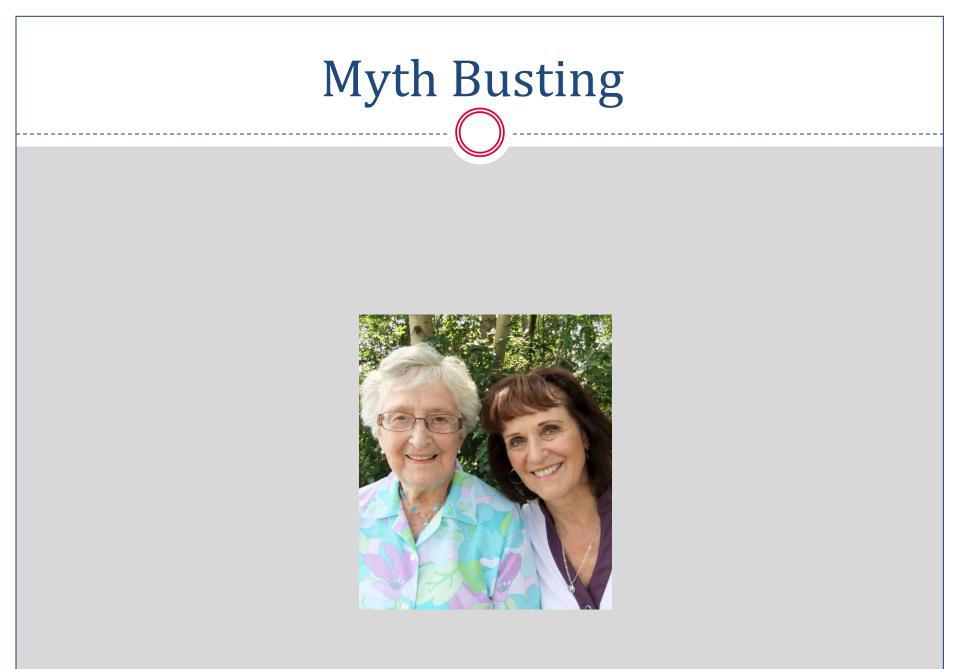
Age Friendly and the Senior FriendlyTM Program

Alberta Council on Aging An Independent Non-Profit Charitable Organization Since 1967

