



City of  
**Peterborough**

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**To: Members of the General Committee**

**From: Sheldon Laidman, Commissioner, Community Services**

**Meeting Date: June 12, 2023**

**Subject: New Age-friendly Peterborough Community Action Plan 2023-2027, Report CSSS23-018**

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## **Purpose**

A report to recommend approval of the Age-friendly Peterborough Report Card 2017-2022, the Age-friendly Peterborough Community Action Plan 2023-2027, and revised Terms of Reference for the Age-friendly Peterborough Advisory Committee.

## **Recommendations**

That Council approve the recommendations outlined in Report CSSS23-018, dated June 12, 2023, of the Commissioner of Community Services as follows:

- a) That the Age-friendly Peterborough Report Card 2017-2022 be received for information;
- b) That the Age-friendly Peterborough Community Action Plan 2023-2027 be approved; and
- c) That the updated Age-friendly Peterborough Advisory Committee Terms of Reference be approved by repealing By-law 17-080 and By-law 18-072 and adopting the draft by-law attached as Appendix D in report CSSS23-018.

## **Budget and Financial Implications**

There are no budgetary or financial implications associated with the recommendations of Report CSSS23-018. Any future costs associated with implementing the Age-friendly

Peterborough Community Action Plan 2023-2027 will be covered through existing budgets, grants, and support from local organizations.

## Background

The Peterborough Regional Liaison Committee approved this Report at their meeting on May 25, 2023.

According to Statistics Canada 2021, people older than 65 represented 25.2% of the greater Peterborough area population, an increase from 22.8% in 2016. This is higher than the Ontario average of 18.5% and the Canadian average of 19%. North Kawartha has the highest older adult population per capita, with 35% of residents over 65. Hiawatha First Nation had the greatest increase from 20.7% in 2016 to 27.9% in 2021.

The [Age-friendly Peterborough Community Action Plan 2017](#) (2017 Plan) was adopted on February 27, 2017, through Report CSSS17-01 and subsequently adopted by the County of Peterborough, all 8 Townships, Curve Lake First Nation, and Hiawatha First Nation. The 2017 Plan is divided into four goals and contains 146 recommendations and actions.

The Age-friendly Peterborough Advisory Committee (AFPAC) was created on July 31, 2017, through Report CSSS17-006 with the mandate of implementing the Age-friendly Peterborough Community Action Plan 2017. AFPAC replaced the Peterborough Council on Aging, which replaced the Peterborough Seniors Planning Table in 2015. AFPAC has four Working Groups responsible for driving actions related to their respective goals: Basic Needs, Staying Mobile, Building Relationships, and Learning and Contributing. The AFP structure is shown in Appendix C.

These Working Groups are comprised of volunteers, organizations, businesses, institutions, and local government who contribute their time, expertise, and resources to implementing the 2017 Plan. Task Forces are formed to focus on a specific project.

City Council approved hiring an Age-friendly Coordinator in the 2018 Budget to implement the 2017 Plan and support AFPAC. The coordinator builds relationships and facilitates conversations about healthy aging, is a knowledge broker for the community and senior service sector and provides vital connections. They manage, support, and coordinate the multiple age-friendly projects. Collaboration with other City divisions has been vital and includes staff from Social Services, Housing, Transportation, Accessibility, Communications, Recreation, Infrastructure and Planning Services, and Emergency Management.

In 2017, the United Way of Peterborough and District (UWPD) approached the City of Peterborough with a funding opportunity to support seniors. A family bequeath of \$375,000 was offered to address seniors' issues in the greater Peterborough area.

AFPAC has worked closely with UWPD to identify priorities and implement approved projects.

### **Age-friendly Peterborough Report Card 2017-2022**

In 2021, the City of Peterborough received funding from the Ministry for Seniors and Accessibility, Inclusive Community Program to evaluate the 2017 Plan and conduct community engagement to inform AFP future goals and strategies.

An intergenerational Evaluation Task Force of four youth and four seniors interviewed stakeholders. They summarized how AFP and community partners accomplished many proposed actions outlined in the 2017 Plan over the past 5 years. The Age-friendly Peterborough Report Card 2017-2022 (Report Card), attached as Appendix A, outlines some of the ways the greater Peterborough area has become more age-friendly since 2017.

#### **Goal Update: Older adults Basic Needs are met**

Older adults require housing that is diverse and helps support aging in place. They require housing choices to transition to appropriate housing as needed. The Report Card outlines how innovative housing models, such as Abbeyfield Lakefield, Canada HomeShare intergenerational program, and Senior Women Living Together have been introduced in the greater Peterborough area. Additional seniors housing has been added in Curve Lake and a new supportive seniors housing complex was constructed on Bonaccord Street in Peterborough.

Services such as home maintenance and in-home care can help older adults remain in their homes for as long as they want to stay. Community support programs that go beyond primary health care are needed to meet the unique needs of older adults. Some, especially those living in poverty, may benefit from specific programs and services to help them as they age. The Report Card explains how many agencies, organizations, and businesses have provided a diverse range of programs and services to help promote and support healthy aging.

#### **Goal Update: Older adults are able to Stay Mobile and get around the community**

Complete community design such as providing a mix of housing, transportation services, and community and social services supports help older adults to remain in their community as they age. A connected community has active transportation infrastructure that is safe, accessible, and connected. The roads are well maintained through all seasons and have pedestrian friendly safety features. The Report Card outlines how infrastructure has been improved to routes that encourage active transportation. Community-led transportation was especially important and appreciated during the pandemic as there were few options for many older adults.

Older adults require public transit that is reliable, affordable, accessible, and convenient so they can travel independently in the community. The Report Card describes how Peterborough Transit has upgraded bus stops to be more accessible and improved access to service through online trip planning tools, On-demand transit, and Trans-Cab services. The Link, a new rural transportation pilot project, provided a transportation option to those who live in Curve Lake and Selwyn Township.

### **Goal Update: Older adults are supported to build and Maintain Relationships**

Recognizing the diversity of individuals' identities and experiences as they age creates an inclusive environment for older adults of varied cultures, races, genders, sexual orientation, abilities, and economic circumstances. By understanding a diverse representation of aging, the community can support commercial areas that are accessible and welcoming for older adults, and parks and community space that include age-friendly amenities and features so older adults remain socially connected and active as they age. Outreach and engagement, such as intergenerational programming, helps older adults re-engage in their communities and can mitigate the negative effects of isolation. The Report Card highlights several projects that have been developed to enhance community connections.

### **Goal Update: Older adults have the opportunity to Learn, Grow and Contribute**

Opportunities for involvement enables older adults to contribute their unique perspectives, experiences, and skills in the community. Whether through volunteerism, employment, educational, social and recreation programs, it is important for older adults to remain active and engaged as they age. The Report Card outlines a number of social and recreation opportunities available for older adults and how the greater Peterborough area has promoted volunteerism.

It is crucial for the social fabric of the community to embrace the voices of older adults. Communicating in a variety of formats helps older adults obtain the information they need to stay informed. The Report Card explains how communication has been provided using traditional and non-traditional channels to ensure older adults receive information in a format they are comfortable using.

### **Age-friendly Peterborough Community Action Plan 2023-2027**

The Age-friendly Peterborough Community Action Plan 2023-2027 (2023 Plan), attached as Appendix B, was developed after identifying lessons learned from the 2017 Plan and results from the Report Card, community trends and demographics, community and stakeholder consultation, and reviewing guiding documents and principles.

#### **Lessons Learned from the 2017 Plan**

The 2017 Plan was the first AFP Community Action Plan. Its objective was to support healthy and active aging; promote intergenerational connections; foster an appreciation

of the aging process; and enhance physical, social, and health related infrastructure. The 2017 Plan provided a roadmap toward the AFP vision where Peterborough is a thriving region that is inclusive, respectful, and accessible to people of all ages and abilities. The AFP vision, values, and structure as outlined in the 2017 Plan remain relevant and continue to be the foundation of the 2023 Plan.

From 2017-2022, AFP and its partners accomplished many proposed actions and as a result the community became more age-friendly. It must be acknowledged that during this time, the COVID-19 pandemic required organizations to pivot to other priorities and some projects, such as the Age-friendly Business program, were delayed and/or will be carried over to the 2023 Plan. Organizations and businesses were flexible, creative, and adapted services and programs to meet the frequently changing needs of the community. As a result, some actions outlined in the 2017 Plan may not have been completed as stated, yet many others were delivered.

Therefore, it was identified that having a Plan that only includes priority areas, goals and strategies provides the flexibility needed for a 5-year plan. The high-level framework allows individuals and groups to align and embed their actions with the goals and strategies outlined in the 2023 Plan. As community organizations are still recovering from the impact of the COVID-19 pandemic, their business models may change over time. It also allows new partners to align or incorporate their strategic directions with the 2023 Plan.

### **Community Trends and Demographics**

The 2023 Plan includes a section that outlines the greater Peterborough area population by age group, the percentage of population of each community that are over the age of 65, and community trends. As noted above, the greater Peterborough area will experience higher than average population growth among those over the age 65 compared to Provincial and National trends.

The graphs shown on pages 13 to 16 in the 2023 Plan demonstrate that the number of older adults in the greater Peterborough area will increase through aging, living longer, and moving to the area. The community trends outline the current issues that will only be exacerbated as the population ages. The goals and strategies outlined in the 2023 Plan demonstrate how AFP and the senior service sector will strive to ensure older adults basic needs are met, they are able to stay mobile and connected with their community and have the opportunity to learn and contribute.

### **Community and Stakeholder Consultation**

Older residents and stakeholders were asked if and how they felt the greater Peterborough area became more age-friendly since the 2017 Plan. The opportunity to respond was available from March to September 2022, through a survey, focus groups, individual interviews, and intentional discussion at events. A summary of the survey results is posted on the [AFP dashboard](#).

Informal evaluation included discussion with participants at events such as Mapleridge Open House, Activity Haven Lunch and Learn, and Pride in the Park. 1,399 people were engaged in age-friendly conversations about how the greater Peterborough area can become more age-friendly.

Comments and quotes were useful as they provided context, in-depth understanding of an issue, and examples of real-life stories. The 2023 Plan provides a summary of consultation results, and have been categorized under the following areas:

- Housing
- Community Support and Health Services
- Staying Safe and Secure
- Transportation
- Social Participation
- Civic Participation and Engagement
- Communication and Information
- Respect and Social Inclusion
- Impact of the COVID-19 Pandemic
- Aging in First Nations Adults
- 2SLGBTQI+
- New to Canada

### **Review of Guiding Documents and Principles**

The 2023 Plan goals and strategies are aligned with internal and external plans and resources such as the World Health Organization Age-friendly Cities Framework, Peterborough Community Safety and Well-being Plan, Peterborough County Active Transportation Master Plan, and Ontario First Nations Aging Study.

The 2023 Plan also incorporates the principles of Diversity, Equity and Inclusion, and Collaboration. AFP respects and celebrates the diversity of experiences, backgrounds and cultures that makes a better, stronger, more vibrant community. AFP listened and will continue to listen to those with lived experience and knowledge, value their perspectives, and incorporate their voices. This ensures the outcomes and actions will benefit the older adults they are intended to support.

### **Implementation Strategy**

The purpose of the 2023 Plan is to outline the identified needs of older adults in an action-oriented way and to provide local government, organizations, and businesses direction on how they can contribute to an age-friendly community.

The 2023 Plan has four Priority Areas:

1. Older adults' Basic Needs are met.
2. Transportation and infrastructure support older adults to Stay Mobile in the community.
3. Relationships are sustained to encourage collaboration and foster partnerships.
4. Older adults have the opportunity to Learn and Contribute.

Within each Priority Area, goals identify what will be done to accomplish the priority area, and strategies explain how the goals will be achieved. Each strategy will have a workplan that outlines specific actions. Workplans will be living documents that support the flexibility in implementing the strategies. Organizations will align and embed their actions with the goals and strategies outlined in the 2023 Plan. As a result, community organizations will have a shared responsibility in the implementation of the goals. This is a different approach than the 2017 Plan where the proposed actions were stated. A higher-level framework allows for additional actions to be included and more flexibility over a 5-year term.

At the end of each year, organizations will provide an update on each action. An annual AFP Impact Report will provide an update to demonstrate how the 2023 Plan goals have been achieved.

In 2027, AFP will complete a full review and publish the 2023-2027 AFP Report Card. The evaluation will once again include community and stakeholder consultation to demonstrate how the greater Peterborough area has become more age-friendly over the five years and report on demographics, trends, and needs.

### **Updated Terms of Reference for AFPAC**

As mentioned earlier, the Age-friendly Peterborough Advisory Committee (AFPAC) was created on July 31, 2017, through Report CSSS17-006 with the mandate of implementing the Age-friendly Peterborough Community Action Plan 2017. Over the past 6 years, AFPAC has evolved and adjusted to meet the current needs of members and volunteers. As a result, the Terms of Reference, attached as Appendix D, are being modified to reflect minor changes made in processes and procedures. The following are a summary of the amendments:

- Updated the name of the Peterborough Regional Liaison Committee to the Greater Peterborough Joint Services Committee.
- Changed some responsibilities from the Community Development Program Manager to the Age-friendly Coordinator.

- Updated to reflect that the Community Development Program Manager and the Age-friendly Coordinator are now part of the Community Services division as opposed to Social Services.
- Added that Committee meetings may be held virtually.
- Modified the process to allocate annual operating budget to Working Group requests.
- Removed the starting date of AFPAC member appointments.

## Summary

Age-friendly Peterborough is a collaborative that supports and enables local organizations and businesses in the senior service sector to improve the quality of life of seniors in the greater Peterborough area. The Age-friendly Peterborough Advisory Committee provides strategic direction to the Age-friendly Coordinator and four Working Groups.

The Age-friendly Peterborough Community Action Plan is the roadmap that provides direction to achieve the vision for “Peterborough to be a thriving region that is inclusive, respectful, and accessible to people of all ages and abilities”.

The Report Card 2017-2022 outlines what the community organizations have accomplished toward the AFP vision.

The Community Action Plan 2023-2027 builds on the current framework and strong foundations established by the 2017 Plan, but has incorporated lessons learned, current trends and needs, research, and feedback from the community and stakeholders.

Age-friendly Peterborough will make a difference in the lives of local older adults.

Submitted by,

Sheldon Laidman,

Commissioner of Community Services

**Contact Name:**

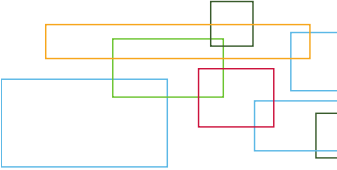
Jayne Culbert



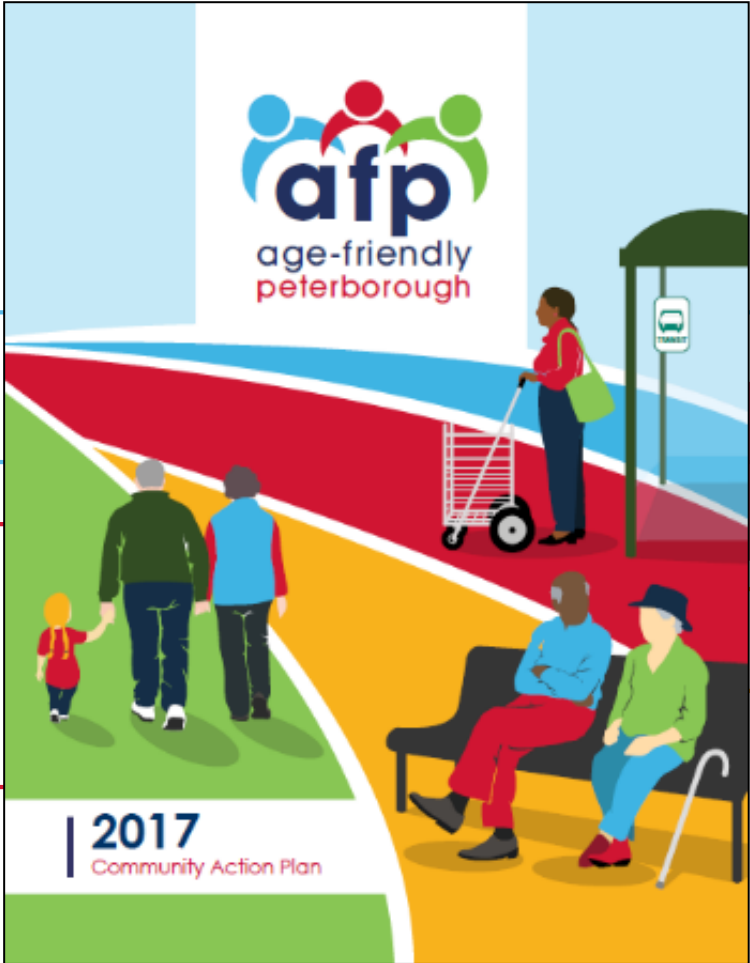
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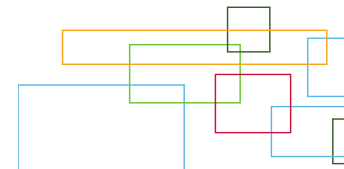
**Attachments:**

Appendix A: Age-friendly Peterborough Report Card 2017-2022  
Appendix B: Age-friendly Peterborough Community Action Plan 2023-2027  
Appendix C: Age-friendly Peterborough Structure  
Appendix D: Draft Age-friendly Peterborough Advisory Committee Terms of Reference  
By-law



**Report Card 2017-2022:**  
**Reporting on the Community Action Plan 2017**





## Age Friendly Peterborough Report Card

### About Age-friendly Peterborough

The Age-friendly Peterborough (AFP) Vision is that Peterborough is a thriving region that is inclusive, respectful, and accessible to people of all ages and abilities.

