

Ontario Age-Friendly Communities Outreach Program

Webinar Series



To Everything There is a Season

Reflections from Hamilton and Ottawa on
Sustaining Social Inclusion Initiatives in the Community

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Pat Spadafora
Project Director

Hamilton Council on Aging
pat@kaleidoscopeconsulting.net
www.coahamilton.ca



Bonnie Schroeder
Project Director

The Council on Aging of Ottawa
kosc@coaottawa.ca
www.coaottawa.ca



Funded in part by the New Horizons for Seniors Program

“ Working together to reduce social isolation of seniors in our communities.



HAMILTON
SENIORS
ISOLATION
IMPACT PLAN

www.coahamilton.ca

HCoA

Hamilton Council
on Aging

*Educating.
Advocating.
Improving life
for older adults.*

St. Joseph's
Home Care



AbleLiving
Services
Thrive Group

gilbrea
centre
for Studies in Aging



Thrive Group
Integration. Inspiration. Independence.

wesley



YWCA
HAMILTON

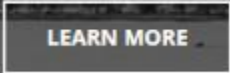


 Français



Loneliness and social isolation are growing and serious problems across all age groups, but particularly among older people.

Building community takes determined effort and a grassroots commitment to help each other to move from isolation to inclusion.

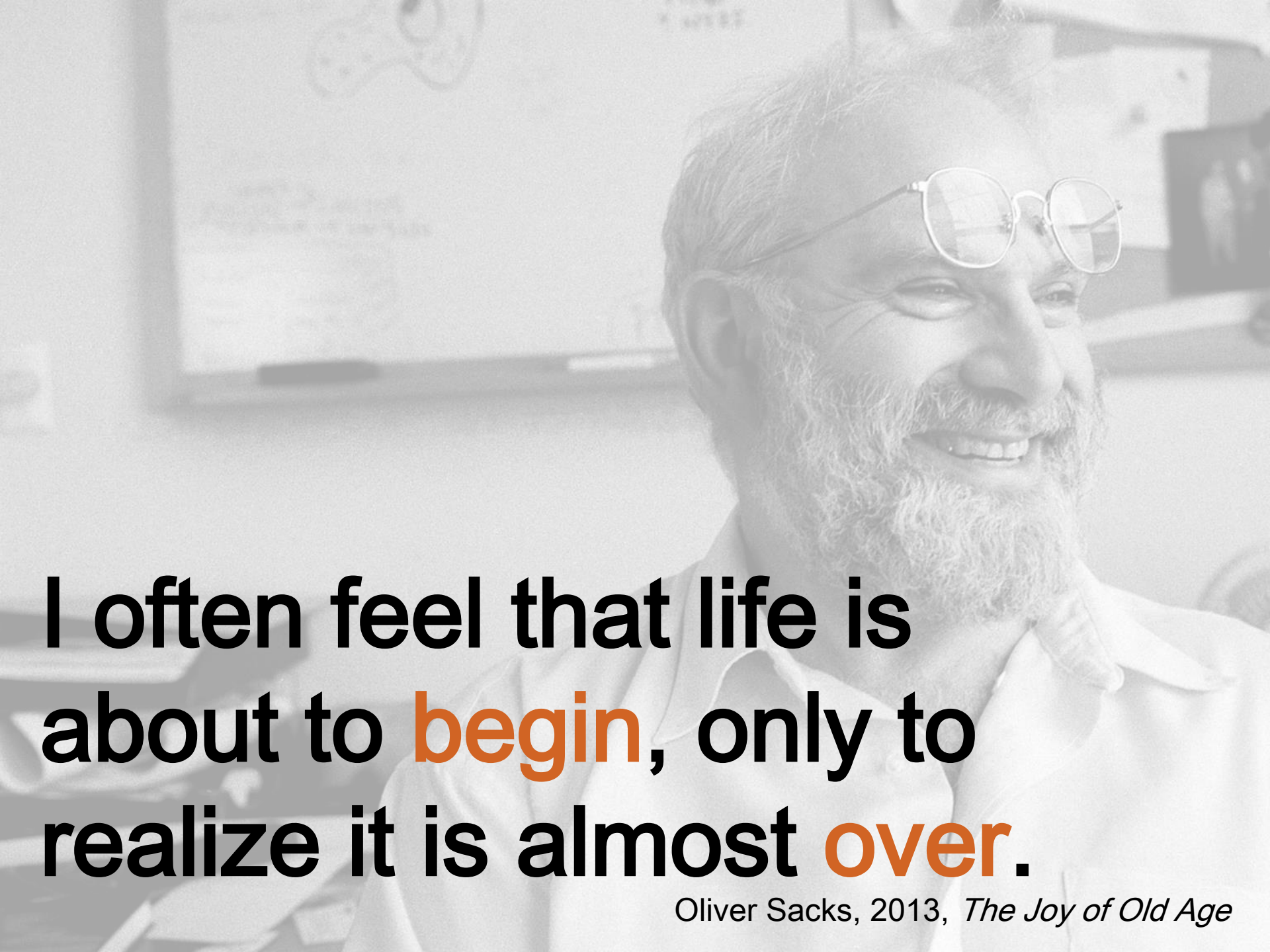


South-East Ottawa
Community Health Centre
Every One Matters.



Centre de santé communautaire
du sud-est d'Ottawa
Chaque personne compte.





I often feel that life is
about to **begin**, only to
realize it is almost **over**.

