

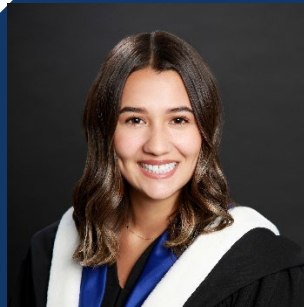
Association des aînés francophones de la Capitale



Mariel Horncastle



Sheehan Flatt



Anna Chandra

Health & Wellness Services
for Seniors to Age in Place

Greater Fredericton Area Services for Seniors to Age at Home

Name of Service	Description	Link	NOTES	Language Offered	Impact	Module(s)
Seniors Information Line 1-855-550-0552	Toll-free line for one-on-one conversation with qualified staff who will assist the use of government departments to ensure proper service provider for further assistance.			French & English	Offers easily accessible service to seniors who call and redirects them to the proper government services	Personal Assistance
Senior and Healthy Aging Secretariat	The principal mandate is to promote healthy aging and seniors' wellness, collaborate with senior-related organizations and provide support to the Minister responsible for Seniors. Develops and publishes information designed for seniors, their families and caregivers that promotes wellness, healthy aging and independent living. Publications can be viewed online and available in print.	https://www2.gnb.ca/content/gnb/en/departments/social_development/seniors/content/secretariat.html	Email:seniors@gnb.ca 506-457-4855	French & English		ALL
Alzheimer Society of New Brunswick	Not for-profit health organization with mission to alleviate the personal and social consequences of Alzheimers and related diseases, through information, education, and support, and to promote public awareness and the search for a cause and cure for the disease.	alzheimer.nb.ca		French & English		Mental Health, Personal Assistance
Association des aînés de la région de la Capitale	Those aged 50+ in GFA . The interests of Francophone seniors to the relevant authorities and cooperates with government bodies and other organizations with the same interests.	http://afanb.org/		French		Mental Health, Personal Assistance
New Brunswick Senior Citizens Federation	Bilingual, not-for-profit devoted to the advancement of issues related to the wellbeing of all seniors aged 50+ in NB. The mission is to enhance the wellbeing of New Brunswick Senior Citizens.	https://nbscf.ca/		French & English		Mental Health, Physical Health
Third Age Centre,	An autonomous,community-based, non-profit at STU. The Centre's membership is predominantly made up of older adults (50+). Interest in the issues that affect aging is of primary importance for all members.	https://wp.stu.ca/thirdagecentre/	3rdage@stu.ca Based in Stu, will not exist in future as funding was cut	English		ALL
Unité du troisième âge pour l'apprentissage de la Capitale (UTAAC)	Designed to improve the quality of life of its members aged 50+, and for the residents of the provincial capital region in general. Helping older adults reach their full cultural, intellectual, social, spiritual, and physical potential.		same thing as third age (french) 506-453-2731	French		ALL

The Extra-Mural Program (EMP)	The Extra-Mural Program (EMP) is available to help New Brunswickers who require acute, palliative, maintenance and supportive care in their home, through funding and support. A patient needs to be living in New Brunswick with a valid Medicare card (or be in the process of receiving it). The department of Social Development may also provide funding for eligible residents of New Brunswick who are under 65 years of age.	https://www2.gnb.ca/content/gnb/en/services/services_renderer.8975.Extra-Mural_Program.html		English and French	All EMP patients will receive care coordination. Care coordination is a collaborative process involving the patient as an equal participant in the identification of health goals and organizing of services. It helps to empower the patient and family to move through the system and develop independence for self-care and decision making.	Physical Health, Personal Assistance, Safety
Hanwell Seniors Corner	Online space for programs and initiatives aimed at senior population. Monthly reports and calendar from Age-Friendly Committee.	https://hanwell.nb.ca/our-community/seniors-corner/		English		Physical Health, Mental Health,
Senior Watch Inc	Their mission: "To provide customized, client-sensitive support services and education programs resulting in improved standards, attitudes and services". Home Care Services are tax free.	https://seniorwatch.com		English and French	They offer a variety of training programs for care workers to cater to seniors from different backgrounds. For example, they offer a First Nations Curriculum to train care workers specifically to be able to provide quality care to First Nation seniors based on cultural values and needs. They provide other useful services like phone monitoring with an RN, and Bath-only services for seniors who are otherwise mobile and independently living at home.	Physical Health, Mental Health, Personal Assistance, Safety

