chairs’ Recommendation for Year Two Project:

Create educational sessions, (potentially in partnership with Community Supports & Health Services and Social Participation working groups) that will educate the public on the aging process and debunk stereotypes and myths.

**Educational Session Ideas:**

- Not just education sessions for family members, but also open up the conversation to the community as a whole
- Sessions could be an opportunity to educate the community at large about the aging process, and the physiological/physical changes that we all go through as we age. It doesn’t mean that we stop being valuable members of society.
- Session on debunking myths of aging
- Overview of political and demographic landscape of aging population: the increasing need for a sense of community, particularly with our aging society, many of whom do not have family members or friends nearby to provide care and/or support
- Can the session identify these gaps between the needs of older adults and the resources available in our communities? We can promote awareness of the direness of the situation for many people
- Can brainstorm on how to fill in the gaps and support each other
-In a way, it is a form of community building/community development
-How to advocate for each other, how to organize, how to self-advocate
-A lot of the discussions of “community” are based around the family unit, which does not accurately describe the experiences or living situations of many people. More and more people are living alone, and may not have family or may not have family nearby
-Perhaps have a series of Education Sessions (1-2 hours each) on different topics, for example, 1. Changes associated with aging, 2. Advocacy/empowerment, 3. Building community
-Can the group create a sub-committee to develop the first training session aimed towards training staff who work with older adults
-Perhaps create a “pilot” session and then test it with a group of actual older adults

<table>
<thead>
<tr>
<th>Itemized Action Steps</th>
<th>Lead</th>
</tr>
</thead>
<tbody>
<tr>
<td>Complete</td>
<td>Create sub-group to design educational sessions</td>
</tr>
<tr>
<td>Ongoing</td>
<td>Sub-group to review best practices and recommend structure and content of sessions</td>
</tr>
</tbody>
</table>
**WORKING GROUP:**  
Respect and Social Inclusion

<table>
<thead>
<tr>
<th>5.3.1</th>
<th>Inventory events that recognize senior accomplishments in the community (Year 1)</th>
</tr>
</thead>
</table>

**Is this related to any other strategies in the Plan?**

**What’s already happening in the community that contributes to this action? Attach any supporting documents. (Include name of initiative and organization or individual leading the work)**

Existing Award/Acknowledgement programs:
- Through Ministry of Citizenship and Immigration
  - Ontario Senior of the Year Award
  - Ontario Senior Achievement Award
  - Ontario Volunteer Service Award

June is Seniors month in Ontario
- London Age Friendly Conference, organized by CLS
- June is Parks and Rec month, perhaps there is an opportunity to recognize seniors through the Parks & Rec department. Maybe through Huff & Puff?
- Could recognition awards at different times in the year for different categories (i.e. recognize Recreation-related achievements in the summer and age-friendly in the fall?)
- Use Kitchener model for awards for seniors

**How could the AFLN support or expand on existing initiatives OR implement this new action?**

- Moving forward, group will consider ways to advocate for Mayor’s nomination of a senior in London
- Who would we advocate to locally to create a recognition program for seniors in London?
- Is there a senior’s category for the Mayor’s award?
- Advocate Mayors’ Office for nomination of a local senior
- Encourage awareness of existing awards/events

<table>
<thead>
<tr>
<th>Itemized Action Steps</th>
<th>Lead</th>
</tr>
</thead>
<tbody>
<tr>
<td>Complete</td>
<td>Review current recognition programs and identify areas for improvement</td>
</tr>
<tr>
<td>Complete</td>
<td>Share information on existing awards recognizing seniors</td>
</tr>
<tr>
<td>Complete</td>
<td>Share information on Seniors Achievement Award with Network</td>
</tr>
<tr>
<td></td>
<td>Moving forward, group to consider ways to advocate for Mayor’s nomination of a senior in London</td>
</tr>
</tbody>
</table>
### WORKING GROUP: Respect and Social Inclusion

<table>
<thead>
<tr>
<th>5.3.2</th>
<th>Increase profile of events recognizing senior’s accomplishments (Year 2)</th>
</tr>
</thead>
</table>

**Is this related to any other strategies in the Plan?**

Related to 5.2 – May be able to combine showcase of seniors with June 2015

**What’s already happening in the community that contributes to this action? Attach any supporting documents. (include name of initiative and organization or individual leading the work)**

**How could the AFLN support or expand on existing initiatives OR implement this new action?**

<table>
<thead>
<tr>
<th>Is this Action a priority for Year 1? (circle one)</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>If yes, itemize the specific action steps for Year 1 (June 2013-June 2014)</td>
<td>Lead</td>
<td></td>
</tr>
</tbody>
</table>
WORKING GROUP: Respect and Social Inclusion

5.3.3 Advocate to have a seniors category added to the Mayor’s honour list (Year 2)

Is this related to any other strategies in the Plan?

What’s already happening in the community that contributes to this action? Attach any supporting documents. (include name of initiative and organization or individual leading the work)

How could the AFLN support or expand on existing initiatives OR implement this new action?

Is this Action a priority for Year 1? (circle one)  Yes  No

If yes, itemize the specific action steps for Year 1 (June 2013-June 2014)  Lead