Oliver Sacks, 2013, *The Joy of Old Age*

To Everything There is a Season



To everything turn, turn, turn
There is a **season** turn, turn, turn
And a time to **every purpose**
Under heaven

A time to **build up**
A time to **break down**
A time to **dance**, a time to **mourn**
A time to **cast away** stones
A time to **gather** stones together

Lyrics from **Turn! Turn! Turn!** (To Everything There Is a Season) by **The Byrds**

In the **absence of \$**,

how do we

sustain the

outcomes?

isolation



inclusion

targeted



universal

grassroots



system

How do we move



FROM

isolation



TO

inclusion





Isolated

Few social contacts and roles

No mutually rewarding relationships

Actively avoided

v.s.



Included

Feel like you belong

Feel a part of your community

No effort required

Universal

v.s.

Targeted

Universal

- Community-based interventions
- Low-cost and high reward activities
- Multigenerational relationships
- Focus on prevention



Who are some of the people that help me in my neighbourhood?



Examples could include neighbours, adults, teenagers, children, postal worker, pharmacist, bank teller, grocery cashier, teacher, coach, crossing guard.

Targeted

- Low-income seniors, multicultural seniors, rural seniors
- Working with existing partners in the community
- Example: Food Chop Program

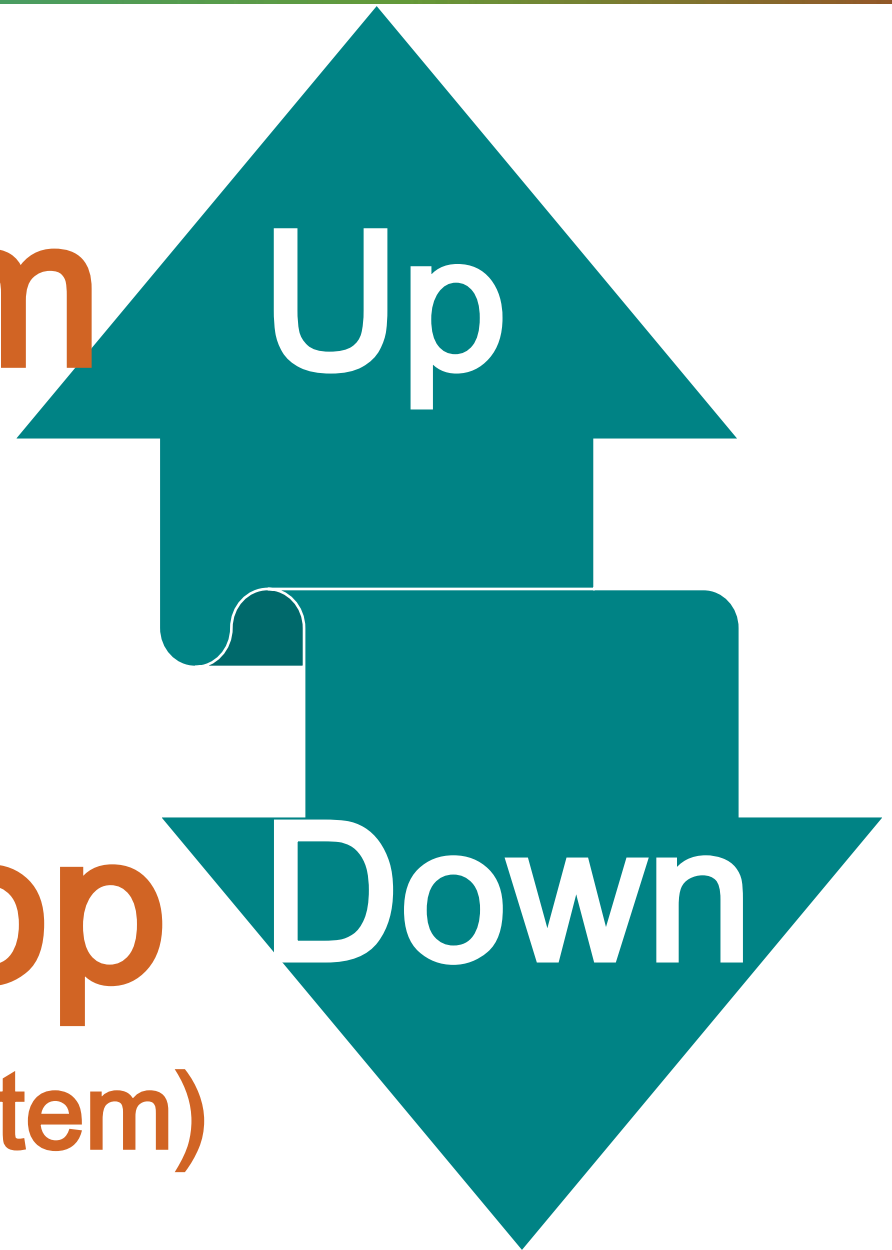


Photo credit:
Ottawa West Community Support

Bottom
(grassroots)

v.s.

Top
(system)



Grassroots

- Community Associations
- Tenant Associations
- Faith Communities
- Ethnocultural Community Groups
- Service and Social Clubs

(add based on chat comments during webinar)



System

- City of Ottawa
Older Adult Plan
2020-2022
- United Way East
Ontario,
Successful Aging
- Ottawa Public
Health



A signpost with a grey spherical top and a grey pole. Two directional signs are attached to the pole. The top sign is green with a white border and a white arrow pointing left, containing the word "Choice" in white. The bottom sign is red with a white border and a white arrow pointing right, containing the word "Choice" in white. The background is a blurred red brick building with white window frames and a flowering bush with pink flowers in the foreground.

Choice

Choice



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