<p>Adult Day Program at York Care Centre</p>	<p>The goal of the Adult Day Program at York Care Centre is to enhance the client's social engagement level by participating in meaningful programs in a structured yet flexible environment. The Adult Day Program operates Tuesday through Friday from 9:00am to 3:00pm. A healthy lunch and snacks are provided. Some of the activity programs consist of: coffee & Chat/Baking, trivia & brain games, physical fitness, music therapy, pet therapy.</p>	<p>https://yorkcarecentre.ca/community-outreach-programs/</p>		<p>English</p>		<p>ALL</p>
<p>Stepping Stone Senior's Center Inc.</p>	<p>The Stepping Stone Senior's Center is located in Fredericton, NB and acts as a community center offering programs under the following five categories: 1) Arts, Theatre & Music; 2) Physical Fitness; 3) Cards & Games; 4) Mind Fitness; and 5) Social. Seniors are able to visit the center for a variety of sessions, allowing them to interact with a circle of friends by way of engaging in fun and engaging activities. Seniors can become members at Stepping Stone for a fee of \$25 each year, granting them access to all of these offered activities.</p>	<p>http://steppingstoneseniorcentre.com</p>		<p>English</p>	<p>The programs offered at Stepping Stone Senior's Center aim to offset the feelings of loneliness and isolation often experienced by seniors aging at home. Engaging in these activities with other seniors can also establish friendships and a sense of community that seniors perhaps would not otherwise experience as much.</p>	<p>Physical Health, Mental Health</p>

Canada Wide Servies for Seniors

Name of Service	Description	Link	NOTES	Language Offered	Impact	Province	Module(s)
Canadian Plan to Aging at Home Check List	<p>3 steps</p> <p>1) A checklist assesses preparedness to age in place by looking at nine areas of life.</p> <p>2) A notes section to address needs in each of the nine sections.</p> <p>3) Create a personal plan of action. Identifies actions to take now and later to be better prepared to age in place based on the two previous sections.</p>	https://www.canada.ca/content/dam/canada/employment-social-development/corporate/seniors/forum/aging-checklist/aging-checklist-seniors-EN.pdf	Not a service. A ressource/ starting point of self-assesment	English & French	N/A	Federal	Physical health Mental health Personal assistance Safety
Comfort Keepsrs	Personal care services and in-home companionship. Services include meal preparation, laundry, bathing and personal care, medical reminders, and transportation. Services available 24 hours.	https://www.comfortkeepers.ca/in-home-elder-care-services/care-services/	Price quotes available based on which city in Ontario. Financing/ funding available.	English	Offers support and care while also maintaining independence at-home. Granted Accreditation Status by Accreditation Canada and member of the Canadian Home Care Association.	Ontario	ALL
Social Isolation for Seniors Toolkit (Volumes 1 & 2)	Comprehensive documents used tounderstand social isolation with ways to prevent it with age. Strategies to become more social with other individuals in the same situation/phase of life.	https://www.alberta.ca/seniors-resources.aspx	All programs are free except live-in care.	English & French	Toolkits aim to promote social integration into community life for individuals of various backgrounds. Models are accessible and inclusive. Modules specifically for Indigenous, LGBTQ2S+, and New Immigrant/Refugee seniors in Canada.	Federal	Mental Health
CHATS - Community & Home Assistance to Seniors	Adult Day Programs for socialization, transportation services, interpretation in 200+ languages, and COVID-19 social wellness programs.	https://chats.on.ca/wp-content/uploads/2021/07/CHATS_GeneralBrochure.pdf https://chats.on.ca/home-safety-services/		English, French, Arabic, ASL etc.	Affordable and accessible to all. Great testimonials, specifically for transportation services and adult day programs.	Ontario	ALL
Alzheimers Society of Canada	Medic Alert Safely Home A nationwide service designed to help identify a person living with dementia who has gone missing and ensures the safe return to their family.	https://alzheimer.ca/en		English & French		Federal	Safety