AFP is a collaborative of passionate individuals who contribute their time, expertise, resources, and provide an age-friendly lens through a diverse perspective. The network includes representatives from:

- First Nations
- Academia and research
- Planning
- Transportation
- Accessibility
- Not-for-profit agencies
- Government
- Health care professionals
- Senior centres and clubs
- Businesses that provide senior services
- Retirement residences
- Home care providers
- Older adult volunteers

AFP also supports initiatives from other organizations who serve seniors. Collaboratively, the aim is to improve the quality of life of seniors in the greater Peterborough area.

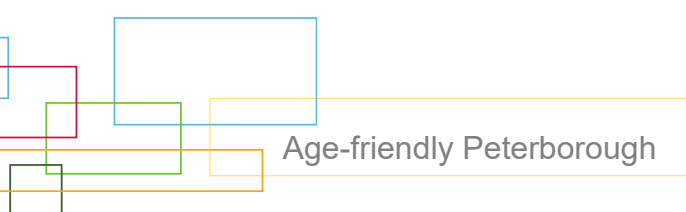
The greater Peterborough area includes City of Peterborough, Peterborough County including the Townships of Asphodel-Norwood, Cavan Monaghan, Douro-Dummer, Havelock-Belmont-Methuen, North Kawartha, Otonabee-South Monaghan, Selwyn, and Trent Lakes, Curve Lake First Nation, and Hiawatha First Nation.

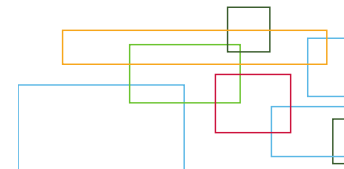
#### Age-friendly Peterborough Advisory Committee

The Age-friendly Peterborough Advisory Committee (AFPAC) provides strategic direction for implementing goals and strategies outlined in the AFP Community Action Plan (the Plan). Through the Age-friendly Coordinator, AFPAC enhances effective coordination and communication between municipal departments, public and private partner organizations, councils, community members, and associations, in the implementation of the Plan activities.

AFPAC has four Working Groups which are responsible for driving actions related to their respective priority area: Basic Needs, Staying Mobile, Building Relationships, and Learning and Contributing. The AFP mandate is Action for Aging Well.

The current list of AFPAC members can be found on the AFP website [www.peterborough.ca/aging](http://www.peterborough.ca/aging).

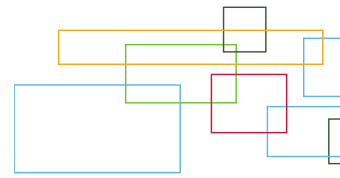




## Table of Contents

|   |           |
|---|-----------|
| About Age-friendly Peterborough         | 2         |
| AFP Community Action Plan 2017          | 4         |
| <b>Basic Needs Update</b>               | <b>6</b>  |
| Housing                                 | 6         |
| Health                                  | 8         |
| <b>Staying Mobile Update</b>            | <b>12</b> |
| Community-led Transportation            | 12        |
| Active Transportation                   | 13        |
| Public Transit (City/County)            | 15        |
| <b>Building Relationships Update</b>    | <b>17</b> |
| Intergenerational Programs              | 17        |
| Outdoor Spaces and Facilities           | 18        |
| Community Connections                   | 18        |
| <b>Learning and Contributing Update</b> | <b>20</b> |
| Volunteerism                            | 20        |
| Social and Recreation                   | 21        |
| Access to Information                   | 22        |
| Next Steps                              | 24        |





## AFP Community Action Plan 2017

In 2017, Age-friendly Peterborough (AFP) developed a Community Action Plan that identified a clear path forward, to enhance programs, services, and infrastructure for older adults in the greater Peterborough area: City of Peterborough, Peterborough County including the Townships of Asphodel-Norwood, Cavan Monaghan, Douro-Dummer, Havelock-Belmont-Methuen, North Kawartha, Otonabee-South Monaghan, Selwyn, and Trent Lakes, Curve Lake First Nation, and Hiawatha First Nation.

The AFP Community Action Plan 2017 (2017 Plan) was organized with four goals and identified a series of strategic directions and proposed activities.

The goals are older adults':

- **Basic Needs** are met,
- are able to **Stay Mobile** and get around the community,
- are supported to **Build Relationships**, and
- have the opportunity to **Learn and Contribute**.



Over five years, AFP and community partners accomplished many proposed actions outlined in the 2017 Plan.

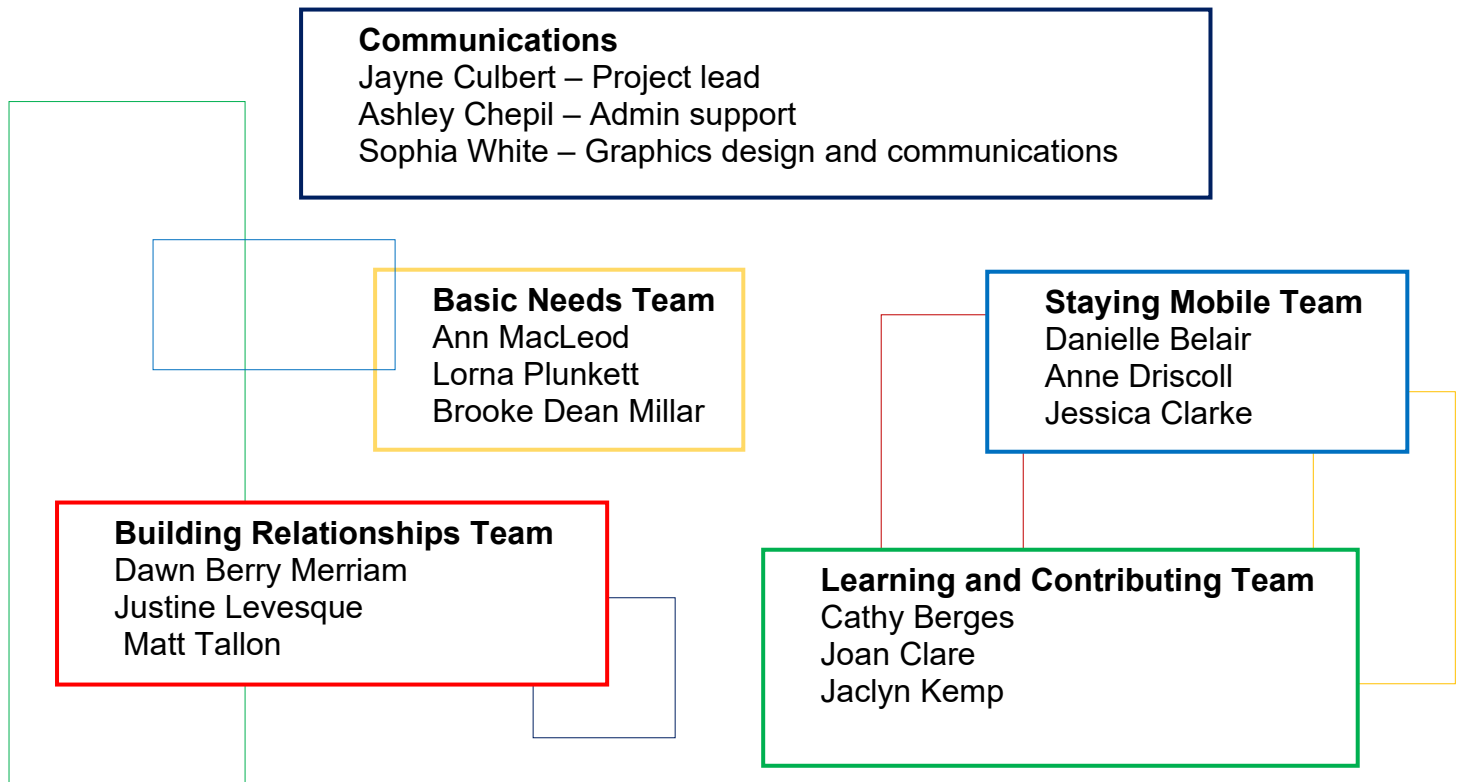
In 2021, AFP received funding from the Ministry for Seniors and Accessibility, Inclusive Community program to evaluate the 2017 Plan. An intergenerational Evaluation Task Force was established that conducted research and interviews, developed the community engagement survey and analyzed the results, and provided recommendations for actions to be included in the AFP Community Action Plan 2023-2027 (2023 Plan).

The Evaluation Task Force interviewed stakeholders and reported their progress on the 146 proposed actions listed in the 2017 Plan. This determined what actions were completed and what would be carried over to the 2023 Plan. This document is a summary of the evaluation results. It documents and demonstrates many ways the greater Peterborough area has become more age-friendly since 2017.

AFP acknowledges the many stakeholders who contributed to making Peterborough an age-friendly community and continue to support the AFP vision, strategies, and goals.

## Evaluation Task Force

The multigenerational Evaluation Task Force consisted of older adults and youth.



# Basic Needs Update

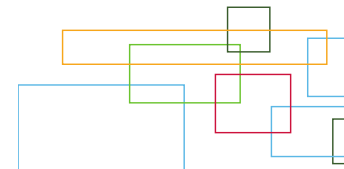
**Goal: Older adults' basic needs are met.**

Older adults require housing that is diverse and helps support aging in place. They require housing choices to transition to appropriate housing as needed. Services such as home maintenance and in-home care can help older adults remain in their homes for as long as they want to stay. Community support programs that go beyond primary health care are needed to meet the unique needs of older adults. Some older adults, especially those living in poverty, may benefit from specific programs and services to help them as they age.

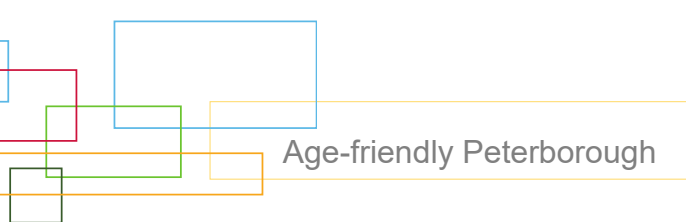


## Housing

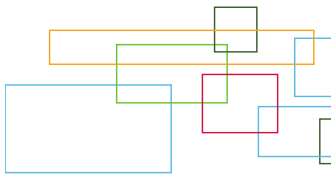
- The updated [City of Peterborough Official Plan](#) contains subsection 5.2.4 Accessible, Assisted and Affordable Housing which identifies how the City will support the creation of affordable/accessible housing. This Plan also contains a section on Community Improvement Project Areas with considerations around accessibility upgrades to housing.
- [Peterborough Renovates](#) program for accessibility improvements was available prior to 2019 to eligible low-to moderate-income homeowners. The program was led by Habitat for Humanity.
- The [Housing Resource Centre](#) at the Community Counselling and Resource Centre (CCRC) helps older adults complete rent geared to income (RGI) housing applications, search for and find appropriate housing.
- [United Way Peterborough and District](#) supports organizations that address basic needs and the development of reports such as Housing is Fundamental, Living Wage Report for Peterborough City and County, and Point in Time Count: A Survey of People Experiencing Homelessness in the City of Peterborough.
- The [City of Peterborough Community Services Map](#) shows where Seniors' apartments, Peterborough community housing, housing help centres, and legal information and support for housing are located.
- [Senior Women Living Together](#) started in Peterborough. Women over 55 years, can learn about shared living, find compatible home mates, and find suitable rental accommodation together.



- Peterborough is one of five locations in Canada to pilot an intergenerational home share program. Led by [Canada HomeShare](#) and in partnership with Trent Centre for Aging and Society, students are matched with older adults to live in their homes. In exchange for reduced rent of \$400-\$600 per month, the student provides up to seven hours of companionship and/or assistance with completing light household tasks, such as preparing and sharing meals, tidying up, carrying groceries, or walking a pet.
- After years of planning, [Abbeyfield Lakefield](#) has started to build the 16 unit cohousing project on four acres of property. Abbeyfield is an international housing model with the mandate to provide affordable accommodation and companionship for local seniors. Each tenant has a private room with ensuite bathroom and the dining room, kitchen, laundry and living spaces are shared. A House Coordinator manages the property, provides meals and housekeeping services, and organize activities.
- The [Age-friendly Peterborough Housing Report](#) outlines how local municipalities can support older adults to age in place. The research specifically addresses innovative housing solutions such as tiny homes, secondary suites, and granny flats, in combination with other community services.
- Trent University is collaborating with peopleCare Communities to build a 224-bed not-for-profit long-term care home on its Symons Campus lands. It will be part of a [University-Integrated Seniors Village](#) (known also around the world as 'a campus of care'). The Seniors Village is envisioned to be an integrated, community-based senior living facility where older adults can stay engaged in life-long learning, multi-generational interaction, the arts, research opportunities, and the life of the University. Additionally, the model provides experiential learning placement for students in programs such as nursing, kinesiology, social work, business, sustainable agriculture, and education.
- Peterborough Housing Corporation, in collaboration with the City of Peterborough, Home and Community Care, Peterborough Regional Health Centre, and VON is opening a [new supportive seniors housing complex](#) in Peterborough. The 85-unit housing project at 555 Bonnacord is a mixture of supportive, affordable, and market units. All have a meal plan included in their package. VON is providing supportive services to 50 units through their Assisted Living for High-Risk Seniors program. Home and Community Care Support Services provides the assessment for the assisted living program and intake is through Peterborough Housing Corporation. The City of Peterborough will provide rent supplements and supports to 15 units dedicated to the By Name Priority List. Occupancy is March 2023.
- [Curve Lake](#) has built six flats for seniors and has conducted a feasibility study for a 64-bed long-term care facility.





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- **Hiawatha Council** approved a site for a potential seniors' residence based on the recommendation from the results of a survey they conducted.
  - **Ontario Aboriginal Housing Services** oversees the Ontario Renovates Home Repair Program (OPHI) where low to moderate income indigenous off-reserve homeowners can apply for a forgivable loan to repair their home to acceptable standards while improving energy efficiency of the unit.

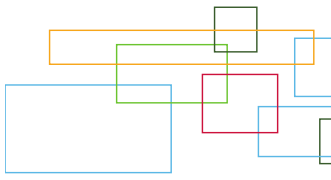
## Health and Housing Navigation Study

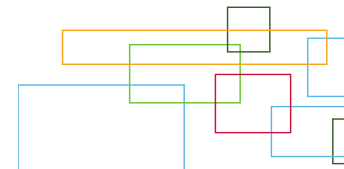
In 2019, United Way Peterborough and District provided funding to contract Peterborough Public Health staff to develop a healthy aging and housing service directory. Local older adults, their caregivers, and families can access the directory by telephone and calling 211, or through the AFP website at [www.peterborough.ca/aging](http://www.peterborough.ca/aging). In 2023, United Way Peterborough and District provided additional funding so AFP can develop and print the **Peterborough Senior Service Directory Guide**.



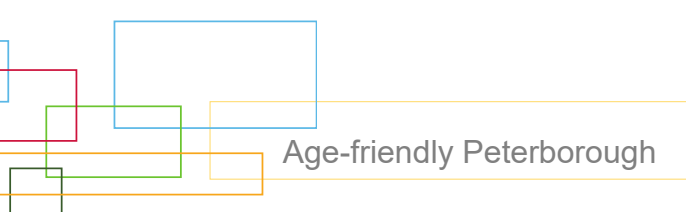
## Health

- The **Homemaker program** is administered by the City of Peterborough and provides support to clients who need help with light housekeeping to remain in their home, and who do not qualify for services provided by other agencies. In 2022, 79 clients were receiving service of which approximately half were over the age of 65.
- The Canadian Mental Health Association (CMHA) Living Life to the Full is a 10-week program that teaches people how to make helpful changes in their lives. AFP sponsored a **Living Life to the Full for Older Adults program** annually from 2019-2022.
- Geriatric Health developed the **Music of Your Life** project. The Rotary funded the purchase of iPods for the program and VON trained activity coordinators in six retirement homes.
- With support from the YWCA Peterborough Haliburton, the **Nourish Just Food program** provides fresh healthy food boxes for a low cost. The program is at capacity and is accepting a waitlist, showing the need in the community. Nourish also provides cooking programs, workshops on growing your own fruits and vegetables, and food insecurity training.

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- **Community Care Peterborough (CCP)** city and rural offices are community resource centres where older adults can access information about programs and services.
    - CCP partnered with the GAIN Clinic (Geriatric Assessment Intervention Network) where they provide support for comprehensive geriatric assessment in the following areas: memory and thinking, balance, mobility and falls risk, medication and supplement review, caregiver support, and navigation. Clinics are offered regularly at CCP Peterborough and Ennismore offices. Referrals for CCP services are addressed immediately.
    - The CCP mission is “Powered by volunteers and staff, CCP supports the health and wellbeing of individuals, caregivers, and communities. As a trusted health care partner, our high-quality programs allow people across the rural and urban region to maintain their independence and dignity”. This was particularly evident during the pandemic. CCP continued to deliver Meals on Wheels, provided drives to medical appointments, delivered activity and social programs through Zoom, and started grocery delivery. CCP arranged immunization appointments for over 800 seniors (80+) and provided transportation to those who needed it.
    - In 2022, CCP volunteers delivered 45,000 meals and about 5,000 grocery deliveries.
    - In 2020, CCP was quick to react to seniors in need of food, when Sayers Food grocery store in Apsley was destroyed by fire. CCP arranged transportation to other communities so people could shop and provided grocery delivery. CCP continues to provide support until the grocery store is rebuilt.
    - Peterborough Housing Corporation built a new residential building in Havelock. CCP relocated to this space and built in additional features to support the development of a Community Service Hub. The CCP office in Apsley also offers space for Community Service Hub.
  
  - Community Care facilitated a **Powerful Tools for Caregivers program** to help caregivers take better care of themselves while caring for others.
  
