

For Information

DATE: January 18, 2011

REPORT TITLE: **PARK ROYAL AND CLARKSON OLDER ADULT INITIATIVE**

FROM: Janette Smith, Commissioner of Health Services

OBJECTIVE

The objective of this report is to inform Regional Council about the collaborative efforts of staff at the City of Mississauga and the Region of Peel (Health Services and Human Services) to identify and meet the needs of older adults in the Park Royal and Clarkson community.

REPORT HIGHLIGHTS

- The Park Royal and Clarkson Older Adult Initiative commenced in July 2009.
- The Initiative secured funding to hold a Health and Wellness Fair and conduct a web based survey to identify interests of older adults to support their independence.
- 79 survey responses were received and four themes emerged.
- Work is under way to provide supportive community integration for seniors' wellness through Peel and Mississauga services.

DISCUSSION**1. Background**

In 2009 a group of representatives from the City of Mississauga (Recreation and Parks) and the Region of Peel (Long Term Care and Human Services) convened to work together on strategies to support older adults wellness in the Park Royal and Clarkson community. The Peel Data Centre (2006) reports that this neighbourhood has a significant population of persons over the age of 65, of approximately 13 per cent compared to a Peel average of nine per cent for the same period.

Clarkson Community Centre, Clarkson Library, Sheridan Villa and Hillside Seniors Apartments are clustered in very close proximity to each other. Each of these services has well established programs and services for older adults. In the immediate vicinity there are accessible walkways, lighted cross walks and public transportation, which together reduce barriers to involvement in programs and services, both for those living in the immediate neighbourhood and also other older adults who may travel to one of these locations for services or programs that are offered.

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The opportunity exists to work more collaboratively between services, and staff participating in this initiative recognized that several key elements of a supportive community integration model for older adults were already in place and could be used to support older adults self determination, independence and successful aging in place.

2. Findings

The working group met several times to identify opportunities for collaboration, and determined that consumer interest should be tested first. A web based survey was developed to gauge older adults' interest and areas of highest priority. The working group was successful in obtaining a grant from the Older Adult Centre's Association of Ontario and the Ministry of Health Promotion. This grant enabled them to host an Older Adult Health and Wellness Fair in October 2010 at Sheridan Villa.

Flyers were sent out to households in the catchment area, advertising the Health and Wellness Fair and to encourage older adults to complete the web based survey. The fair was well attended with 160 guests. There were 22 information booths, three presentations (Healthy Eating, a cooking demonstration and Benefits of Physical Activity) and opportunities to participate in exercise, line dancing and Tai Chi.

A total of 79 surveys were completed by older adults. The survey identified four main areas of interest. These are:

- An interest in health and wellness education;
- The desire to have a central resource point for older adult programs and services;
- The creation of a social environment geared towards the older adult;
- An annual health and wellness fair.

3. Action Planning

The working group is now meeting monthly to develop plans to respond to interests expressed by the older adults who participated in the survey. To this point a nine month program series has been planned which includes: introduction to the Clarkson Community Centre therapeutic pool, Diabetes Awareness, Aging in Place, Falls Prevention, and an outing to Terra Cotta. The library will be the host location for one of these educational talks.

A 2nd Annual Older Adult Health & Wellness Fair will take place in October 2011 during Community Service month. The close proximity of the Clarkson Community Centre, Clarkson Library and Sheridan Villa supports opportunities to share space and staff expertise to meet the interests and needs of older adults in the Park Royal and Clarkson community, and to achieve the goal of successful aging in the community.

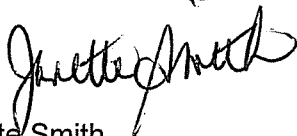
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CONCLUSION

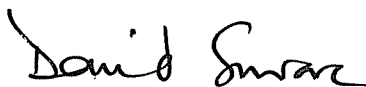
Working collaboratively, the City of Mississauga and the Region of Peel have identified and will provide a supportive community integration model for older adults in the Park Royal and Clarkson community to successfully age in place using resources through the Clarkson Community Centre, Sheridan Villa and Hillside Apartments.

The Park Royal and Clarkson Older Adult Initiative demonstrates how partners from different municipal services can collaborate to leverage existing resources to enable older adults to successfully age in place.



Janette Smith
Commissioner of Health Services

Approved for Submission:



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