Alberta's Guide to Age-Friendly Communities	The province of Alberta developed guides for local action to make communities more accessible and inclusive for the aging population. Includes background information on the age-friendly communities movements, funding opportunities, and other resources to help community members achieve their goals.	https://www.alberta.ca/age-friendly-communities.aspx		English	Not only does this resource outline ways in which the greater population can do better for seniors, but it addresses existing structures with ways in which they can be improved. This resource is also great because its solutions and suggestions are so tangible i.e. gives an 8-step action plan to follow with deliverables and action items.	Alberta	Safety
Better at Home BC	Funded by the government of British Columbia and managed by the United Way, Better at Home provides a range of non-medical home support services such as friendly visiting, home repairs, snow shovelling, transportation, etc.	https://betterathome.ca/wp-content/uploads/2021/01/BAH_Brochure-for-Web_Updated-Nov-30.pdf	Pay a fee based income, some services may be free. The fees-for-service are fed back into the local program to serve more people.	English	"Better at Home helps seniors with simple day-to-day tasks, allowing them to maintain their independence and stay connected with their community".	British Columbia	ALL
Regroupement des Propotes Roulantes	The preparation of food and distribution of meals at home by volunteers. They prepare hot meals, frozen meals, mashed meals. Several organizations provide hot meals for lunch, as well as frozen meals for days during which Meals-on-Wheels is not doing delivery. Most organizations deliver a hot lunch meal from two to six days a week, others can deliver the meal at the end of the day.	https://popotes.org	- Similar programs available in most provinces - Associate charge	French	Helping people remain in their home and providing others with respite.	Quebec	Physical Health
AGE-WELL Aging Gracefully across Environments using Technology to Support Wellness, Engagement and Long Life NCE	AGE-WELL NCE (Aging Gracefully across Environments using Technology to Support Wellness, Engagement and Long Life NCE Inc.) is Canada's technology and aging network. Dedicated to the creation of technologies and services that benefit older adults and caregivers. Aim is to help older Canadians maintain their independence, health and quality of life through technologies and services that increase their safety and security, support their independent living,	https://agewell-nce.ca/about-age-well	Not a program, but worthwhile research and tech nonetheless	English & French	https://agewell-nce.ca/wp-content/uploads/2021/01/AGEWELL_ENG_AR_2020.pdf <u>Annual report 2019-2020</u>	Federal	Physical Health Personal Assistance Safety

Seniors Can! Aînés Debout!	<p>Help low-income seniors across Canada avoid isolation and loneliness and to engage more fully with their communities.</p> <p>Offers three grants:</p> <ol style="list-style-type: none"> 1. Well-Being Grants of up to \$10,000 per organization are available to provide one or more low-income seniors with mobility and communication enhancing equipment or devices, dental care, and/or for social services or supports such as transportation, delivered meals, or senior center memberships. 2. Innovative Programming Grants of up to \$10,000 are available for an organization to deliver innovative social programming for seniors. 3. Emergency Relief Grants of up to \$10,000 are available for an organization and may be applied for repeatedly in extraordinary circumstances. 	https://helppagecanada.ca/seniors-can/	<p>Application deadlines March 31st. They accept applications at any time, and grants are awarded within 30 days of the application closing date.</p> <p>Link to application</p> <p>https://interland3.donorperfect.net/weblink/weblink.aspx?name=E350379QE&id=17</p>	English & French		Federal	Financial
Saskatchewan Senior Fitness Association	<p>Volunteer, NGO formed in response to the need for an activity program for people 50+ Goal to improve the well-being of Saskatchewan Seniors through participation in:</p> <p>Regular Physical Activities Cultural Activities Social Activities Intellectual Activities</p>	http://www.ssfa.ca/about	May not be applicable for older adults.	English	<p>Benefits of being active:</p> <ul style="list-style-type: none"> - Enhanced active and enjoyable lifestyle - Improved physical fitness and self esteem - Better physical and mental health - Increased energy and burning of calories 	Saskatchewan	Physical Health Mental Health
Aging in Place Manitoba	Aging in Place Manitoba provides home safety and accessibility assessments, home modification consultation, and resources for older adults and people with disabilities,	https://aginginplacemb.ca	Province wide resource list for older adults covering all aspects of life. Would be an excellent resource for each province to provide.	English	N/A	Manitoba	All
Canadian Association of Occupational Therapists	OTs help seniors stay at home for longer periods of time by adapting their home environment to optimize functioning and independence and by providing needed supports through home modifications and assistive devices to make homes accessible for a wide variety of increasingly complex needs. OTs, through their interventions, address these barriers to participation in everyday activities that may prevent seniors from aging in place.	https://caot.ca/site/adv/aginginplace?nav=sidebar		English & French			