  - **Peterborough Family Health Team** offers programs and workshops on topics such as anxiety, living with chronic pain, diabetes prevention, quitting smoking, heart health, sleep and insomnia, mindful eating, mindfulness, and talking about medications. A Nurse Practitioner Led Clinic has opened in Lakefield and assists older adults to access services.
  
  - The **Peterborough Newcomer Health Clinic** is a transitional clinic for immigrants and refugees in Peterborough city or county. The clinic is a partnership between the New Canadians Centre, Peterborough Family Health Team, and the Greater Peterborough Health Services Foundation and provides short-term medical care for up to six months.
  
  - **Peterborough Public Health (PPH)** offers free cooking and food literacy sessions to develop skills and promote nutrition.



- Peterborough Public Health facilitates the [Ontario Seniors Dental Care Program](#) at the Community Dental Health Clinic. It is designed to help meet the dental needs of low-income seniors.
- Developed in 2019, [Peterborough Regional Health Centre \(PRHC\)](#) championed the Seniors' Action Plan with the goal to excel in care and services for older adults and their caregivers. This was demonstrated by:
  - Hiring a Senior Lead staff to oversee the Seniors' Action Plan
  - Developing the Geriatric Assessment and Intervention Network (GAIN)
  - Creating Psychiatric Assessment Services for the Elderly (PASE) outpatient clinics
  - Hiring a Geriatric Emergency Medicine nurse who provides leadership to eight fellowships
  - Starting the Assess and Restore program in the Emergency Department and Inpatient Units
  - Launching the Hospital Elder Life Program
- Developed in December 2019, the [Peterborough Ontario Health Team \(OHT\)](#) is made up of local organizations, healthcare professionals and community members who come together to collaborate on how to improve local healthcare. The common goal is to break down barriers to provide better care for the people in the City of Peterborough, Peterborough County, and Curve Lake and Hiawatha First Nations. OHT priority projects include:
  - Creating the Finding Your Way guide that provides tips and tools to help people navigate healthcare.
  - Mental Health and Addictions
  - Seniors supportive Housing
  - Community Paramedicine
  - Barriers to Primary Care
  - Frail Older Adults
- The 360 Nurse Practitioner Led Clinic and Peterborough Family Health Team have increased [support to vulnerable populations](#) and have improved access to healthcare by going to shelters when needed.
- Introduced in 2022, [Health Connect Ontario](#) replaced the former Telehealth Ontario. By calling 811 or visiting the website, a person can connect to a nurse who provides symptom-based health information, navigation to programs and services, where doctors are accepting patients, and referrals to clinical services.
- The Peterborough, [Community Hubs](#) Program was launched in late 2022 and has been established in nine locations across the County for agencies to deliver services and conduct outreach in rural and remote communities. The development of this program is linked to the implementation of the Community Safety and Wellbeing Plan. Older adults, who may not be mobile or have access to a vehicle may benefit from services being delivered in their local community.



- In 2021, The [Community Paramedicine Program](#) received funding from the Ministry of Health and Long-Term Care to help those experiencing health issues stay healthy at home and avoid trips to the doctor, emergency room, or a move into a long-term care home. The program is a non-emergency, community-based service assisting with public health, primary healthcare, and preventive services. 11 full-time staff conduct in-person visits and can remotely monitor a patient's health. They can detect and address health concerns quickly and pass health information onto physicians. The program creates an environment that is safe to age at home.
- Prior to COVID, the Local Health Integrated Network (LHIN) – Central East facilitated a [community seniors health provider roundtable](#). At the onset of the pandemic AFP partnered with Peterborough Public Health to engage the group in two-way communication about the fast-changing protocols. When the LHIN restructured in 2021 and became Home and Community Care Support Services Central East, AFP became the lead of the roundtable, now known as the Basic Needs Working Group.
- The [Spa and Clinic at Fleming College](#) partnered with AFP to launch a Senior Spa Day. The intergenerational aspect of this event provided students with insight into the needs of older adults when doing massage, and hand and foot care.
- In 2018, the [Basic Income Peterborough Network](#) facilitated a Financial Empowerment workshop to identify current programs; identify gaps, unmet needs and challenges, and opportunities and priorities for action.
- Through the City of Peterborough [Property Tax Assistance program](#), low-income seniors and people with disabilities receive a \$400 tax credit on their tax accounts.



# Staying Mobile Update

**Goal: Older adults are able to get around the community.**

Complete community design such as providing a mix of housing, transportation services, and community and social services supports older adults to remain in their community as they age. A connected community has active transportation infrastructure that is safe, accessible, and connected. The roads are well maintained through all seasons and have pedestrian friendly safety features. Public transit is reliable, affordable, accessible, and convenient so older adults have the ability to travel independently in the community. Rural older adults are supported through public transit or community-led transportation.



## Community-led Transportation

- **Community Care Peterborough (CCP)** provides four door-to-door transportation options to enable clients who reside in the City and County of Peterborough to attend medical appointments, social activities, day programs, planned special events, and manage daily errands.
  - **Volunteer Drivers** use their own vehicles to provide transportation.
  - **Specialized Transportation** can be arranged with the accessible vans known as **City and County Caremobiles**.
  - **Shopping Buddy or Attendant Volunteers** assist the client using any Transportation service to overcome specific barriers identified by the client.
  - **Access to Primary Care** employs **Personal Support Workers (PSWs)** to provide transportation and accompaniment for people who require support to attend primary care and other medical appointments.

CCP transportation options are designed to meet individual needs to support older adults to remain independent in their own home, connect them with the community, and remain out of the hospital and long-term care for as long as possible. In 2022, about 32,841 drives were provided to 2,169 clients.

- **COVID** posed a challenge for people to access transportation to medical appointments. In 2020, CCP received funding to subsidize clients for drives to dialysis. Even at the peak of COVID, CCP provided 23,406 drives to 2,068 clients.



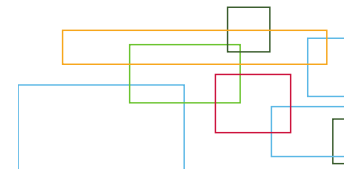
## 2020 Active Transportation and Health Indicators Report

The 2020 Active Transportation and Health Indicators Report provides local data and information on the benefits, barriers and opportunities to active transportation and transit use, with some discussion of how indicators have changed since the last census.

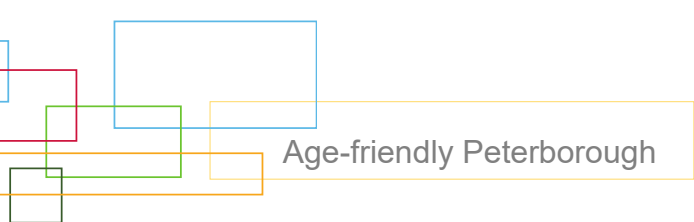


### Active Transportation

- The [Council for Persons with Disabilities \(CPD\)](#) increases awareness and inclusion through programming and events.
  - The [Community Accessibility Evaluation Program](#) assesses physical spaces from a first-person perspective and provides useful tips and suggestions on making spaces more accessible.
  - The [Accessible Communications Evaluation](#) provides businesses with a first-person evaluation of electronic documentation and websites for usability.
  - The [Card and Equipment Labeling Service](#) provides local businesses with a way to provide a variety of accessible signs and other labeled products.
  - The [Time in My Shoes Program](#) provides participants with a first-person experiential learning opportunity which provides them with a realistic understanding of the challenges persons with disabilities encounter every day.
  - In 2022, the first annual [Capable Con](#) was held in downtown Peterborough. CPD featured local accessibility related businesses, accommodations and equipment, programs, and services for persons with disabilities. The event encouraged the community to learn about accessibility and inclusion so that we create a community where everyone can live, learn, work, and play in equality.
  - The [Active Together](#) program encourages people of all ages and abilities to take part in inclusive, community activities. It shows how existing programs like Pickleball can be adapted so everyone can take part.
- 900 signs were installed throughout the County of Peterborough, including upsized stop signs. Furthermore, 800 “[Share the Road](#)” signs were added, and paved shoulders were made one meter or wider when new roads were built or existing roads rehabilitated, to allow for active transportation.
- The City of Peterborough and County of Peterborough Official Plans have been updated and have [Transportation Plan Policies](#).



- Transportation related updates are provided to registered users through the [Connect Peterborough](#) website.
- GreenUp developed six [neighbourhood plans](#) and/or visions for improving active transportation. This created diverse partners, outreach strategies, and activities that allowed the projects to engage meaningfully with residents in each neighbourhood to better understand their current experience and future hopes.
- GreenUp developed the following [cycling programs](#):
  - [Shop By Bike](#) helped people outfit their bikes to make it easier to run quick errands by bike.
  - [Winter Wheels](#) helped people equip their bike with studded tires and help new winter riders ride through their first winter. BIKE organized fun social events and peer support.
  - [Finding Balance](#) offered one-on-one lessons to adults who wanted to learn to ride or get more comfortable with riding in the city.
- The [City of Peterborough](#) provided the following transportation highlights:
  - The City reviewed the process for planning applications and now includes a thorough assessment of walkway networks within sites, ensuring a connection from adjacent municipal sidewalks to main building entrances and an assessment of passenger drop-off/pick-up zones.
  - 50 pieces of street furniture (benches, garbage/recycling bins) added along various municipal sidewalks and transit stops as part of an advertising partnership project.
  - The Crawford trail has been extended from Lake Street to Romaine Street.
  - The Bethune Street trail is now a linear park from Townsend Street to McDonnel Street.
  - A multi-use trail added along Lansdowne Street from River Road to Ashburnham Road.
  - Trail lighting added on the Rotary Greenway trail from Hunter Street to Tivey Street.
  - Rotary Greenway trail connections improved at Tivey Street, Vinette Street, Moir Street, Frances Stewart Road.
  - A shade structure added on the Rotary Greenway trail at Hazlitt Street.
  - 2.1km of new trail added in the community by partners at Fleming College, Trent University, and Parks Canada
  - 4.1km of new multi-use trails and paths added including on Pioneer Road, Parkhill Road, Lansdowne Street, Crawford Drive, James Stephenson Park and Roper Park.
  - 1.5km of AAA bicycle infrastructure added along Bethune Street, the City's first bicycle boulevard.
  - A mid-block pedestrian crossing facility added on Monaghan Road near Kenner Collegiate.



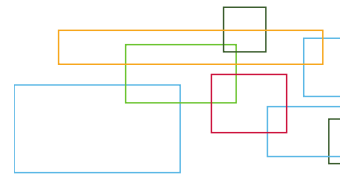
- Safety features installed at arterial roads with higher pedestrian crossing volumes, such as upgrades were made at some railway crossings, new devices added at some mid-block locations to aid in pedestrian crossings, and pavement markings and countdown indicators added at traffic signals.
- The City of Peterborough now has sixteen mid-block pedestrian signals and has installed seven pedestrian crossovers, plus an additional ten at roundabouts and channelized right turn lanes.
- Five neighbourhoods piloted traffic-calming measures; a policy framework for processing future requests has been developed.
- Starting in 2020, a de-icing brine liquid spray applied to roads to improve safer winter driving.



## Public Transit (City/County)

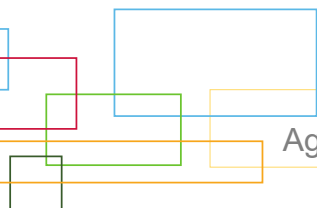
- **The Link** is a new rural transportation pilot project funded through the Province of Ontario in partnership with Selwyn Township, Curve Lake First Nation, Community Care Peterborough, and the City of Peterborough. The Link provides safe, reliable, and affordable public transit service across Selwyn Township and Curve Lake First Nation. The Link connects to the City of Peterborough's Transit system at Trent University. It has two routes that run daily Monday to Friday.
  - Route # 31: Curve Lake – Lakefield
  - Route # 32: Ennismore – Bridgenorth
- **Peterborough Transit** made changes to their services to improve planning a ride and offers more accessible and individualized options:
  - 150 bus stops upgraded to be more accessible and 50 new bus stops were added.
  - Transit routes integrated with Google maps and online trip planning tools.
  - The **Community Bus** is popular with people who may require the specialized van service from time to time or for people who have mobility constraints and other accessibility needs. It makes accessing a direct service to strategic locations around the city (malls, grocery stores, seniors and community facilities, hospital, medical centres, etc.) easier.
  - The **Peterborough Accessible Community Transit (PACT)**, formally known as Handivan, is suitable for those who cannot take the regular bus due to a mobility impairment. The service is provided door-to-door and all trips are made by reservation.
  - The **Trans-Cab Service** provides closer to the door access to areas of the city where it is not possible to provide regular bus service. From these areas, a taxi will go to and from the nearest Trans-Cab stop.
  - Peterborough Transit is piloting an **On Demand transit service** where users book the service by phone and by using the PTBOnDemand app. On Demand services do not follow a set route and schedule like regular route services. When a customer books a trip, the program looks at that request and may pair you with other customers travelling in the same direction. The route may change each day depending on the other requests travelling at the same time. Each trip proposal will offer the





nearest pick-up and drop-off stops available at the time of request. These trips serve bus stops with traditional bus stop signs plus some additional roads in the community using extra locations that do not have a sign. This means closer to the door service for many customers with mobility needs.

- As of May 2021, each bus on routes 4, 5 and 8 has a **bicycle rack** installed on the front that can hold two bicycles.
- “**The Ride With Me**” is an individualized program designed to assist customers in navigating transit through information packages, ride plans, and/or mentor assistance. The Transit Mentorship Program provides the opportunity for individuals or groups to receive training from Transit staff in a ‘train the trainer’ session who then provides support to new riders who want to learn how to map their route and take the bus or van. Peterborough Transit has partnered with AFP and Council for Persons with Disabilities to recruit people to be a mentor and those who wish to have assistance before and during their first transit experience.
- The **Offer Me a Seat Program** is available to customers who may require the use of a dedicated seat near the front of the bus (courtesy/priority seating). The program provides customers with a pin to wear to identify them as a priority seating customer so that customers using those seats may choose to offer that seat to the customer in need.



# Building Relationships Update

**Goal: Older adults are supported to build and maintain relationships.**

Recognizing the diversity of individuals' identities and experiences as they age creates an inclusive environment for older adults of varied cultures, races, genders, sexual orientation, abilities, and economic circumstances. By understanding a diverse representation of aging, the community can support commercial areas that are accessible and welcoming for older adults, and parks and community space that include age-friendly amenities and features so older adults remain socially connected and active as they age. Outreach and engagement, such as intergenerational programming, helps older adults re-engage in their communities and can mitigate the negative effects of isolation.



## Intergenerational Programs

- **Artful Connections** received grants for three intergenerational programs.
  - Children were paired with senior residents from Fairhaven Long-term Care Home for an intergenerational storytelling project. Lakefield College School students recorded the puppet shows.
  - An art workshop was facilitated at Fairhaven in which seniors collaborated on topics for their paint series.
  - Seniors and elementary school students collaborated to tell a story through different mediums of art.
- Many Age-friendly Peterborough network partners and older adult-serving organizations recruit Fleming College and Trent University **placement students** to conduct research and develop events and programs. This provides an intergenerational perspective and builds relationships



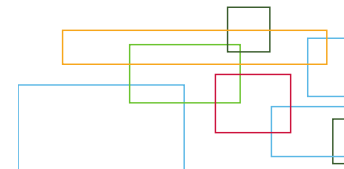
## Outdoor Spaces and Facilities

- The Downtown Business Improvement Area communicates the City of Peterborough bylaw to businesses to **keep sidewalks clear** of sandwich boards and provide a clear travel path.
- Sustainable Peterborough's Future of Food & Farming Working Group completed an **Urban Agriculture Report**. It emphasized the important role of green space and opportunities to grow food in community gardens. The need for accessible community garden features was identified to increase older adults' access to these spaces. In past years, Peterborough had the largest number of community gardens per capita across the country. Nourish partnered with Peterborough Public Health to have community gardens declared an essential service so they could still operate during the COVID-19 pandemic.
- The Township of Asphodel-Norwood and City of Peterborough have added **age-friendly features to parks and facilities** to provide comfortable space for older adults to be physically active and socialize.
  - Asphodel-Norwood installed age-friendly outdoor equipment at two parks, accessible picnic tables were installed in all parks, and a shade structure, updated lighting, and games table were installed outside the Norwood Library.
  - Asphodel-Norwood prioritized age-friendly principles in the renovation of municipal facilities.
  - In 2018, local Rotary clubs contributed to adding an outdoor gymnasium exercise area in Peterborough's Beavermead Park.



## Community Connections

- Prior to COVID, AFP developed an **Age-friendly Business Program** that included a workshop, an age-friendly self-assessment tool, and recognition strategy. The objective of the program was to encourage businesses to provide practical, low-cost solutions to engage their older adult customers and staff. The pilot was scheduled in Millbrook with support from the Millbrook Business Improvement Association (BIA). The launch of the Age-friendly Business has been included in the Community Action Plan 2023-2027.
- The City of Peterborough and Peterborough County provide **Emergency Management** presentations and resources for older adults.
- **Fire Services** delivers education, awareness and training related to older adults:
  - Firefighter recruits receive training on senior fire safety.
  - Buildings with a high senior populations and vulnerable occupancies request fire training to ensure residents are prepared for evacuation in the event of fire.



