



## The Corporation of the Town of Tecumseh

Community & Recreation Services

**To:** Mayor and Members of Council

**From:** Beth Gignac, Director Community & Recreation Services

**Date to Council:** September 12, 2023

**Report Number:** CRS-2023-17

**Subject:** Healthy Aging Strategy

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### Recommendations

It is recommended:

**That** CRS-2023-17 entitled “Healthy Aging Strategy” **be received.**

**And that** the development of a Healthy Aging Strategy **be approved.**

### Background

Recently, Council approved the 2023-2026 Strategic Plan: A Community for Everyone which identifies one of the Strategic Priorities as “Community Health and Inclusion.” One of the goals within that Strategic Priority is to “Enhance public spaces to make the Town accessible to everyone.”

### Comments

In consideration of the goal to “Enhance public spaces to make the Town accessible to everyone,” Community and Recreation Services (CRS) is interested in developing a Health Aging Strategy to provide guidelines regarding program and public space design specifically targeted at ensuring accessibility to recreation and parks-based activities for Tecumseh’s older adult population.

Both the Government of Canada and the Province of Ontario are committed to supporting older adults through programs, services, and funding programs. Many municipalities throughout Ontario have also developed strategies specifically to support older adults in their communities.

In 2007, the Government of Canada, through the Public Health Agency of Canada, adopted an Age-Friendly Communities program with guidelines to assist local municipalities identify the types of policies, services, and structures to serve Canada's growing senior population. In 2017, the Province of Ontario adopted "Aging with Confidence: Ontario's Action Plan for Seniors" with a similar goal of assisting communities in developing guidelines for ensuring that all older adults can lead healthy and active lives and stay involved in their communities.

With Tecumseh's older adult population currently close to 25% of the total population, it is projected that that this demographic will be the fastest growing cohort in our community over the next 10 years. In fact, based on data from the 2016 Census, there were 9,294 residents over the age of 56 in Tecumseh.

To support the growth of the older adult population at such scale, a Healthy Aging Strategy will assist the Town of Tecumseh and community organizations who are serving this demographic both understand the unique needs and requirements of older adults and identify common guidelines and standards to achieve improved outcomes.

For example, a Healthy Aging Strategy could inform existing or new spaces while programs and services could become more age-friendly in one or more of the following age-friendly domains:

- Outdoor spaces and buildings
- Transportation
- Housing
- Social participation
- Respect and social inclusion
- Civic participation and employment
- Communication and information
- Community support and health services

The process of developing the Healthy Aging Strategy will be led by the CRS team and will include: community-wide consultation; a review of similar strategies from other municipalities; engagement with Parks and Recreation Ontario's High Five Principles for Healthy Aging program and consultation with the Public Health Agency of Canada's

Age-Friendly Communities program and the Province of Ontario's Ministry for Seniors and Accessibility.

Knowledge gained through the consultation and engagement process will identify sustainable long-term ways in which the Town of Tecumseh can be an active participant in helping our older adult residents increase social connectedness, improve their mental and physical well-being and support a better quality of life.

It is expected that the formal consultation and community engagement process will commence in October 2023 with an estimated delivery of a Healthy Aging Strategy for Council's review and consideration in 2024, dependant on the findings from the process.

## Consultations

Ministry of Seniors and Accessibility  
Chief Administrative Officer  
Development Services

## Financial Implications

There are not any immediate financial implications however, Administration will continue to consult with the Ministry of Seniors and Accessibility for any funding programs that may become available in 2024 to support the work.

## Link to Strategic Priorities

<b>Applicable</b>	<b>2023-2026 Strategic Priorities</b>
<input type="checkbox"/>	Sustainable Growth: Achieve prosperity and a livable community through sustainable growth.
<input checked="" type="checkbox"/>	Community Health and Inclusion: Integrate community health and inclusion into our places and spaces and everything we do.
<input type="checkbox"/>	Service Experience: Enhance the experience of Team Tecumseh and our citizens through responsive and respectful service.

## Communications

Not applicable

Website

Social Media

News Release

Local Newspaper

This report has been reviewed by Senior Administration as indicated below and recommended for submission by the Chief Administrative Officer.

Prepared by:

Beth Gignac, BA Hons  
Director Community & Recreation Services

Reviewed by:

Brian Hillman, MA, MCIP, RPP  
Director Development Services

Recommended by:

Margaret Misek-Evans, MCIP, RPP  
Chief Administrative Officer

<b>Attachment Number</b>	<b>Attachment Name</b>
None	None