



Health of Older Adults- Interim Report

Older Adults' Health in a Healthy Community

The Health of People Over 50 team has developed the following recommendations. The source of the data used to formulate these recommendations originates in:

- Canadian Population Health research;
- local and Regional data;
- expert opinion;
- local qualitative and experiential data; and,
- thoughtful review of the team.

The recommendations are presented in order to help focus discussion during broader community consultation on April 12, 2003.

Team Recommendations

1) Fostering an Older Adult-Centred Approach

It is recommended that we foster an older adult centered approach. This approach recognizes, respects, and integrates experiences and resources which each older adult in Fort Erie has to contribute and include older adults in all planning and decisions. This will ensure that the needs, interests, and concerns of older adults are considered and addressed during municipal planning and decision-making.

2) Reach All Older Adults

Fort Erie should make an effort to be inclusive in engaging all older adults in community development including: aboriginal peoples, people in all parts of Fort Erie, and people of different ethno-cultural backgrounds, socio-economic status and abilities.

3) Investigate and Understand Factors Influencing Mobility in Daily Living

By describing the variables that influence the ability of older people to move around the Town and to other municipalities in the Region, will allow us to consider and ensure that older people have access to goods, services, and activities. Access to these goods, services, and activities enables an older person to support and maintain their health and to remain independent longer. Investigating these variables and qualities in detail moves beyond a "Transportation Study" which has yielded positive changes to include accessibility and equity.

4) Redirect Resources to Support Care for the Caregiver

Even though the community uses more than the average nursing and homemaking hours, it is strongly felt that there is an inadequate supply of support for the care of older people in their homes. The care often falls to older caregivers in the family with little opportunity for respite, therefore compromising the caregiver's health. The Team suggested that we focus on