- The [Social Isolation to Social Connection](#) project was developed during the first wave of the pandemic when most health and social services restricted in-person services. Trent Fleming School of Nursing conducted participatory action research and analyzed pandemic related guidelines and stories told by older adults, their families, and formal caregivers. The findings resulted in recommendations to mitigate the negative impacts of social isolation. A summary of the report and recommendation can be found on the AFP website.
- [“Bodies in Translation: Activist Art, Technology and Access to Life”](#) included eleven digital stories that were created by Anishinaabekwee Elders and settler elders. Researchers Nadine Changfoot and Sally Chivers developed the films that were screened at the 2020 ReFrame Film Festival to an audience of 300.
- Local events depict [positive diverse images of aging](#):
  - SPARK Photo Festival
  - Peterborough Theatre Guild productions
  - Trent Valley Archives projects
  - Peterborough Museum and Archives
  - ReFrame Festival
- AFP was a sponsor of the Rainbow Resource Centre, 2022 [Planning with Pride](#) three-day national, virtual conference for 2SLGBTQI+ older adults and those who support them. 45 speakers shared how participants can plan for future care and to inform and inspire strategies to live their best lives for the rest of their life. AFP has access to the session recordings and will develop a Planning with Pride workshop series.
- The New Canadian Centre Peterborough, [Living Library Project](#) was launched in 2018. The Living Library aims to share human stories of immigration and integration by highlighting diverse and compelling stories of transition, settlement and belonging. Stories are shared through podcasts, videos, and presentations.



# Learning and Contributing Update

**Goal: Older adults have the opportunity to learn, grow and contribute.**

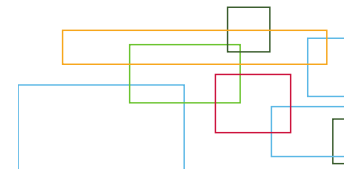
Opportunities for involvement enables older adults to contribute their unique perspectives, experiences, and skills in the community. Whether through volunteerism, employment, educational, social and recreation programs, it is important for older adults to remain active and engaged as they age. It is crucial for the social fabric of the community to embrace the voices of older adults. Communicating in a variety of formats will help older adults obtain the information they need to stay informed.



## Volunteerism

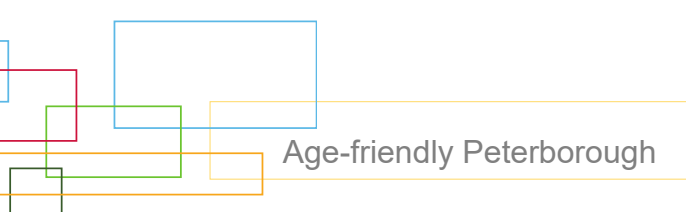
- Community Care Peterborough is the lead organization which manages the centralized [Volunteer Hub](#). Community members are encouraged to call Community Care, where the Volunteer Coordinator reviews their skills and interests and provides volunteer opportunities with an agency in the greater Peterborough area.
- In 2022, the AFP Volunteer Task Force launched the [Virtual Volunteer Fair](#) where in organizations can post videos about their organization and volunteer roles. It is posted on the AFP website.
- In 2022, [Volunteer Peterborough \(VP\)](#) was formed with a mission to “identify and overcome barriers to voluntarism while celebrating those who choose to participate”, with a vision for “a caring, connected community where every person finds it easy to find a role where they can contribute their time and talents”. VP is developing a website and planning an annual Volunteer Expo to promote volunteerism in the greater Peterborough area.





## Social and Recreation

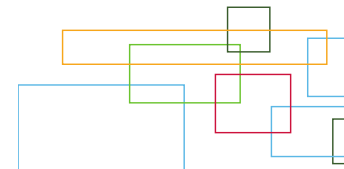
- When the [Peterborough Public Library](#) was renovated in 2018, accessible features were included, such as doorless washrooms, furniture and shelving spaced with wheelchair and walker clearance, computers with large print keyboards, meeting rooms with devices for audio and ASL, a lowered accessible counter and they added accessible reading material (audio, eBooks and large print, DVDs with closed captions).
- Each community has a [local library](#) to visit to enjoy programs, books, and social space. Libraries have expanded their lending items to now include things like toys, games, and passes to provincial parks.
- In 2022, the Lakefield Library expanded to include [Makerspace](#) where people can learn to use a Glowforge, 3D printer, Cricut, sewing machine, and a sound booth with digitization tools.
- The Peterborough Public Library [Visiting Library Service](#) has volunteer drivers to deliver books to homebound library members.
- In 2019, the [Peterborough Sport and Wellness Centre](#) adjusted the subsidy program rate to \$25 per month for individuals whose annual income is less than \$39,000/year.
- In 2019, with funding from United Way, AFP secured a consultant to develop the [Older Adult Recreation, Leisure and Facilities Report](#). They researched trends, demographics, service delivery models, reviewed existing programs at recreation and senior centres, and provided recommendations. The broad goal of the study was to increase participation in recreation and leisure activities of this region's aging population, by understanding and addressing barriers to participation. Unfortunately, the centres were closed during the COVID-19 pandemic and the project has been on hold. This action will be carried over in the AFP Community Action Plan 2023-2027.
- AFP launched the [Senior Centre Without Walls \(SCWW\)](#) telephone activity program in May 2021. SCWW appeals to older adults who do not have access to a computer or use the internet. The objective is to prevent and mitigate the negative impacts of social isolation by implementing a range of fun and stimulating activities for seniors that are inclusive and accessible by telephone. Activity Haven Senior Centre is the lead organization who accepts registrations and posts the calendar and activity descriptions on their website. Through funding from AFP, the Ministry for Seniors and Accessibility, Older Adult Centres Association of Ontario, and The Good Companions Centre, the program is offered at no charge. By the end of 2022, there have been 1,051 registrations.





## Access to Information

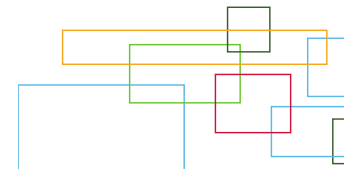
- AFP provides information in a variety of ways to engage older adults such as by phone, in-print, online, and in-person.
  - At the onset of COVID, AFP created a newsletter that included a directory of available services. It was available on the AFP website and 3,000 copies were distributed in rural communities.
  - Printed copies of the Senior Centre Without Walls telephone program calendars are mailed to individuals, organizations, and facilities where older adults gather, and delivered through the Peterborough Visiting Library Service, Community Paramedicine program and Community Care Meals on Wheels. The calendar is also available online and by phone.
  - The community engagement survey was available online, in-print and by phone.
  - The Peterborough Senior Service Directory is available online and by phone. It will be printed in 2023.
  - AFP delivers workshops and events in the community to provide an opportunity for older adults to have in-person conversations with service providers.
- Older adults were included in the prototype of the community services map, the AFP website, and Peterborough Senior Service Directory to ensure the information is displayed in an easy-to-use manner.
- The AFP website was launched in 2021 and is a central repository of information on services, programs, and resources for local older adults. It includes the link to the Peterborough Senior Service Directory.
- 211 is a free, confidential information and referral service that connects people to government, and community-based programs and social services in their community. 1,672 calls were made to 211 in 2022. When a person dials 211, they are connected with a Community Navigator who is trained to listen and understand the full picture of the caller's unique situation and find support and programs available to help.
- Many organizations deliver computer literacy programs.
  - The YWCA Digital Smarts program distributed tablets to seniors in two rent-geared-to-income buildings, provided training, and Wi-Fi.
  - Selwyn Libraries offer one-on-one assistance with computers, tablets, and mobile devices.
  - Peterborough Public Library has Tech Coaches who help with technical skills related to eBooks and other Digital Library resources as well as answer basic questions related to computers and mobile devices. They developed how-to technology training videos that are available on their website.



- The first **Seniors Showcase** was held in 2012 and continues to draw up to 1,000 people. The event is a collaboration between AFP and the Peterborough and Kawartha Chamber of Commerce. It involves a trade show where over 100 booths provide information and resources, and educational workshops. The Showcase was cancelled in 2020 and 2022 due to the COVID-19 pandemic. In 2021, presentations were recorded and available online through the month of June.
- The annual **Summit on Aging** focuses on a different topic each year. It is usually held at Trent University or Fleming College. Participants attend workshops and visit booths in the Information Village.
  - In 2022, the theme was “Be Prepared” where five panels presented information related to the Be Prepared Workbook: Emergency Preparedness, Personal Safety Planning, Next-step Housing, Advanced Care Planning, and Final Wishes. Geriatric Health was the lead organization.
  - A virtual Summit was held in 2021. Community Care Peterborough was the lead organization and of the 90 registrants, half participated at home through Zoom and half attended in small groups in their community: Lakefield, Millbrook, Havelock, Curve Lake, and Marycrest at Inglewood in Peterborough. The theme was “Be Inspired: Take Charge of Your Well-Being!” The workshops provided participants with information and encouraged physical, mental, and social activities that promoted healthy aging.
  - The Summit was cancelled in 2020 due to the COVID-19 pandemic.
  - In 2019, professionals working in the senior sector attended the daytime “Keep Me Safe” sessions to discuss capacity and risk. Community was invited to the evening workshop on Medical Assistance in Dying (MAID).
  - Kawartha Centre led the 2018 Summit, called “Dementia Dialogues; Living Life Fully”.
  - In 2017, the topic was “Grey Matters; Healthy Minds for Healthy Aging”.
- In 2022, AFP launched the **Be Prepared Workbook and Workshop** whereas 480 older adults received information about Emergency Preparedness, Personal Safety Planning, Next-step Housing, Advanced Care Planning, and Final Wishes. AFP received a Seniors Community grant from the Ministry for Seniors and Accessibility to develop the pilot program and due to its success, the United Way Peterborough and District funded the second edition that will be released in 2023.







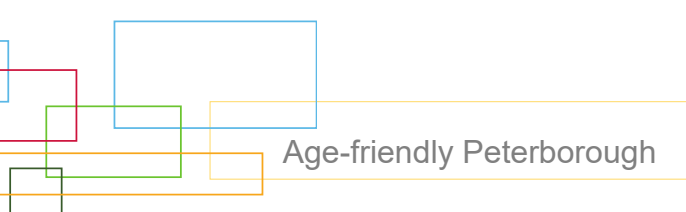
## Next Steps

The 2017 Plan was the first AFP Community Action Plan. Its objective was to support healthy and active aging; promote intergenerational connections; foster an appreciation of the aging process; and enhance physical, social, and health related infrastructure. The 2017 Plan provided a roadmap toward the AFP vision where Peterborough is a thriving region that is inclusive, respectful, and accessible to people of all ages and abilities.

From 2017-2022, AFP and its partners accomplished many proposed actions and as a result the community became more age-friendly. It must be acknowledged that during this time, the COVID-19 pandemic required organizations to pivot to other priorities and some projects, such as the Age-friendly Business program, were delayed and/or will be carried over to the 2023 Plan. Organizations and businesses were flexible, creative, and adapted services and programs to meet the frequently changing needs of the community. Although the actions outlined in the 2017 Plan may not have been completed as stated, many others were incorporated. This was a lesson learned in the development of the new AFP Community Action Plan for 2023-2027.

Through the evaluation process, it was identified that having a Plan that only includes priority areas, goals and strategies provides the flexibility needed for a 5-year term. The high-level framework will allow individuals and groups to align and embed their actions with the goals and strategies outlined in the 2023 Plan. As community organizations are still recovering from the impact of the COVID-19 pandemic, their business models may change over time.

AFP is committed to ongoing engagement with the community throughout the implementation of 2023 Plan. An annual Impact Report will be released to share progress and successes.





age-friendly  
peterborough



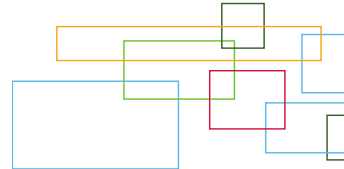


**Community Action Plan**  
**2023-2027**



# Contents

|  |           |
|--|-----------|
| <b>Land Acknowledgement</b>                | <b>3</b>  |
| <b>Message from the AFPAC Chair</b>        | <b>4</b>  |
| <b>Introduction and Acknowledgement</b>    | <b>5</b>  |
| Background                                 | <b>6</b>  |
| Age-friendly Communities                   | 6         |
| About Age-friendly Peterborough            | 8         |
| Age-friendly Peterborough Values           | 9         |
| <b>About the greater Peterborough area</b> | <b>11</b> |
| Local Context                              | 11        |
| <b>Community Consultation</b>              | <b>17</b> |
| Community Action Plan 2017 Review          | 17        |
| Impact of the COVID-19 Pandemic            | 18        |
| <b>Community Engagement</b>                | <b>19</b> |
| Summary of Results                         | 20        |
| <b>AFP Community Action Pan 2023-2027</b>  | <b>26</b> |
| Introduction                               | 26        |
| Priority Area 1: Basic Needs               | 28        |
| Priority Area 2: Staying Mobile            | 29        |
| Priority Area 3: Building Relationships    | 30        |
| Priority Area 4: Learning and Contributing | 31        |
| <b>Guiding Documents and Principles</b>    | <b>32</b> |
| Alignment with other local plans           | 32        |
| Resources consulted                        | 32        |
| Diversity, Equity, and Inclusion           | 33        |
| Collaboration                              | 33        |
| <b>Next Steps</b>                          | <b>34</b> |



## Land Acknowledgement

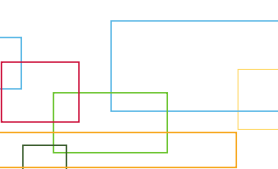
We respectfully acknowledge that the communities included in the Age-friendly Peterborough Community Action Plan are located on Treaty 20 Michi Saagiig Anishinaabeg territory and in the traditional territory of the Michi Saagiig and Chippewa Nations, known collectively as the Williams Treaty First Nations, which include Curve Lake, Hiawatha, Alderville, Scugog Island, Rama, Beausoleil, and Georgina Island First Nations.

We respectfully acknowledge that the Williams Treaty First Nations are stewards and caretakers of these lands and waters in perpetuity, and that they continue to maintain the health and integrity of these lands and waters for generations to come.

We recognize the unique histories, cultures, and traditions of the many Indigenous Peoples with whom we share this time and space. We strive to strengthen Indigenous-non-Indigenous relationships and to responsibly honour all our relations.

We acknowledge and deeply appreciate the knowledge, experiences and perspectives that were shared by representatives from Hiawatha First Nation, Curve Lake First Nation Health and Family Services, Nogojiwanong Friendship Centre, and Nijkiwendidaa Anishnaabekwewag Services Circle in the process of developing this plan.

We know that building safe, healthy, and strong communities depends on strong relationships between municipalities and Indigenous communities. We recognize that we all have a role to play in honouring the teachings of Indigenous Peoples.



## Message from the AFPAC Chair

On behalf of the Age-friendly Peterborough Advisory Committee (AFPAC), we are pleased to present the **AFP Community Action Plan 2023-2027** for the City of Peterborough, Peterborough County including the Townships of Asphodel-Norwood, Cavan Monaghan, Douro-Dummer, Havelock-Belmont-Methuen, North Kawartha, Otonabee-South Monaghan, Selwyn, and Trent Lakes, Curve Lake First Nation, and Hiawatha First Nation.

Our communities are aging. In 2015, for the first time in Ontario the number of seniors over the age of 65 accounted for a larger share of the population than children aged under 14. In Peterborough, individuals over the age of 65 account for more than 24% of our regional population. The shift towards an older population will have profound implications for individuals, families, and communities. With this shift also comes new opportunities for community building and social development.

Since the release of the 2017 Plan, the greater Peterborough area demographics have changed and there is an increased need to support healthy aging. The AFP Community Action Plan 2023-2027 highlights how AFP plans to meet those needs now and in the future.

The Plan provides a roadmap, with goals that identify what will be done and strategies that outline how the goals will be achieved. AFP is a collaborative of passionate individuals and organizations who have a shared vision that *Peterborough is a thriving region that is inclusive, respectful, and accessible to people of all ages and abilities*. The Plan demonstrates the shared responsibility and commitment to the vision because together, we make a collective impact.

The Plan is a tool that will be used by many community organizations upon which to develop new programs and services. It recognizes that a variety of partnerships have been formed for our vision of an age-friendly community.

Finally, The United Nations Sustainable Development Goals (SDG) highlights the importance of aging in place for older adults (United Nations, 2017). AFP specifically relates to Goal 11: “Make cities and human settlements inclusive, safe, resilient, and sustainable by 2030.”

Dawn Berry Merriam  
AFPAC Chair



# Introduction and Acknowledgement

In 2017, Age-friendly Peterborough (AFP) developed a Community Action Plan that identified a clear path forward to enhance programs, services, and infrastructure for older adults in the greater Peterborough area: City of Peterborough, Peterborough County including the Townships of Asphodel-Norwood, Cavan Monaghan, Douro-Dummer, Havelock-Belmont-Methuen, North Kawartha, Otonabee-South Monaghan, Selwyn, and Trent Lakes, Curve Lake First Nation, and Hiawatha First Nation.

In 2021, AFP received funding from the Ministry for Seniors and Accessibility, Inclusive Community program to evaluate the 2017 Plan and conduct community engagement to inform AFP future goals and strategies. A summary of the results has been highlighted in the AFP Report Card 2017-2022.

## Acknowledgement

Thank you to those who contributed to the development of the AFP Community Action Plan 2023-2027 (2023 Plan).

- Thank you to the intergenerational Evaluation Task Force members who conducted research and interviews, developed the community engagement survey and analyzed the results, and provided recommendations for actions to be included in the 2023 Plan.
- Thank you to Age-friendly Peterborough Advisory Committee and the AFP network for their strategic direction, guidance, and support.
- AFP acknowledges the partners who reported how they contributed to an age-friendly community and continued to support the AFP vision, strategies, and goals.
- The voice of older adults is incorporated in all we do. AFP is grateful for the volunteers who are on our committees and those who participated in our community engagement survey and focus groups. They have demonstrated the need for an age-friendly community and have provided the insight, experience, and expertise to shape the future.
- Thank you to United Way of Peterborough and District, and the Ministry for Seniors and Accessibility for generously funding AFP projects.

AFP is supported by the City of Peterborough, County of Peterborough, all 8 townships, Curve Lake First Nation, Hiawatha First Nation and United Way of Peterborough and District.