VitalAire Home Oxygen Therapy Services	VitalAire provides home oxygen therapy services in all provinces in Canada (excluding Quebec). VitalAire sets up the home oxygen service and delivers equipment appropriate for the client's prescription. They provide ample information, support, and maintenance services for oxygen therapy, in partnership with the client's primary healthcare provider. Additional home oxygen therapy funding is available through the department of Veterans Affairs and the NIHB program, if you qualify.	https://www.vitalaire.ca/home-oxygen-therapy/services		English & French	VitalAire has a 24/7 hotline for clients in case any questions or concerns arise, and provide clients with the opportunity to become connected with other people needing oxygen services through support groups. Their website is full of helpful resources and comprehensive instructions and guidelines. Appears to be quite accessible.	Federal Excluding Quebec	Physical Health, Personal Assistance
Chebucto Links	<p>Chebucto Links is a senior support and outreach organization that provides social and recreational programs, and assists with information and resources, serving seniors in the Halifax Metro area since 1995. They receive funding through a combinations of donations, participant fees, provincial government and grants for special initiatives, and supplemented by fundraising.</p> <p>Their goals are:</p> <ol style="list-style-type: none"> 1. To promote healthy, active living among our aging population through social programs and recreational opportunities. 2. To ensure older adults receive clear, user-friendly information about services and programs in a variety of formats. 3. To promote programs and services that enable seniors to age in place and remain connected to their communities. 4. To support seniors and their families in need through outreach services. To support seniors and their families by helping them find solutions to their concerns and providing information and supportive referrals to community resources 	https://www.chebuctolinks.ca		English	Also have a variety of community projects including Vial of Life, which is a free service that aims to protect seniors in emergencies by gathering and safely storing their medical information and persoanl contacts. This way, in case of emergency when a person perhaps isn't able to speak for themselves, their information is within reach.	Nova Scotia	Mental Health, Safety

Financial Tax Benefit

Name of Program	Link to information	Province	NOTES
The New Brunswick Seniors' Home Renovation Tax Credit	https://www2.gnb.ca/content/gnb/en/departments/finance/promo/renovation.html	New Brunswick	a refundable personal income tax credit for seniors and family members who live with them. If you qualify, you can claim up to \$10,000 worth of eligible home improvements on your tax return.
Long Term Care Program	https://socialsupportsnb.ca/en/program/long-term-care-program	New Brunswick	<p>The LTC Program provides a range of personal supports, social and residential services to individuals who need help with daily activities to live as independently as possible.</p> <p>The kinds of activities can be things like, but are not limited to:</p> <ul style="list-style-type: none"> getting dressed bathroom assistance like toileting, washing, shaving, combing hair etc. bathing meal time assistance cooking a meal managing your medication light housekeeping
Seniors' Home Safety Tax Credit	https://www.ontario.ca/page/seniors-home-safety-tax-credit	Ontario	The Seniors' Home Safety Tax Credit is worth 25% of up to \$10,000 in eligible expenses for a senior's principal residence in Ontario. The maximum credit is \$2,500.
Property Tax Rebate for Seniors	https://beta.novascotia.ca/apply-property-tax-rebate-property-tax-rebate-seniors	Nova Scotia	Property Tax Rebate for Seniors helps low-income seniors with the cost of municipal residential property taxes. Rebates are 50% of what you paid on last year's property taxes, up to a maximum of \$800. You can apply until 31 December 2021.
Seniors Independence Initiative	https://www.princeedwardisland.ca/en/information/seniors-independence-initiative	P.E.I.	The Seniors Independence Initiative provides financial assistance for practical services making it easier for seniors to remain in their own homes and communities. Help is available for services such as light housing keeping, meal preparation, or snow removal and complements supports provided to seniors by Home Care or family members for daily unmet needs.
Home Care Program	https://www.princeedwardisland.ca/en/information/health-pe/health-pe/home-care-program	P.E.I.	<p>The Home Care Program supports you and your caregivers so that you can remain in your home safely, with independence and quality of life, for as long as possible.</p> <p>Kinds of activities can include:</p> <ul style="list-style-type: none"> nursing care home support palliative care social work long-term care
Newfoundland and Labrador Senior's Benefit	https://www.canada.ca/en/revenue-agency/services/child-family-benefits/provincial-territorial-programs/province-newfoundland-labrador.html	N.L.	Program provides a tax-free annual amount of \$1313 if you are either: <ul style="list-style-type: none"> - a single senior (65 years of age or older) - a married or common-law couple that includes at least one senior whose adjusted family net income is \$29402 or less.
Ontario senior homeowners' property tax grant (OSHPTG)	https://www.canada.ca/en/revenue-agency/services/child-family-benefits/provincial-territorial-programs/province-ontario.html	Ontario	Intended to help offset property taxes for seniors who own their own home and who have low to moderate incomes. Maximum grant is \$500.