## Background

### Age-friendly Communities

The world is experiencing a significant demographic shift, with the number of individuals over 60 years of age growing faster than any other age group. In 2007, the World Health Organization (WHO), started a movement where active aging is regarded as a lifelong process shaped by several factors that improve health, participation, and security in older adult life.

WHO defines an age-friendly community as “one where policies, services and structures related to the physical and social environments are designed to support and enable older people to live in a secure environment, enjoy good health and continue to participate in their communities”.

WHO has identified eight domains to consider when planning for an age-friendly community. These eight theme areas have been found to directly impact quality of life as people age and have been incorporated into the Age-friendly Peterborough Community Action Plan.

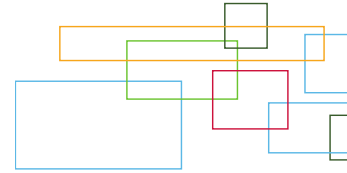
Peterborough demonstrated its commitment to becoming age-friendly and was accepted into the WHO Global Network for Age-friendly Cities and Communities on August 24, 2016. Age-friendly Peterborough is proud to be part of this international movement and is actively involved in the Age-friendly Ontario Communities Network.

The United Nations Decade of Healthy Ageing (2021–2030) is a global collaboration to improve the lives of older people, their families, and the communities in which they live. WHO, as lead of the collaboration, encouraged communities to actively contribute to achieving the goals through direct action, partnering with others, and by participating in the Healthy Ageing Collaborative. AFP has incorporated the action areas and enablers into the 2023 Plan.



The AFP Community Action Plan 2017 was launched in 2017 with support from City of Peterborough, Peterborough County including the Townships of Asphodel-Norwood, Cavan Monaghan, Douro-Dummer, Havelock-Belmont-Methuen, North Kawartha, Otonabee-South Monaghan, Selwyn, and Trent Lakes, Curve Lake First Nation, and Hiawatha First Nation (the greater Peterborough area).





# The World Health Organization Community Domains

## Physical Environment



Outdoor spaces and public buildings – When people view a neighbourhood as safe and accessible, it encourages participation in outdoor activities and engagement with the community.



Transportation – The conditions and design of transportation-related infrastructure such as signage, traffic lights and sidewalks, affect personal mobility.



Housing - The availability of a range of appropriate, affordable, accessible, and supportive housing options that incorporate flexibility through adaptive features, style and location choices, are essential for age-friendly communities.

## Social Environments



Social participation - Social participation involves the level of interaction that older adults have with other members of their community and the extent that the community itself makes this interaction and inclusion possible.



Respect and social inclusion - Community attitudes, such as a general feeling of respect and recognizing the role older adults play in our society, are critical factors for establishing an inclusive and age-friendly community.



Civic participation and employment - Civic engagement includes the desire to be involved in aspects of the community that extend beyond day-to-day activities, such as volunteering or working on committees. The ability to continue working or find new employment provides economic security.

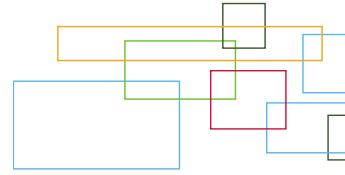
## Personal well-being



Communication and information - Age-friendly communities provide information about community events or important services that is both readily accessible and in formats that are appropriate for older adults.



Community support and health services - Access to and awareness of community support services and mental and physical health programs contribute to quality of life and age-friendliness.



## About Age-friendly Peterborough

The Age-friendly Peterborough (AFP) Vision is that Peterborough is a thriving region that is inclusive, respectful, and accessible to people of all ages and abilities.

AFP is a collaborative of passionate individuals who contribute their time, expertise, resources and provide an age-friendly lens through a diverse perspective. The network includes representatives from:

- First Nations
- Academia and research
- Planning
- Transportation
- Accessibility
- Not-for-profit agencies
- Government
- Health care professionals
- Senior centres and clubs
- Businesses that provide senior services
- Retirement residences
- Home care providers
- And most importantly, older adult volunteers

AFP also supports initiatives from other organizations who serve seniors. Collaboratively, the aim is to improve the quality of life of seniors in the greater Peterborough area.

### Age-friendly Peterborough Advisory Committee

The Age-friendly Peterborough Advisory Committee (AFPAC) provides strategic direction for implementing goals and strategies outlined in the AFP Community Action Plan (the Plan). Through the Age-friendly Coordinator, AFPAC strives for effective coordination and communication between municipal departments, public and private partner organizations, councils, community members, and associations in the implementation of the Plan activities.

AFPAC has four Working Groups who are responsible for driving actions related to their respective priority area: Basic Needs, Staying Mobile, Building Relationships, and Learning and Contributing. The AFP mandate is Action for Aging Well.

The current list of AFPAC members can be found on the AFP website [www.peterborough.ca/aging](http://www.peterborough.ca/aging).



## History

Although Age-friendly Peterborough (AFP) was branded in 2017, the organization began in 2008 when the Peterborough Seniors Planning Table was formed. Below is a review of how AFP has evolved.

- In 2008, the Peterborough Seniors Planning Table was formed to create opportunities for integration and capacity building within the system of services that support seniors and their families. Members were cross-sectoral representatives from senior support service organizations and volunteers. The Seniors Planning Table was an informal group with City staff involvement and two co-chairs who provided leadership to the 60 members.
- In 2014, the Seniors Planning Table expanded to have older adults incorporated into the conversation, a new governance model was developed, and the new group was branded as the Peterborough Council on Aging. Ontario Trillium Foundation funding was received, and a Coordinator was hired to conduct research, community engagement and develop a Community Action Plan.
- In 2017, the Community Action Plan (2017 Plan) was completed, and endorsed by local councils (City of Peterborough, Peterborough County, all eight Townships, and Curve Lake and Hiawatha First Nations). The 2017 Plan was organized into four goals and 146 actions were proposed.
- In 2017, the organization was rebranded as Age-friendly Peterborough and the City of Peterborough agreed to be the lead organization.
- On July 31, 2017, the Age-friendly Peterborough Advisory Committee (AFPAC) was established by the City of Peterborough with the mandate of implementing the Plan. AFPAC reports to the Peterborough Regional Liaison Committee (previously the Joint Services Steering Committee).
- In 2017, the United Way of Peterborough and District (United Way) earmarked approximately \$377,000 toward the implementation of the Plan. These funds came from a family bequeath to support seniors in the greater Peterborough area.
- In 2018, the City of Peterborough and the County of Peterborough agreed to create the Age-friendly Coordinator position that would oversee the Plan and focus on aging issues in the community.
- In 2020, the COVID-19 pandemic had significant impact across the globe and adjustments to services were made to accommodate restrictions. AFP worked with senior sector service providers to keep older adults informed and engaged in their community.
- In 2021, AFP received an Inclusive Community grant from the Ministry for Seniors and Accessibility to evaluate the 2017 Plan and prepare a new Plan for 2023-2027.

# Age-friendly Peterborough Values

**Diversity** – No two older adults are the same, and every person experiences the process of aging differently. Diversity of culture, race, gender, sexual orientation, physical and mental ability, and economic circumstance should be recognized and respected in all populations, including older adults.

**Collaboration** – Supporting healthy and active aging is everyone's responsibility. Enhancing quality of life for older adults requires engagement of, and cooperation between older adults, all levels of government, service providers, community-based organizations, and civil society.

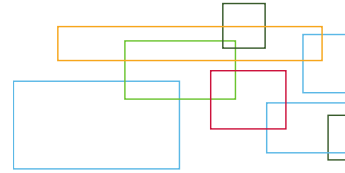
**Inclusion** – To live is to age. Healthy and active aging is a process for everyone. Relationships across generations and across differences strengthen communities and support all residents to live and age well.

**Equity** – Older adults, particularly those who experience vulnerability or marginalization, may require specific supports to access services depending on their circumstances. All older adults should have access to the services they require regardless of income, ability, or geography.

**Transparency** -The Age-friendly Peterborough Advisory Committee is committed to ongoing reporting on progress measures and the outcomes of the Plan.

**Interconnection** – Creating age-friendly environments requires work across sectors which exist in relation to one another. Changes in one sector may impact access and service requirements in another.

**Alignment** – Meeting the goals of the Plan requires alignment with related community plans. Action will be achieved by integrating the Plan outcomes within existing service-delivery and planning and governing structures.



## About the greater Peterborough area

### Local Context

The greater Peterborough area offers a mix of rural and urban living with proximity to both Toronto and Ottawa.

The region borders on the City of Kawartha Lakes and the Counties of Haliburton, Northumberland, and Hastings, providing access to urban centres in those counties.

### Community Trends

**Peterborough is growing:** Both the City and County are growing in population with a projected 41% increase of residents in the City alone by 2041. From 2011 to 2021, the City experienced a growth rate of 6.2% while townships in the County experienced growth rates ranging from 7.7% to as high as 26%.

**An aging community:** The percentage of seniors aged 65 and over is projected to increase substantially over the next 20 years. Currently, persons older than 65 make up more than 30% of the population in the Townships of Havelock-Belmont-Methuen, North Kawartha, and Trent Lakes. (See the chart and graphic on page 14 for details.) Challenges impacting seniors include the rising cost of housing, social isolation, and barriers accessing services due to transportation and connectivity.

**High rates of dependency:** Rates of dependency refers to “area-level concentrations of people who don’t have income from employment, and includes seniors, children, and adults whose work is not compensated.” Peterborough’s rates are among the highest in the province.

**Housing is unaffordable:** While housing affordability has been a long-standing issue in the region, the COVID-19 pandemic has highlighted the rising disparity between those who can afford housing and those who are finding it increasingly difficult to stay housed. Housing costs have increased dramatically since the onset of the pandemic. As well, the region has very low vacancy rates and rapidly increasing rents.

**Limited incomes:** In 2021, Peterborough’s living wage for one adult was calculated to be \$18.59/hr or just over \$32,000 annually. Having access to affordable and adequate housing leads to better physical, mental, and social outcomes by eliminating stress, reducing hazards in the home, and freeing up resources for other basic needs.

**Health:** As of January 2022, an estimated 13,000 people in the region lack a family doctor.

*(This section is from the 2022 Peterborough Community Safety and Well-being Plan)*

## Scenario

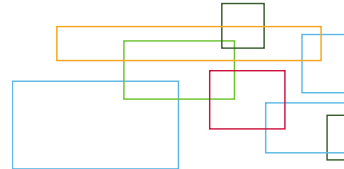
The rising cost of housing in Peterborough is one of the biggest challenges seniors face. According to the Canadian Mortgage and Housing Corporation, in 2021 the average monthly rent in Peterborough was:

bachelor apartment - \$873  
1 bedroom - \$1,090  
2 bedroom - \$1,339

If a senior aged 65-74 living in Peterborough was only receiving the maximum Old Age Security (OAS) and Guaranteed Income Supplement (GIS) payments, their income would be \$20,568. That would mean if they were living in a bachelor apartment that costs \$873 a month in Peterborough, 50.9% of their income (\$10,476) would be spent on rent alone. Bachelor apartments are also the scarcest type of housing in Peterborough, so it is likely that a senior renting in Peterborough would be living in at least a one-bedroom unit and therefore spending 63.5% (\$13,080) of their income on housing. Financial institutions recommend that a person's monthly housing costs be no more than 30% of their gross (pre-tax) monthly income.

The Living Wages 2021 Report produced by United Way Peterborough and District provides a scenario for a single adult living in Peterborough. It states that the annual cost for shelter, insurance, hydro, internet and cable, phone, food, non OHIP medical, and an annual transit pass is \$29,065. Given that a person aged 65-74 receiving only OAS and GIS has an income of \$20,568, they would not be able to afford their basic needs.





## The greater Peterborough area – older adult population

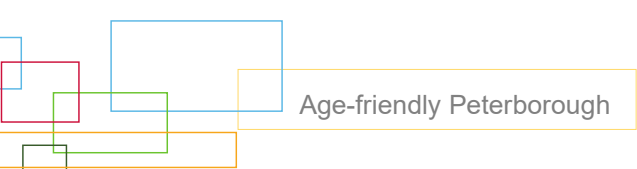
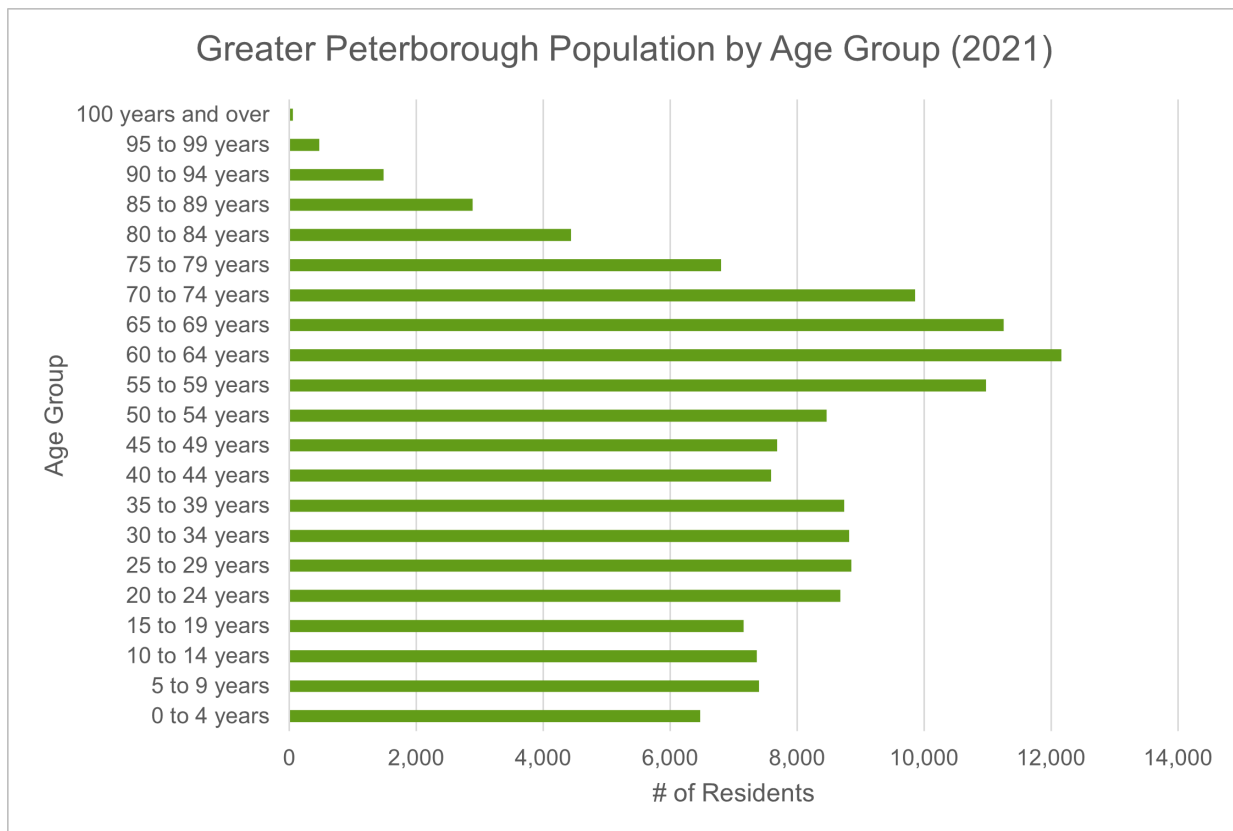
In 2021, people older than 65 represented 25.2% of the greater Peterborough area population, an increase from 22.8% in 2016. There were 65 centenarian residents reported. For the age groups of 95-99 and 100 and older, older adult women outnumber men 3 to 1. Figure 1 shows the greater Peterborough area by age group, according to Statistics Canada, 2021.

From 2016 to 2021, the proportion of older adults 65 and over has increased the greater Peterborough area. In 2016, Trent Lakes had the highest proportion of older adults at 30.2% however in 2021, North Kawartha reported 35.4% of their population being over age 65. Hiawatha First Nation saw the highest increase in the proportion of seniors in their population over the past five years, moving from 20.7% in 2016 to 27.7% in 2021.

Table 1 shows the percentage of the greater Peterborough area communities that are over the age 65, comparing 2016 to 2021. Figure 2 is a map of the greater Peterborough area displaying the percentage of population 65 years and better in 2021.

Figure 1: Greater Peterborough Area Population by Age Group

*Statistics Canada 2021*



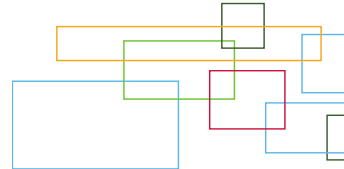


Table 1: Percentage of the population of the greater Peterborough area who are over age 65, comparing 2016 to 2021.

Statistics Canada 2016 and 2021

| Community                | 2016 | 2021  |
|--------------------------|------|-------|
| Asphodel-Norwood         | 22.4 | 24.0% |
| Cavan Monaghan           | 19.3 | 21.1% |
| City of Peterborough     | 22.3 | 24.2% |
| Curve Lake FN            | 17.5 | 21.7% |
| Douro-Dummer             | 20.1 | 23.1% |
| Havelock-Belmont-Methuen | 28.0 | 30.0% |
| Hiawatha FN              | 20.7 | 27.9% |
| North Kawartha           | 27.8 | 35.1% |
| Otonabee-South Monaghan  | 21.1 | 24.8% |
| Selwyn                   | 24.6 | 28.7% |
| Trent Lakes              | 30.2 | 32.4% |
| Ontario                  |      | 19.0% |
| Canada                   |      | 18.5% |

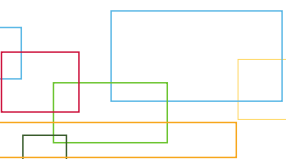
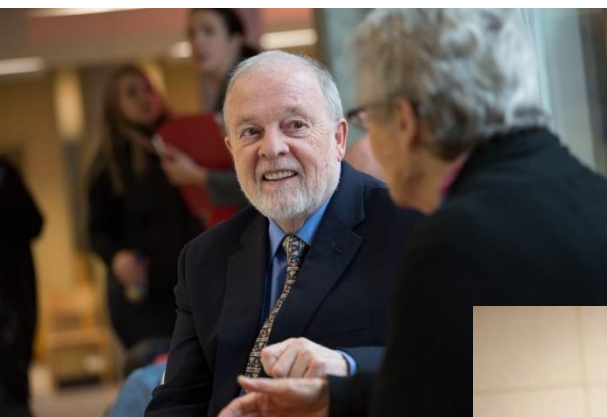
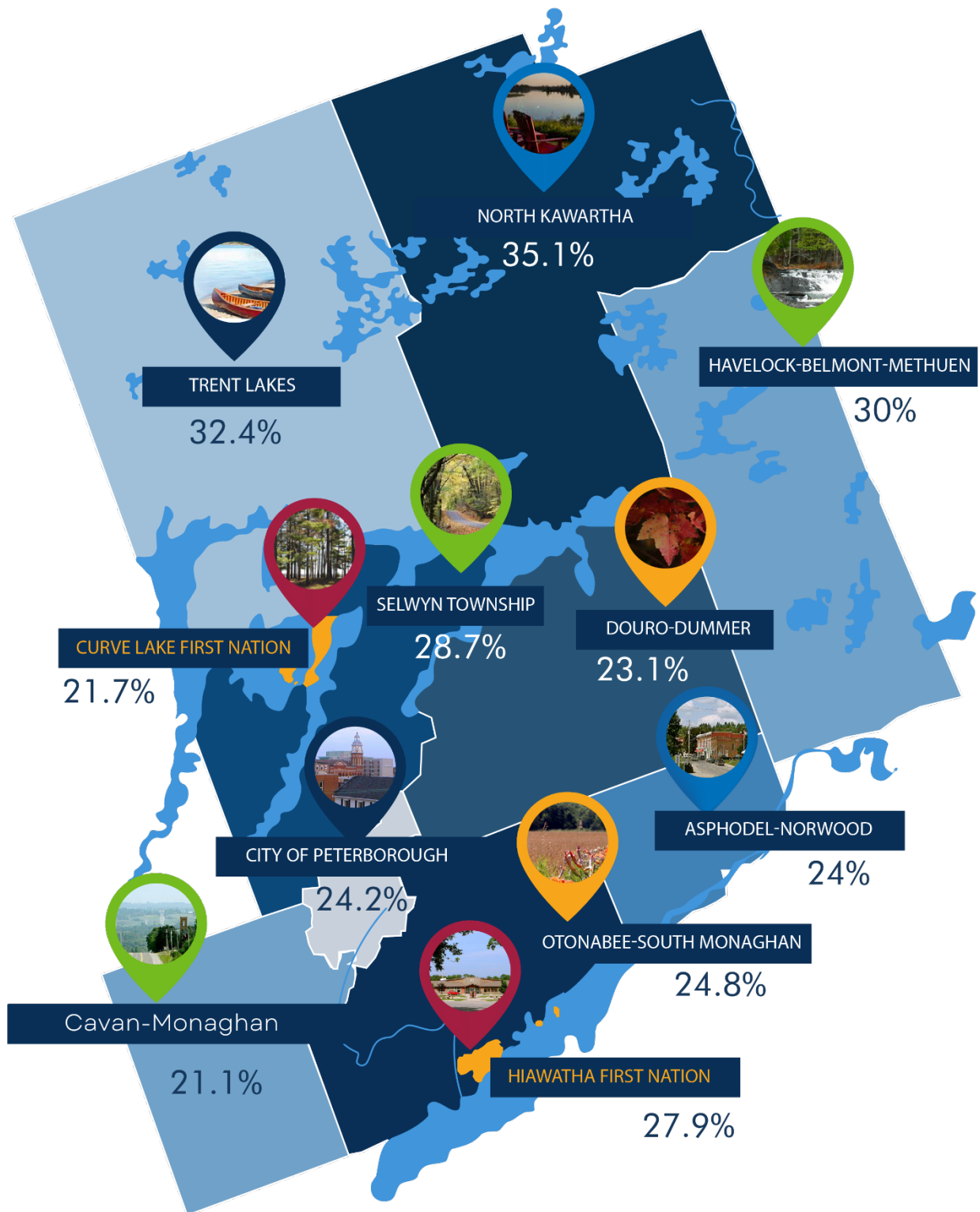
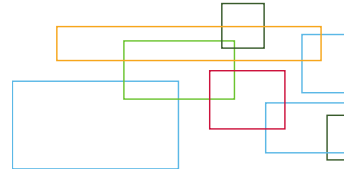




Figure 2: Map of Percentage of Population 65 years and Better in 2021

Statistics Canada 2021





## The Number of Older Adults will Continue to Increase

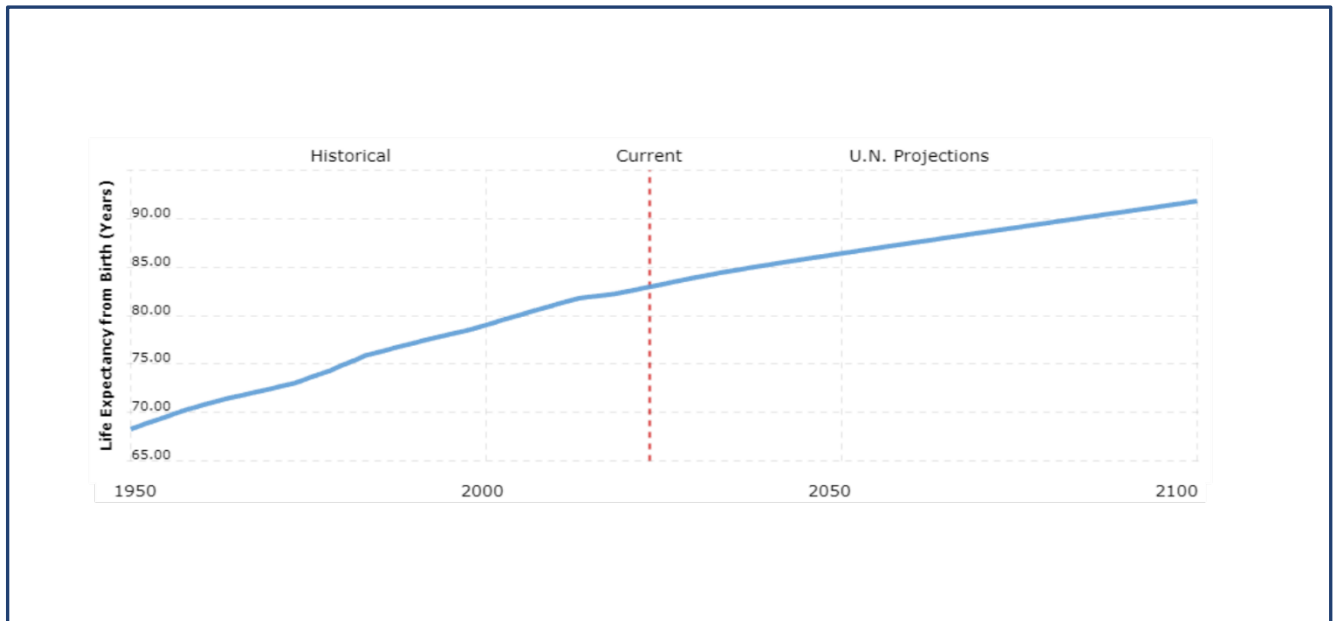
People who are a part of the Baby Boomer generation were born between 1946 and 1964, therefore in 2023 they are between the ages of 59 and 77. Many have not retired yet or require support services.

Many Baby Boomers purchased a cottage in the greater Peterborough area with the intention of using it as their retirement residence. As they retire and move to the cottage, they will add to the older adult population growth in the region.

According to Macrotrends, the average lifespan of a person living in Canada in 1950 was 68 years. In 2023, average lifespan has increased to age 83. It is projected that by 2100, we will live to 92. Figure 3. The World Health Organization states that even though we are living longer, we are living the latter years in poor health.

Figure 3: Life Expectancy from 1950 to 2100

*Macrotrends*





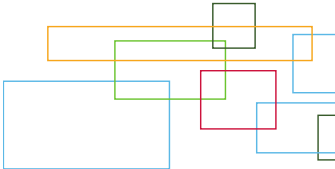
## Community Consultation

In 2021, AFP received an Inclusive Community Program grant from the Ministry for Seniors and Accessibility to evaluate the 2017 Plan and conduct community consultation to prepare a new Plan for 2023-2027. Community organizations and stakeholders were consulted during the 2017 Community Action Plan Review (Review) and community individuals were engaged through a survey and in-person discussions.

### Community Action Plan 2017 Review

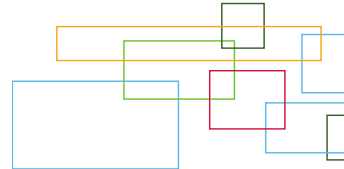
The AFP Evaluation Task Force interviewed stakeholders and reported the progress on the 146 proposed actions listed in the 2017 Plan. The Review identified the actions that were completed and those to be carried over to the 2023 Plan. The results have been outlined in the AFP Report Card 2017-2022. The Report Card demonstrates how the greater Peterborough area has become more age-friendly over the last five years. The following are some highlights from the Report Card.

- In 2019, United Way Peterborough and District provided funding to contract Peterborough Public Health staff to develop a healthy aging and housing service directory. Local older adults, their caregivers, and families can access the directory by telephone and calling 211, or through the [Peterborough Senior Service Directory](#) on the AFP website [www.peterborough.ca/aging](http://www.peterborough.ca/aging).
- The Age-friendly Peterborough Housing Report outlines how local municipalities can support older adults to age in place. The research specifically addresses [innovative housing solutions](#) such as tiny homes, secondary suites, and granny flats, in combination with community services. Other housing models found in the greater Peterborough area are Abbeyfield Lakefield, Canada HomeShare, and Senior Women Living Together.
- Many organizations provide [programs and services that support healthy aging](#). They can be accessed virtually by phone or computer, or in-person at an office, community hub or at home.
- The greater Peterborough area has developed [better infrastructure](#) to support active transportation and age-friendly spaces by extending trails, pedestrian crossing safety features, traffic calming measures, and adding benches, trail lighting and shade structures.
- Community Care Peterborough provides [door-to-door transportation](#) options to enable clients who reside in the City and County to attend medical appointments, social activities, day programs, planned special events, and manage daily errands. In 2022, about 32,841 drives were provided to 2,169 clients.
- Peterborough [Transit](#) made changes to their services to improve planning a ride and offers more accessible and individualized options. The Link is a new rural transportation pilot project funded through the Province of Ontario in partnership with Selwyn Township, Curve Lake First Nation, Community Care Peterborough, and the City of Peterborough.

- 
- Each community has a [local library](#) to visit to enjoy programs, books, and social space. Libraries have expanded their lending items to now include things like toys, games, and passes to provincial parks. In 2022, the Lakefield Library introduced Makerspace where people can learn to use a Glowforge, a 3D printer, a Cricut, a sewing machine, and a sound booth with digitization tools. The Peterborough Public Library Visiting Library Service and Selwyn Public Library have volunteer drivers to deliver books to homebound library members.
  - AFP in partnership with Activity Haven launched the [Senior Centre Without Walls](#) telephone activity program in May 2021. SCWW appeals to older adults who do not have access to a computer or use the internet.
  - To promote [volunteerism](#), AFP in partnership with Community Care Peterborough developed the Volunteer Hub and Virtual Volunteer Fair. In 2022, Volunteer Peterborough was formed.
  - The [Seniors Showcase](#) and the [Summit on Aging](#) continue to be popular annual events where older adults receive information and resources and attend educational workshops.
  - In 2022, AFP received a Seniors Community grant from the Ministry for Seniors and Accessibility to develop the [Be Prepared Workbook](#). 480 older adults attended workshops and received information about Emergency Preparedness, Personal Safety Planning, Next-step Housing, Advanced Care Planning, and Final Wishes. United Way of Peterborough and District has funded the second edition of the Be Prepared Workbook.
  - The [Social Isolation to Social Connection](#) project was developed during the first wave of the pandemic when most health and social services restricted in-person services. Trent Fleming School of Nursing conducted participatory action research and analyzed pandemic related guidelines and stories told by older adults, their families, and formal caregivers. The findings resulted in recommendations to mitigate the negative impacts of social isolation. A summary of the report and recommendation can be found on the AFP website.

## Impact of the COVID-19 Pandemic

From 2017-2022, AFP and its partners accomplished many proposed actions and as a result the community became more age-friendly. It must be acknowledged that during this time, the COVID-19 pandemic required organizations to pivot to other priorities and some projects, such as the Age-friendly Business program, were delayed and/or will be carried over to the 2023 Plan. Organizations and businesses were flexible, creative and adapted services and programs to meet the frequently changing needs of the community. Although the actions outlined in the 2017 Plan may not have been completed as expected, many others were incorporated. This was a lesson learned in the development of the new AFP Community Action Plan for 2023-2027.



## Community Engagement

The objective of the community consultation was to ask older residents if they felt the greater Peterborough area became more age-friendly since the 2017 Plan and to assess their current needs. The opportunity to respond was available from March to September 2022, through a survey, focus groups, individual interviews, or intentional discussion at events.

Survey questions were from the 2016 AFP Community Engagement Survey and the Ministry for Seniors and Accessibility, Ontario's Seniors Strategy Survey. The survey was posted on the Connect Peterborough website and was distributed in print in the community. 244 survey responses were received.

The AFP Evaluation Task Force also reviewed the 2021 Community Safety and Well-being survey results of 283 older adult respondents.

Focus groups and interviews were scheduled to provide older adults with the opportunity to talk about how the greater Peterborough area can become more age-friendly and to validate the survey responses. Informal evaluation included discussion with participants at events such as Mapleridge Open House, Activity Haven Lunch and Learn, and Pride in the Park. 1,399 were engaged in age-friendly conversations.

Comments and quotes were useful as they provided context, in-depth understanding of an issue, and examples of real-life stories. Some impact statements are quoted below.



## Summary of Results



### Housing

Most older adults want to stay in their current residence as long as possible but recognize they may need support to do so. Home maintenance and renovations were reported as the most needed service. Concerns about isolation were apparent and the need for community engagement opportunities was stated.

Some older adults are considering moving to a collective dwelling like a condominium or apartment where most residents are older adults. It is more appealing if the complex had social activities and support services available.

Many were concerned if they needed to move, they would not have anywhere to go. The rent they have now may be manageable as it only increased slowly over time, but they can't afford rent in the current market. The survey and focus groups participants expressed the need for more accessible, affordable, safe, and supportive housing.

*“ I'm on a fixed income, and with rent costs increasing, I'm not sure where I would go. ”*



### Community Support and Health Services

When referring to their health needs, inability to access required services was commonly identified by older adults. Access due to affordability, waitlists, lack of services in rural areas, and transportation were noted. Dental care and eye care were defined as basic needs, but many older adults do not have health benefits and they cannot afford these services. Hearing aids and incontinence underwear were also included as an unaffordable basic need.

22% of the survey respondents identified as a caregiver for a spouse, family member, or loved one and many who participated in a focus group identified as such. Unable to take time for themselves or be with other family members contributed to the inability for caregivers to manage the emotional or mental distress of caregiving. The physical requirement of caregiving also affects their health. Finding affordable options that meet their needs is a challenge.

*“ I told my family, I don't need anything for Christmas, just buy me Depends as I can't afford to buy them myself. ”*



## Staying Safe and Secure

The good news is most older adults reported generally feeling safe. However, the fear of falling restricted many people's actions. They did not go out as much as they wanted, especially in the winter and this is leaving them isolated in their home. Living or being alone contributed to the feelings of being unsafe as many reported family and friends lived far away and they did not have anyone to go out with or check on them.

When asked, What services and resources older adults needed to help them feel safer in their community? the top three responses were:

- renovating their home with safety and accessible features,
- using home or personal technology devices such as fall detection sensors and smart lights activated by motion or voice command, and
- social opportunities like friendly visits or phone check-ins, Meals on Wheels delivery or attending a program where people would recognize you were missing.

*“ I wish there was more help for people who are less fortunate than myself. Many people struggle with homelessness, substance abuse, and mental health. Unfortunately, there is a perception that downtown Peterborough is not safe as people see and interact with marginalized individuals. ”*



## Transportation

85% of survey respondents drive, but many also walk when possible. Availability of safe sidewalks and/or trails was noted as a challenge. This related to the earlier feedback that reported a significant number of older adults have a fear of falling.

Even though someone had access to a car, many indicated they only drove in certain conditions. For example, they don't drive at night, in the rain or snow, or on the highway. The survey reported out-of-town medical appointments as the number one unmet transportation need.

Those who take transit indicated the frequency of service was a barrier.

When asked, What would make active transportation (walking, rolling, cycling) a more appealing choice? respondents suggested ice removal such as salting or sanding the sidewalks, better lighting on trails, a greater police presence in downtown parks, and dedicated cycling infrastructure.

*“ We need more benches in the community. Not only in parks, but along major streets where there is shopping and services. I saw an elderly woman stop and sit on a store step when she was tired. ”*



## Social Participation

Most older adults reported they use technology such as email, mobile phones, social media, and video calls to stay connected with others. About half depend on their land line telephone.

Socializing with friends and family and doing activities like walking or games on their own were equally important for older adults to stay physically and mentally active. A popular activity was visiting their local library and reading. Only 9% of survey respondents were members of a seniors' activity centre and 14% belonged to a faith-based organization.