Alberta Seniors Benefit	https://www.alberta.ca/alberta-seniors-benefit.aspx	Alberta	In general, a single senior with an annual income of \$29,285 or less, and senior couples with a combined annual income of \$47,545 or less, may be eligible for a benefit. Benefit amounts range from \$3431 to \$15202.
Senior's Property Tax Deferral Program	https://www.alberta.ca/seniors-property-tax-deferral-program.aspx	Alberta	The Seniors Property Tax Deferral Program allows eligible senior homeowners to voluntarily defer all or part of their residential property taxes, including the education tax portion. This is done through a low-interest home equity loan with the Government of Alberta. If you qualify, Seniors Property Tax Deferral Program will pay your residential property taxes directly to your municipality on your behalf.
Seniors Home Adaptation and Repair Program (SHARP)	https://www.alberta.ca/seniors-home-adaptation-repair-program.aspx	Alberta	The Seniors Home Adaptation and Repair Program (SHARP) allows seniors to use their home equity to remain in their homes and maintain their independence. Eligible seniors can apply for a low-interest home equity loan with the Government of Alberta to cover repairs, adaptations and renovations to their primary residence. The intent is to help seniors: - remain independent in their homes - be safe in their homes - adapt and modify their homes to improve accessibility and mobility
Special Needs Assistance for Seniors	https://www.alberta.ca/seniors-special-needs-assistance.aspx	Alberta	Seniors with low-income can get financial assistance to help afford the cost of appliances and specific health and personal supports. Website details specific health supports, personal supports, and appliances and furniture applicable.
Seniors' School Tax Rebate	https://www.gov.mb.ca/finance/tao/sstrebate.html#	Manitoba	To be eligible for the Seniors' School Tax Rebate, you or your spouse / common-law partner must be 65 years of age or older by the end of the year (December 31); own your home or be liable for paying the school taxes on your principal residence; live in your home; and be residents of Manitoba. The maximum Rebate for 2021 is \$353 for eligible seniors. Seniors with income under \$40,000: Senior households with income under \$40,000 may be eligible for an additional EPTC of up to \$300.
Seniors Income Plan	https://www.saskatchewan.ca/residents/family-and-social-support/seniors-services/financial-help-for-seniors#benefits	Saskatchewan	A monthly supplement is provided to seniors who have little or no income other than the federal Old Age Security (OAS) pension and Guaranteed Income Supplement (GIS).
Life Lease Housing for Seniors	https://www.saskatchewan.ca/residents/housing-and-renting/renting-and-leasing/life-lease-housing-for-seniors	Saskatchewan	Available in select Saskatchewan communities, the Life Lease Program offers moderate-income seniors with the opportunity to live in an affordable apartment-style home, in exchange for a deposit and a monthly occupancy fee.
Home owner grant for seniors	https://www2.gov.bc.ca/gov/content/taxes/property-taxes/annual-property-tax/home-owner-grant/senior?keyword=senior	British Columbia	The home owner grant reduces the amount of property taxes you pay each year on your principal residence. If you're a senior aged 65 or older, your property is assessed at \$1,625,000 or less and you meet certain requirements, you may be eligible for the additional grant of \$275 on top of the regular grant of \$570.
Home renovation tax credit for seniors and persons with disabilities	https://www2.gov.bc.ca/gov/content/taxes/income-taxes/personal/credits/seniors-renovation?keyword=senior	British Columbia	The Home renovation tax credit for seniors and persons with disabilities assists eligible individuals 65 and over and persons with disabilities with the cost of certain permanent home renovations to improve accessibility or be more functional or mobile at home.