When asked, "What prevents you from socializing and/or staying physically active?" respondents indicated that the COVID-19 pandemic has had a significant impact and has affected their outlook, routine, and comfort level. They also mentioned they don't want to go alone, can't afford a membership, don't have transportation, have physical or mental health challenges, and/or their work or caregiving schedule limits what they can do.

*“ No one comes to see if I am okay. No regular community involvement. No one knows I am here. ”*



## Civic Participation and Engagement

Civic participation includes the desire to be involved in aspects of community life that extend beyond day-to-day activities, such as volunteering. Older adults, even after retirement, may chose to be engaged in the community through employment.

About half of the survey respondents volunteered. When asked why they don't, lack of time was the most common answer, followed by physical and mental health challenges that limit what they can do. Although there was a general positive outlook on volunteering in the greater Peterborough area, a significant number of people said they would volunteer if they knew what opportunities were available. Some suggested a central list of organizations who are recruiting and details about their volunteer roles. Others indicated the need for delivering better communication about the benefits of volunteerism to the individual, organization, and the community.

Some respondents who were retired indicated they are considering employment as they are concerned, they will not be able to afford the cost of living on their current means. However, they felt employers would not provide the flexible work arrangements they need. Thirty-two survey respondents indicated they were not aware of opportunities or where to go to look for employment. A significant number of people felt they experienced age discrimination in the workplace.

*“ A central list of volunteer opportunities could help others who are looking to serve. ”*





## Communication and Information

More than half of the survey respondents indicated the first place they would go to get information about programs, services and resources is a local website dedicated to older adults. Some commented that the Age-friendly Peterborough website was easy to navigate, and the Peterborough Seniors Service Directory was useful. Older adults equally turned to traditional media like newspaper and radio, and non-traditional media like social media platforms and online searches. Participants cautioned that even though some have access to the internet, many do not. Printed resources, telephone access to live professionals, and in-person educational events were still very important.

When asked, “What do you feel you need to know more about?” most said community resources, local programs, and services: especially how to get more help at home for themselves or a loved one. Information about advanced care planning, wills, and Power of Attorney was also mentioned. A significant number of people indicated they were worried about being scammed and education about fraud was needed.

*“Many older people do not have computers, either because of cost or inability to adapt. This is one of the biggest barriers to communication.”*



## Respect and Social Inclusion

When asked if they have been discriminated against because of age, an equal number of respondents said they have, as compared to the number who said they have not.

At the focus groups, many shared how they or someone they knew were discriminated against because of their age. It was felt that service providers and other customers were impatient and expressed frustration to older adults when they were slow or had difficulty with tasks, such as paying. Not hearing or seeing very well are seen as signs of mental incapacity. This was especially noticeable during the COVID-19 pandemic when people couldn't see the directional arrows and signs and couldn't hear others through masks and plexiglass. It caused older adults to not go into stores and resulted in further isolation.

One survey respondent stated, “there is a compassion gap when it comes to seniors.” People are in such a hurry and not paying attention to their surroundings, they unknowingly bump into older adults and when balance is a concern this can be harmful.

*“I have frequently felt invisible.”*

It was suggested that intergenerational programs could provide awareness of ageism. One respondent was grateful when her young neighbours offered to help during the COVID-19 pandemic, and they emphasized the need for a sense of community.

*“It is very important to ensure all people are included and valued for what they bring to the table.”*



## Impact of the COVID-19 Pandemic

The isolation caused by the pandemic has had a lasting impact on older adults' mental health. Through the community consultation there were many stories shared about how older adults had difficulty accessing medical care and procedures were delayed. Many reported frustration and anxiety over trying to keep up with the changing protocols, especially vaccination procedures.

Although it was mostly perceived as negative, some reported positive changes to their quality of life. Many were forced to use technology for doctor visits, participating in social and physical activities, and connecting with family and friends. In some cases, they felt they had better access to information and people. They took the opportunity to improve their health and wellness. Most will continue to use the technology they learned during the COVID-19 pandemic to participate in virtual programs and workshops, order from home delivery services, and connect with family and friends.

It was noted that increased cleaning and precautionary measures like wearing masks has become more mainstream and therefore may decrease the spread of illness. Also, the acceptance of working from home that started during the pandemic made it possible for some to provide care for their loved one.

*“ During COVID I felt isolation, a decrease in physical abilities and mental health. The lack of available supports intensified, and professionals were overworked and stressed which affected my care too. ”*



## Aging in First Nations Adults

Indigenous elders reported the importance of family and community to support their healthy aging. The Curve Lake First Nation Health and Family Services Team work together to support and educate the individuals and families of Curve Lake First Nation in their self-defined pursuit of a healthy and dignified life. The programs and services offered are appreciated by the community.

The most reported challenge was for food security. Use of food banks increased since the onset of the COVID-19 pandemic. Indigenous elders also experience issues with technology. The internet is slow and costly and there are no hot spots with Wi-Fi available in Curve Lake. The COVID-19 pandemic forced some people to learn to use tablets so they could stay connected, but it was not viewed as an effective tool.

*“ We take care of each other; family is so important. But we have excellent programs when we need them. ”*



## 2SLGBTQI+

According to the survey respondent demographics, very few identified as Two-Spirit, Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, and Intersex (2SLGBTQI+). Therefore, we looked to broader consultation results and participated in the Pride in the Park event in Peterborough to get local validation.

The greatest challenge and fear reported was discrimination, particularly repercussions of being 2SLGBTQI+ in the medical system, retirement residences, and long-term care. Egale Canada (Equality for Gays and Lesbians Everywhere) proposes that inclusion policies be developed in all institutions and inclusion training be mandatory for residents and workers in long-term care.

Those who identified as 2SLGBTQI+ reported facing many of the same issues as older adults, however the solutions may be more challenging. For example, if a person who was openly 2SLGBTQI+ and was looking to rent a room or home share, there is a fear that they would be discriminated against, therefore limiting their housing options in an already tight housing market.

*“ There are intersections of oppressions and discrimination based on having multiple minority identities. ”*



## New to Canada

Older adults who are new to Canada, reported facing the same challenges many others have expressed, however, language was reported as a barrier to receiving services and participating in activities. Those who receive support at the New Canadians Centre Peterborough were grateful, but those with limited English proficiency stated they experienced discrimination in the community. Language was especially problematic during the COVID-19 pandemic as other factors such as masks and plexiglass screens impeded communication.

Those who have recently immigrated may experience psychological distress as they adjust and potentially face economic hardships, negative community experiences, lack of social support, and ethnic discrimination. As a result, older adults who are new to Canada reported feeling socially isolated and experienced related physical and mental health issues.

*“ More culturally appropriate services are needed in order to improve the aging experience, including financial aid and referral services. ”*

# AFP Community Action Plan 2023-2027

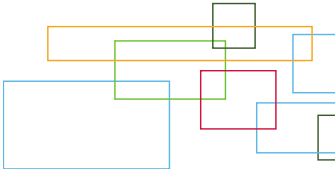
## Introduction

The Age-friendly Peterborough Community Action Plan 2023-2027 (2023 Plan) builds on the extensive work done in the development of the 2017 Plan and when the Age-friendly Peterborough governance model was established.

AFP followed the process outlined in the Age-friendly Community Planning Guide for Municipalities and Community Organizations (2021) developed by the Province of Ontario. Age-friendly community planning and implementation is an ongoing cyclical process that follows four interconnected steps:

- Step 1: Define local principles
- Step 2: Assess need
- Step 3: Develop action plan
- Step 4: Implement and evaluate





The 2023 Plan builds on the current framework and strong foundations established by the 2017 Plan, while incorporating lessons learned, current trends and needs, research, and feedback from the community and stakeholders.

The purpose of the 2023 Plan is to outline the identified needs of older adults in an action-oriented way and to provide local government, organizations, and businesses direction on how they can contribute to an age-friendly community. Individuals and groups can align and embed their actions with the goals and strategies outlined in the 2023 Plan. This is a different approach than the 2017 Plan where the proposed actions were stated. A higher-level framework allows for additional actions to be included and more flexibility over a 5-year term.

The 2023 Plan provides a roadmap that outlines:

**Priority Areas** are the principles of the Community Action Plan.

**Goals** are what will be done to accomplish the priority area.

**Strategies** are how the goals will be achieved. Each strategy will have a workplan that outlines specific actions. The workplans are living documents that support the flexibility in implementing the strategies.

# Priority Area 1: Basic Needs

**Outcome:** Older adults' basic needs are met.



**Goal 1.1** Advocate for the development of appropriate, affordable, and sustainable housing options for older adults.

## **Strategies**

1.1.1 Champion and support an increase of housing options.

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**Goal 1.2** Enhance support for older adults to age in the place of their choice.

## **Strategies**

1.2.1 Champion and support the delivery of coordinated, appropriate, affordable, and timely community programs and services.

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**Goal 1.3** Enhance access to healthcare to support older adults to live their best quality of life possible.

## **Strategies**

1.3.1 Support and promote affordable local options and the availability of integrated healthcare and services.

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**Goal 1.4** Address income barriers experienced by older adults.

## **Strategies**

1.4.1 Champion increased support for persons living in poverty to ensure their basic needs are met.

# Priority Area 2: Staying Mobile

**Outcome:** Transportation and infrastructure ensures older adults are able to Stay Mobile in the community



**Goal 2.1** Enhance transportation options.

## Strategies

2.1.1 Champion and support accessible, inclusive, affordable, and reliable transportation options.

2.1.2 Champion and support accessible, inclusive, user-friendly infrastructure to support older adults to ensure safe, year-round active transportation routes.

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**Goal 2.2** Enhance age-friendly infrastructure and accessible indoor and outdoor spaces.

## Strategies

2.2.1 Champion and support age-friendly and accessible community facilities, commerce areas, and parks to support the needs of the aging population.

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**Goal 2.3** Support the implementation of complete and connected community design.

## Strategies

2.3.1 Promote intentional age-friendly neighbourhood development planning.

# Priority Area 3: Building Relationships

**Outcome:** Relationships are sustained to encourage collaboration and foster partnerships



**Goal 3.1** Enhance community collaboration to improve system navigation so older adults are connected and have better access to programs and services that meet their needs.

## Strategies

3.1.1 Develop relationships through roundtable conversations to promote networking and collaborative partnerships.

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**Goal 3.2** Promote intergenerational relationships.

## Strategies

3.2.1 Champion and support intergenerational opportunities.

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**Goal 3.3** Develop relationships within the safety sector to build and maintain a safer community for local older adults.

## Strategies

3.3.1 Foster collaborative partnerships and projects to ensure vulnerable local older adults feel safe in their community.

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**Goal 3.4** Promote a diverse representation of aging and inclusion of older adults.

## Strategies

3.4.1 Promote positive language and images of aging.  
3.4.2 Champion for the inclusion of older adults in decision-making and planning of an age-friendly community.



# Priority Area 4: Learning and Contributing

**Outcome:** Older adults have the opportunity to Learn and Contribute



**Goal 4.1** Support and increase connectivity and access to information.

**Strategies**

- 4.1.1 Provide communication to the community in a multi-modal way that meets the diverse needs of older adults.
  - 4.1.2 Support and champion affordable connectivity.
  - 4.1.3 Implement and promote technology training.
- 



**Goal 4.2** Support and increase access to leisure, recreation, and social activities that promote a better quality of life.

**Strategies**

- 4.2.1 Promote the benefits of physical and social activity.
  - 4.2.2 Support access to diverse cultural, social, and recreational opportunities.
  - 4.2.3 Support ongoing coordination and strategic planning between activity centres, facilities and organizations that offer older adult programs.
- 



**Goal 4.3** Lead, support, and encourage participation in lifelong learning.

**Strategies**

- 4.3.1 Promote the benefits and opportunities for lifelong learning.
  - 4.3.2 Plan and implement events that increase awareness of programs, services, and resources available to support healthy aging.
- 



**Goal 4.4** Promote and encourage volunteerism within our community.

**Strategies**

- 4.4.1 Promote the benefits of volunteerism and opportunities available.
  - 4.4.2 Collaborate with organizations that engage volunteers and encourage participation in the volunteer hub.
- 



**Goal 4.5** Support diverse and flexible employment opportunities

**Strategies**

- 4.5.1 Raise awareness of older adults need for flexible employment options and the advantages of hiring older persons.



## Guiding Documents and Principles

The following Guiding Principles were utilized to inform the development of the Age-friendly Peterborough Community Action Plan 2023-2027.



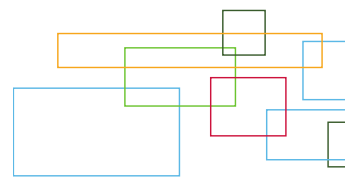
### Alignment with other local plans

- Community Safety and Well-being Plan, 2022
- 10-Year Housing and Homelessness Plan, 2019
- Active Transportation & Health Indicators Report, 2020
- City of Peterborough Transportation Master Plan 2022-2052
- Peterborough County Active Transportation Master Plan
- City of Peterborough Cycling Master Plan
- City of Peterborough Sidewalk Strategic Plan
- City of Peterborough Accessibility Plan, 2018



### Resources consulted

- World Health Organization Age-friendly Cities Framework
- UN Decade of Healthy Ageing (2021-2030)
- Creating a More Inclusive Ontario: Age-friendly Community Planning Guide for Municipalities and Community Organizations, 2021
- Statistics Canada. Census Profile, 2016 and 2021
- CMHA Rental Market Report, 2021
- United Way Housing is Fundamental Report, 2021
- United Way Peterborough Annual Living Wage Report Peterborough City and County, 2021
- Peterborough City/County Paramedics 10-year Resources & Facilities Master Plan, 2016
- Peterborough Ontario Health Team Town Hall, 2021
- Peterborough Immigrant Needs Assessment, 2021
- Social determinants of health and health inequities, 2022
- 8 Dimensions of Wellness
- Evaluating Your Age-Friendly Community Program: A Step-by-Step Guide
- Age-friendly Communities Evaluation Guide: Using Indicators to Measure Progress
- Federal/Provincial/Territorial Ministers Responsible for Seniors, Age-friendly Rural and Remote Communities Guide
- Egale Community Engagement Consult for 2SLGBTQI+ Seniors, 2017
- Successful Aging among Immigrant and Canadian-born Older Adults, 2022
- Ontario First Nations Aging Study, 2019



## Diversity, Equity, and Inclusion

AFP strives to prevent, identify, and remove barriers to ensure all of what is done is accessible, open, and welcoming to all people. AFP respects and celebrates the diversity of experiences, backgrounds and cultures that makes a better, stronger, more vibrant community.

AFP has and will continue to collaborate and seek clarification on matters from an inclusion, diversity, and equity perspective. AFP will broaden community awareness, knowledge, and respect for diverse community populations by sharing experiences and resources.

*“ Each person is unique, has value and is equally worthy of respect. ”*



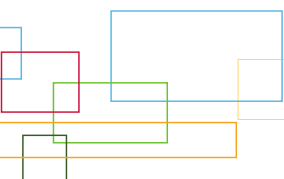
## Collaboration

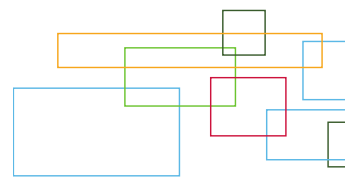
AFP listened and will continue to listen to those with lived experience and knowledge, value their perspectives, and incorporate their voices. This ensures the outcomes and actions will benefit the older adults they are intended to support.

*“ Nothing about us, without us. ”*

AFP collaborates with organizations who support older adults. Through those strong partnerships there is collective impact. AFP welcomes and encourages the participation of all individuals who share the AFP vision for an age-friendly community.

*“ Partnerships and collaborations are seen as a way to have a more comprehensive and sustainable impact in the pursuit of communities that are safe and inclusive for all. ”*





## Next Steps

The review and evaluation of the 2017 Plan confirmed that the greater Peterborough area has become more age friendly. The stakeholder consultation, community engagement and research provided a current snapshot of the community need. The 2023 Plan can be a catalyst for community action and change.

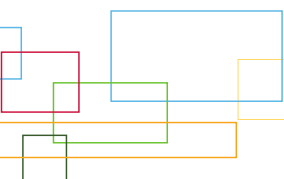
Statistics Canada reported the number of persons over the age of 65 who reside in the greater Peterborough area increased from 22% in 2016 to 25% in 2021. Over the next 20 years that demographic will continue to grow. The 2023 Plan identifies a clear path forward to enhance programs, services, and infrastructure for current and future local older adults.

Individuals and groups can align and embed their actions with the goals and strategies outlined in the 2023 Plan. As projects continue to evolve and include a greater number of community organizations and volunteers, AFP will come closer to achieving the vision for Peterborough to be a thriving region that is inclusive, respectful, and accessible to people of all ages and abilities.

To monitor and evaluate future progress, AFP will release an annual Impact Report.

Past success can be attributed to leadership from AFPAC, passionate volunteers, strong partnerships with local organizations, dedicated staff, and generous support from funders. AFP envisions a bright future where in older adults Basic Needs are met; transportation and infrastructure ensures older adults are able to Stay Mobile in the community; older adults have the opportunity to Learn and Contribute; and community Relationships are sustained to encourage collaboration and foster partnerships whereas older adults are supported.

“ Collective dialogue about healthy aging can encourage and create positive change. ”

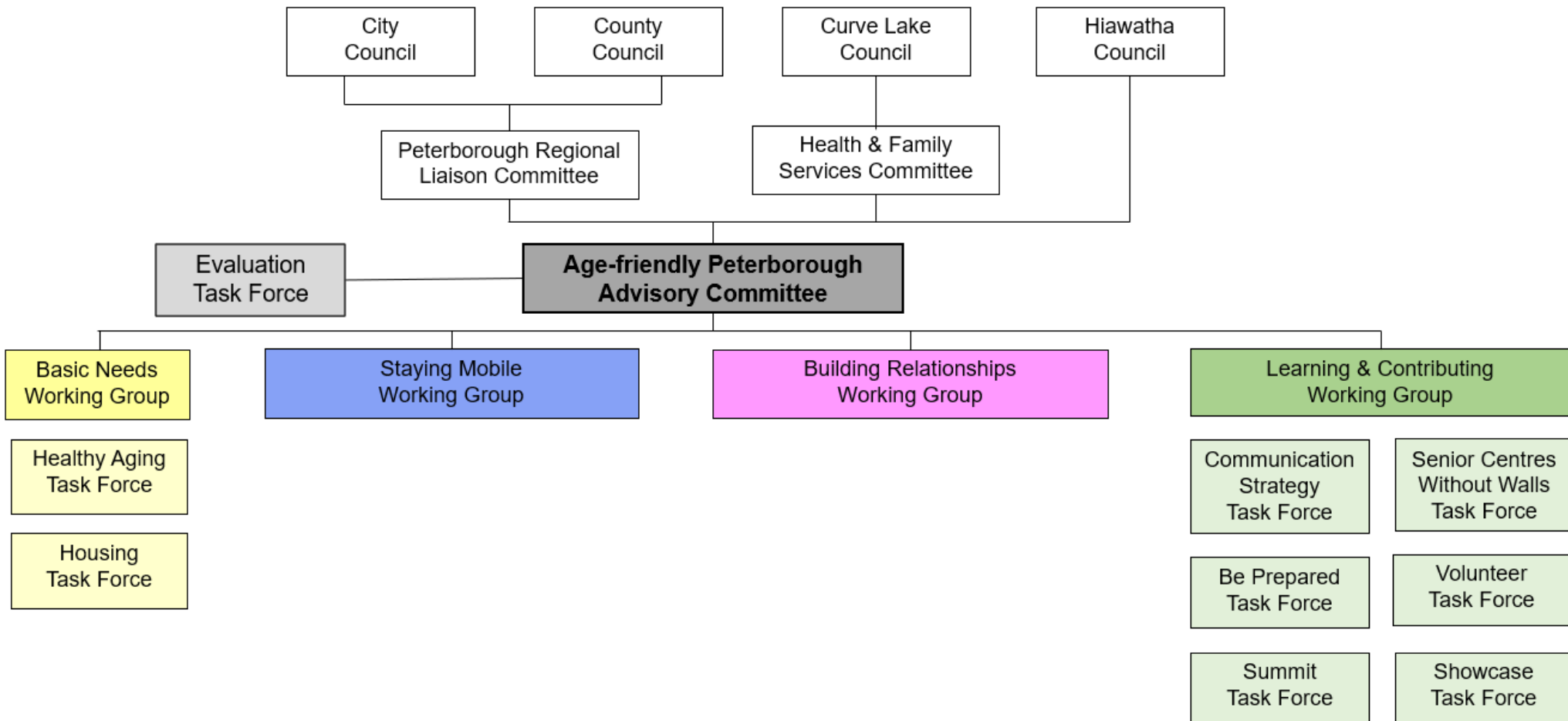




age-friendly  
peterborough



# Age-friendly Peterborough Advisory Committee Structure





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## The Corporation of the City of Peterborough

### By-Law Number 23-0XX

Being a By-law to repeal By-laws 17-080 and 18-072, and enact By-law 23-0XX, a by-law to establish the terms of reference for the Age-friendly Peterborough Advisory Committee.

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**Whereas** it is desirable and in the public interest that an Advisory Committee be appointed to advise Council of the City of Peterborough, Council of the County of Peterborough, and the Peterborough Regional Liaison Committee, who's name may be amended from time to time, in respect of age-friendly matters;

**Now Therefore**, The Corporation of the City of Peterborough by the Council thereof hereby enacts as follows:

#### 1. Definitions

**Age-friendly Peterborough (AFP)** – means the network of individuals and organizations who participate on the Age-friendly Peterborough Advisory Committee, a Working Group, or Task Force.

**Age-friendly Coordinator** – means the City of Peterborough staff person working in the Community Services Division who has the Seniors Portfolio.

**Age-friendly Peterborough Community Action Plan (the Plan)** – means the document that outlines the vision, priority areas, goals and strategies that are guided by a set of seven core values.

**Community Development Program Manager** – means the City of Peterborough staff person working in the Community Services Department who manages the Age-friendly Coordinator and has the Seniors Portfolio.

**Council** – means, as the context requires, County Council, City Council, Curve Lake Council and/or Hiawatha Council.

**Greater Peterborough area** – means, the City of Peterborough, Peterborough County, eight (8) Townships, Curve Lake First Nation, and Hiawatha First Nation.

**Peterborough Regional Liaison Committee (PRLC)** – means the eight-member committee comprised of four members of City Council and four members of County Council. The PRLC is responsible for reviewing and approval of draft annual work plan and budget and recommends approval to the Councils of the City and the County as it relates to programs and services within the Municipal Consolidated Service Management Agreement.

#### 2. Mandate

2.1. Age-friendly Peterborough Advisory Committee will make recommendations to the Peterborough Regional Liaison Committee concerning how the Age-friendly Community Action Plan and related matters can be implemented.

## Appendix D - Draft Age-friendly Peterborough Advisory Committee Terms of Reference By-law

2.2. Through the Age-friendly Coordinator (or designate), the Advisory Committee will ensure effective coordination and communication occurs between municipal departments, public and private partner organizations, Councils, and community members and associations in the implementation of Age-friendly Plan activities.

2.3. AFPAC provides strategic direction to the four Working Groups who are responsible for driving actions related to their respective priority area: Basic Needs, Staying Mobile, Building Relationships, and Learning and Contributing.

### **3. Roles and Responsibilities**

3.1. Through the Peterborough Regional Liaison Committee, the Advisory Committee shall advise City Council and County Council about:

- a. Progress toward, or barriers to, achieving the goals of the Age-friendly Peterborough Community Action Plan;
- b. Existing and proposed plans, policies, and by-laws related to the Age-friendly Peterborough Community Action Plan;
- c. New and emerging community issues and opportunities that relate to the Age-friendly Peterborough Community Action Plan; and,
- d. Such other matters for which the Councils may seek its advice.

3.2. Through the Health and Family Services Committee, the Advisory Committee shall advise Curve Lake First Nation Chief and Council about:

- a. Progress toward, or barriers to, achieving the goals of the Age-friendly Peterborough Community Action Plan;
- b. Existing and proposed plans, policies, and by-laws related to the Age-friendly Peterborough Community Action Plan;
- c. New and emerging community issues and opportunities that relate to the Age-friendly Peterborough Community Action Plan; and,
- d. Such other matters for which Chief and Council may seek its advice.

3.3. The Advisory Committee shall advise Hiawatha First Nation Chief and Council about:

- a. Progress toward, or barriers to, achieving the goals of the Age-friendly Peterborough Community Action Plan;
- b. Existing and proposed plans, policies, and by-laws related to the Age-friendly Peterborough Community Action Plan;
- c. New and emerging community issues and opportunities that relate to the Age-friendly Peterborough Community Action Plan; and,
- d. Such other matters for which Chief and Band Council may seek its advice.

3.4. The Age-friendly Coordinator (or designate) shall:

- a. Support the roles and activities of the Advisory Committee and its Working Groups;
- b. Prepare correspondence of the Advisory Committee;
- c. Serve as lead resource for the Councils and their administrators on matters related to the development of age-friendly communities;
- d. Deliver at least one update annually to each of the City and County Councils; and
- e. Presentations to Township and First Nations Councils as needed.

3.5. The work of the Advisory Committee will be directed towards developing recommendations to assist each of:

- a. Peterborough Regional Liaison Committee
- b. City Council;
- c. County Council;
- d. Curve Lake First Nation Council; and



## Appendix D - Draft Age-friendly Peterborough Advisory Committee Terms of Reference By-law

### e. Hiawatha First Nation Council

to achieve the vision set out in the Age-friendly Peterborough Community Action Plan.

- 3.6. Members of the Advisory Committee agree to uphold the values set out in the Age-friendly Peterborough Plan.
- 3.7. In its role as steward of the Age-friendly Peterborough Plan, and through the activities of its Working Groups, the Advisory Committee commits to:
- a. Learning from older adults about their experience of aging;
  - b. Educating the public about diverse experiences of aging and older adulthood;
  - c. Informing decision-makers on issues related to the aging population and the development of age-friendly communities;
  - d. Supporting the development of new and enhanced age-friendly programs and initiatives; and,
  - e. Evaluating and measuring progress towards the goals of the Age-friendly Peterborough Community Action Plan.

## **4. Advisory Committee Membership**

- 4.1. The Advisory Committee shall be composed of twelve (12) members, with representation based on the following seats:
- a. City Councillor: To be selected at the sole discretion and serve at the pleasure of Peterborough City Council.
  - b. County Councillor: To be selected at the sole discretion and serve at the pleasure of Peterborough County Council.
  - c. Curve Lake Councillor: To be selected at the sole discretion of Curve Lake Chief and serve at the pleasure of the Curve Lake Council.
  - d. Hiawatha Councillor: To be selected at the sole discretion of Hiawatha Chief and serve at the pleasure of the Hiawatha Council.
  - e. Community Representatives (4 seats): One seat each will be allocated to a community representative from the City of Peterborough, County of Peterborough, Curve Lake First Nation, and Hiawatha First Nation and each person shall and serve at the pleasure of the Council which appointed them.
  - f. Working Group Chairs (4 seats): One seat each will be allocated to the Chairs of the Committee's four standing Working Groups.
- 4.2. Each Community Representative will be selected through the process established by their respective Council.
- 4.3. In addition to the selection criteria set out by a Council, each Council shall give preference to candidates for community representative seats to persons who:
- a. Are knowledgeable about the experiences of older adults living in the Greater Peterborough area;
  - b. Have demonstrated previous interest and engagement in the work of the Age-friendly Peterborough Community Action Plan;
  - c. Contribute to the full participation of groups which are found to be underrepresented including women, persons with disabilities, visible minorities, and aboriginal people; and,
  - d. Represent diverse stakeholders and sectors.
- 4.4. The appointment of members to seats allocated to the Working Group Chairs will be determined through the process established by the respective Working Groups' Terms of Reference.
- 4.5. No one person shall occupy more than one seat on the Advisory Committee.

## Appendix D - Draft Age-friendly Peterborough Advisory Committee Terms of Reference By-law

- 4.6. No staff member from the City, County, or Townships shall occupy a seat on the Advisory Committee.
- 4.7. The Advisory Committee will actively seek to identify and remove barriers to participation for all members, including:
  - a. Transportation access;
  - b. Physical accessibility; and,
  - c. Accessibility of information and materials.

### **5. Terms of Office**

- 5.1. Community Representative members of the Advisory Committee shall be appointed for a two-year term.
- 5.2. A Community Representative is eligible to renew their appointment for two additional two-year terms.
- 5.3. Council members appointed to the Advisory Committee shall serve for the duration of the term of the Council upon which they serve, subject to continuing to hold a seat on that Council.
- 5.4. Council members of the Advisory Committee shall be eligible to renew their appointment for multiple terms, subject to continuing to hold a seat on that Council.
- 5.5. Working Group Chair members of the Advisory Committee shall be appointed for a two-year term.
- 5.6. Working Group Chair members of the Advisory Committee shall be eligible to renew their appointment for one additional two-year term.
- 5.7. The Advisory Committee shall declare a member's seat vacant and shall provide notice thereof to the Council which appointed the person through the appropriate offices, if a Committee member:
  - a. Is convicted of an indictable offence;
  - b. Becomes incapacitated; or,
  - c. Is absent from the meetings of the Advisory Committee for three (3) consecutive meetings, without leave of absence from the Advisory Committee or without reasons satisfactory to the Advisory Committee.

### **6. Remuneration**

- 6.1. Members of the Advisory Committee shall serve without remuneration.
- 6.2. Members may be reimbursed for direct and appropriate expenses incurred in the fulfillment of their Advisory Committee responsibilities with prior approval by the Community Development Program Manager.

### **7. Officers**

- 7.1. At the first meeting in a new term, the Advisory Committee shall elect from their number a Chair who shall hold office at the pleasure of the Advisory Committee for a one-year term and is eligible for re-election.
- 7.2. The Chair shall:
  - a. Lead, and assist in planning Advisory Committee meetings;
  - b. Uphold the vision and values of the Committee;
  - c. Act as the Advisory Committee's spokesperson for matters relating to policy and governance;

## Appendix D - Draft Age-friendly Peterborough Advisory Committee Terms of Reference By-law

- d. Serve as a signing officer for Advisory Committee minutes and official documents as required;
  - e. Maintain regular liaison with the Age-friendly Coordinator and the Community Development Program Manager;
  - f. Fulfill other duties and responsibilities as assigned by the Advisory Committee; and,
  - g. Ensure that the City's Procedural By-law is adhered to while conducting meetings.
- 7.3. In addition to regular meeting attendance, the Chair may be expected to spend approximately five (5) additional hours between meetings supporting agenda setting, minute review, Committee communications, and public appearances.
- 7.4. The Advisory Committee shall also elect from their number a Vice-Chair who shall have all the powers and duties of the Chair when the Chair is absent or unable to act, and who shall hold office for a one-year term and is eligible for re-election.

### **8. Working Groups and Task Forces**

- 8.1. There will be four standing Working Groups of the Advisory Committee:
- a. Meeting Basic Needs
  - b. Staying Mobile
  - c. Building Relationships
  - d. Learning and Contributing
- 8.2. The Advisory Committee may also, at its discretion, establish ad-hoc Task Forces on any matters considered by the Committee to require study.
- 8.3. Working Groups and Task Forces shall be governed according to their own respective Terms of Reference, to be approved by the Advisory Committee.
- 8.4. All Working Groups shall include at least one member of the Committee.
- 8.5. Working Groups will report regularly and recommend courses of action to the Committee; and otherwise fulfill their respective responsibilities in accordance with their Terms of Reference.

### **9. Advisory Committee Meetings**

- 9.1. The Advisory Committee will hold meetings, at least four (4) times per year and at such other times as it considers necessary. A meeting schedule will be approved on an annual basis.
- 9.2. Committee meetings will be held virtually or in a meeting room in the city, county, or First Nations.
- 9.3. All meetings of the Advisory Committee will be held during the workday, at a time determined by the Advisory Committee.
- 9.4. The December meeting will serve as a general meeting between members of the Advisory Committee, Working Groups, and any active Task Forces.
- 9.5. The Chair or the Community Development Program Manager may summon a special meeting of the Advisory Committee giving reasonable notice in writing to each member, specifying the purpose for which the meeting is called.
- 9.6. A majority of members of the Advisory Committee shall constitute a quorum. Where a quorum is not present, the Advisory Committee may conduct the meeting without ratification of motions.

## Appendix D - Draft Age-friendly Peterborough Advisory Committee Terms of Reference By-law

- 9.7. The meeting of the Advisory Committee shall be open to the public and shall be conducted in accordance with the City's Procedural By-law. A meeting, or part of a meeting, may be closed to the public only as specifically permitted by, and in accordance with the Municipal Act, 2001.
- 9.8. The agenda for meetings shall be prepared by the Age-friendly Coordinator in consultation with the Committee Chair and should be distributed no less than five days before the meeting.
- 9.9. Advisory Committee members wishing to raise an item of business at the Advisory Committee meeting shall notify the Chair or Age-friendly Coordinator prior to the meeting in order for that item to appear on the agenda.
- 9.10. The Advisory Committee may call upon experts in the field of aging and related sectors to provide advice on matters related to their expertise at meetings from time to time.

### **10. Role of other Municipal and First Nation Staff**

- 10.1. The Community Development Program Manager (or designate) shall coordinate staff and municipal interactions with the Advisory Committee.
- 10.2. The Community Development Program Manager may attend the Advisory Committee meetings.
- 10.3. The Age-friendly Coordinator shall consult with the Advisory Committee Chair on matters relating to the Advisory Committee or its activities.
- 10.4. Other municipal and First Nation staff may attend the Advisory Committee meetings to provide advice or information as required. Staff will not have voting rights at meetings.
- 10.5. Prior to presenting recommendations to a Council on any matter which is within the mandate of the Advisory Committee, as set out in these Terms of Reference, staff should seek advice from the Advisory Committee.
- 10.6. Decisions of the Advisory Committee shall be communicated to the Community Development Program Manager only by resolution of the Advisory Committee and duly recorded in the minutes.

### **11. Resources and Budget**

- 11.1. The Seniors' Portfolio line of the Community Development Program budget will constitute the annual operating budget of the Advisory Committee.
- 11.2. The Advisory Committee will advise on its annual operating budget allocations with consideration to submitted Working Group requests.
- 11.3. Working Groups are invited to pursue external sources of funding; all external grant applications must be approved in writing by the Community Development Program Manager.
- 11.4. The Advisory Committee may submit project-specific budget requests that fall outside the scope of annual Seniors' Portfolio budget through the Peterborough Regional Liaison Committee; such requests may be endorsed at the discretion of the Peterborough Regional Liaison Committee to be considered within the appropriate budget cycles of each Council.
- 11.5. Additional project-specific budget requests to support age-friendly initiatives may be brought forward through other municipal budgeting processes, at the discretion of the relevant staff.

Appendix D - Draft Age-friendly Peterborough Advisory Committee Terms of Reference  
By-law

**12. Repeal**

By-laws 17-080 and 18-072 shall be repealed upon passage of this By-law.

**13. Effective date**

By-law passed this 26<sup>th</sup> day of June, 2023.

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Jeff Leal, Mayor

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John Kennedy, City Clerk