Innovative Practices

Name of Service	Description	Country/Region	Link	NOTES
Homes 4 Life Age-Friendly Housing	<p>The concept of 'age-friendly housing' developed by the Homes 4 Life EU project provides a helpful framework to understand the kind of solutions we should be looking at when building or refurbishing homes to accommodate aging seniors. It comprises different dimensions that have to be fulfilled for a home to be age-friendly:</p> <ul style="list-style-type: none"> - it supports independence and autonomy; - allows to remain active and healthy; - promotes social inclusion and engagement within the community whilst respecting lifestyle choices and evolving needs as the years go by. The aim of the project is to produce a database that provides a non-exhaustive overview of innovative age-friendly home experiments in Europe. To collect information about interesting and innovative initiatives they have conducted pilot projects in a number of countries to scope out various kinds of innovations related to age-friendly housing. 	Across Europe	http://www.homes4life.eu/about/	<p>Link to various pilot projects: http://www.homes4life.eu/pilots/ and http://www.homes4life.eu/wp-content/uploads/2020/04/Homes4Life_D2.5.pdf</p>
Add Years to Life and Life to Years - The Healthy Region of North Bohemia	<p>Established to improve life expectancy, health and quality of life for the elderly by improving their health literacy, changing their behaviour from passive survival to an active control and enabling them to participate in social activities. Outcomes included: Improved food intake in homes for older people in the North Bohemia Region; active participation and great interest of residents and staff in project activities; Regional Conference on Older People's Health; lifestyle information in newsletter for homes for older people and in regional media.</p>	The Czech Republic	https://www.healthyageing.eu/sites/www.healthyageing.eu/files/resources/Healthy%20Ageing%20-%20A%20Challenge%20for%20Europe.pdf PAGE 143	
Cost-utility analysis of preventive home visits in Nordmaling	<p>Aim to show how a health-economic analysis can be carried out with a focus on older people and to test the economic feasibility of preventive home visits to persons above 75 years. Two visits per year were made during two years. Two professionals (one district nurse and one social worker) made the visits.</p>	Sweden	https://www.healthyageing.eu/sites/www.healthyageing.eu/files/resources/Healthy%20Ageing%20-%20A%20Challenge%20for%20Europe.pdf PAGE 147	<ul style="list-style-type: none"> - anxiety gradually decreased, especially among the women, - the numbers reporting frequent or constant pain decreased - the percentage vaccinated against influenza increased, - reduced inpatient care at hospital and nursing homes as well as home care
Keep Walking	<p>Improve functional capacity, quality of life and autonomy among frail 75 + people living at home by increasing their opportunities to walk and move outside their homes.</p>	Finland	https://www.healthyageing.eu/sites/www.healthyageing.eu/files/resources/Healthy%20Ageing%20-%20A%20Challenge%20for%20Europe.pdf PAGE 144	<ul style="list-style-type: none"> • outdoor mobility among the target group remained constant or improved, • services were developed for the target group, outdoor mobility environments produced new ideas (benches for resting, slower traffic lights, accessibility), social support models were improved (outdoor and shopping companions were established and trained), and • outdoor mobility was included in home care planning and could be ordered in the same way as meal services.

The Bozorgan Day Centre	<p>To promote health and well-being for older Iranian women, and their integration into Swedish society, and</p> <ul style="list-style-type: none"> • to show methods and opportunities during these women's life in Sweden to prolong health, sustain the desire to live, enhance feelings of security and maintain control and psychological well-being 	Sweden	<p>https://www.healthyageing.eu/sites/www.healthyageing.eu/files/resources/Healthy %20Ageing%20-%20A%20Challenge% 20for%20Europe.pdf</p> <p>PAGE 147</p>	<p>** Related to integrating older adult newcomers</p> <p>Outcomes</p> <ul style="list-style-type: none"> - the percentage of emergency visits to GPs was three times as high in the control group as in the intervention group, • deaths were half the expected number compared to those with no intervention. <p>During a follow-up three years post- project, no effect remained in either group.</p>
-------------------------	--	--------	---	--