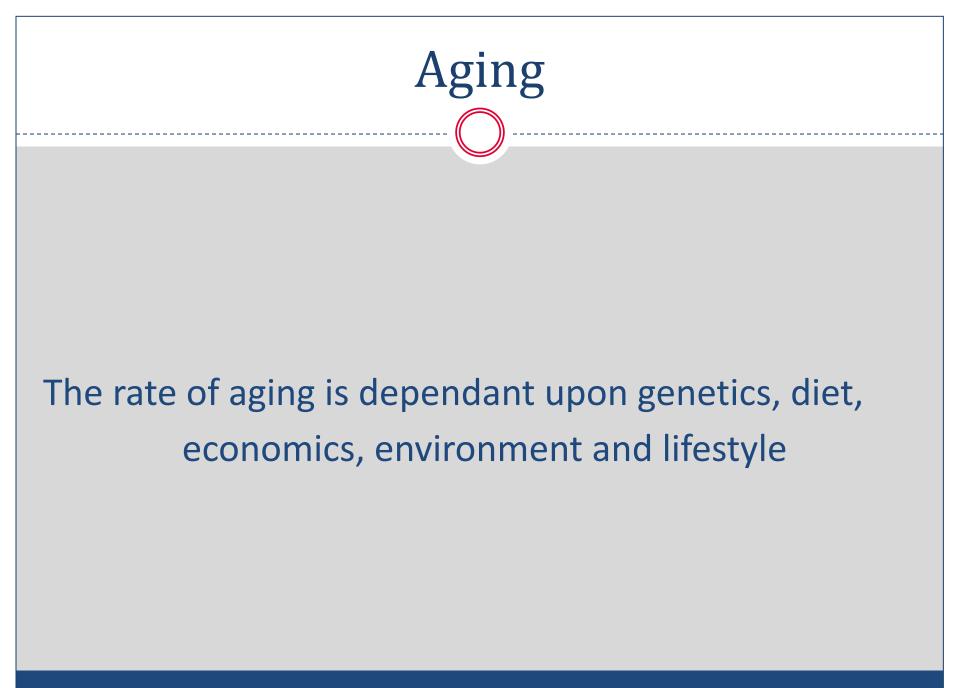




A tool for communities to become age friendly



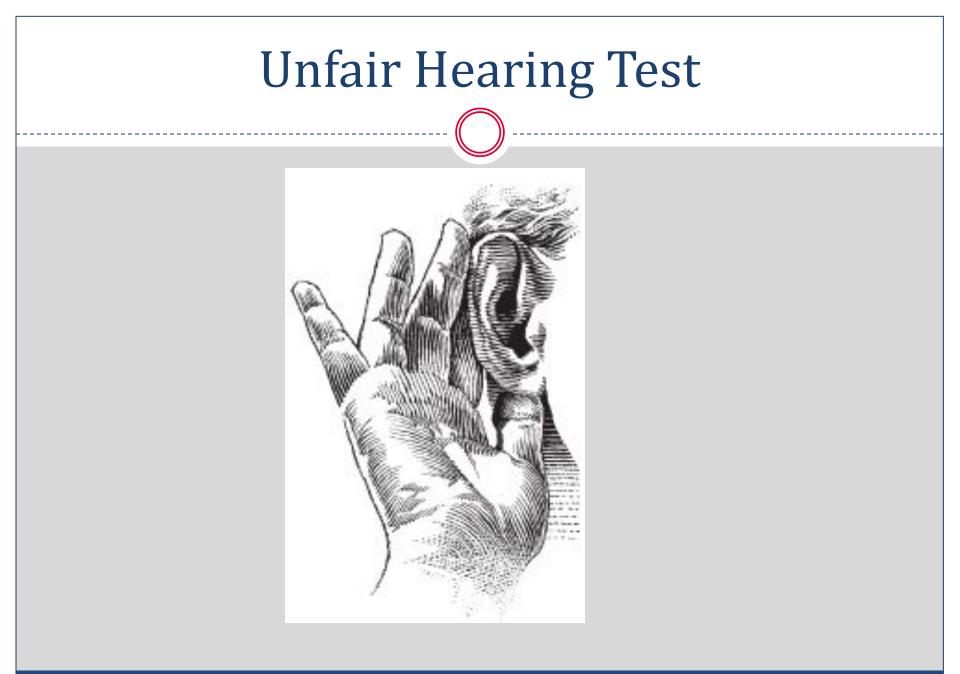


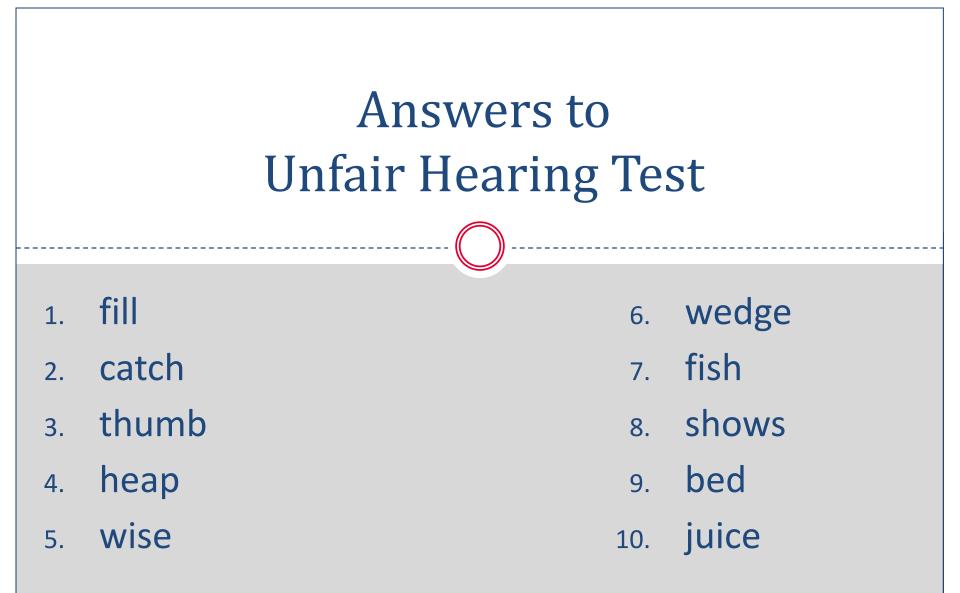


Hearing

Ability to hear diminishes

Hearing loss is the most common sensory impairment in relation to aging





Helping People with Reduced Hearing

- Speak one to one
- Reduce background noise
- Speak clearly and slowly

Vision

Healthy Eye

Age-Related Macular Degeneration





Glaucoma

Healthy Eye

Vision with Glaucoma





Diabetic Retinopathy

Healthy Eye

Vision with Diabetic Retinopathy





Cataracts

Healthy Eye

Vision with Cataracts





Helping People with Vision Loss

- Identify yourself and use the person's name
- Provide ample lighting
- Reduce glare floors and windows
- Use contrasting colors on stairs, walls, and floors
- Keep all areas free of clutter
- Provide magnifying glasses

Cognition

Normal Aging

- Ability to process and integrate slows
- Slower reaction times

Dementia

- Overall term used to describe a set of symptoms
- May be temporary or permanent

Helping People with Affected Cognition

Use reminders and visual cues

Offer a clear, one step explanation

Be patient

Mobility and Agility

- Reduced mobility & agility as we age
- Centre of balance shifts, endurance and strength decreases, flexibility is reduced
- Spine compresses and shoulders round; arthritis may develop
- Slower reaction times

Helping People with Reduced Mobility and Agility

- Make doors easy to open with level access
- Provide 'rest stops' with sturdy arms both inside and outside
- Ensure pavements and sidewalks are smooth
- Wide passages, even flooring, accessible washrooms
- Remove or tape down area rugs
- Offer assistance with tasks



Sense of taste, touch, and smell diminishes
Vulnerability to temperature change
Reduced touch affects fine motor skills

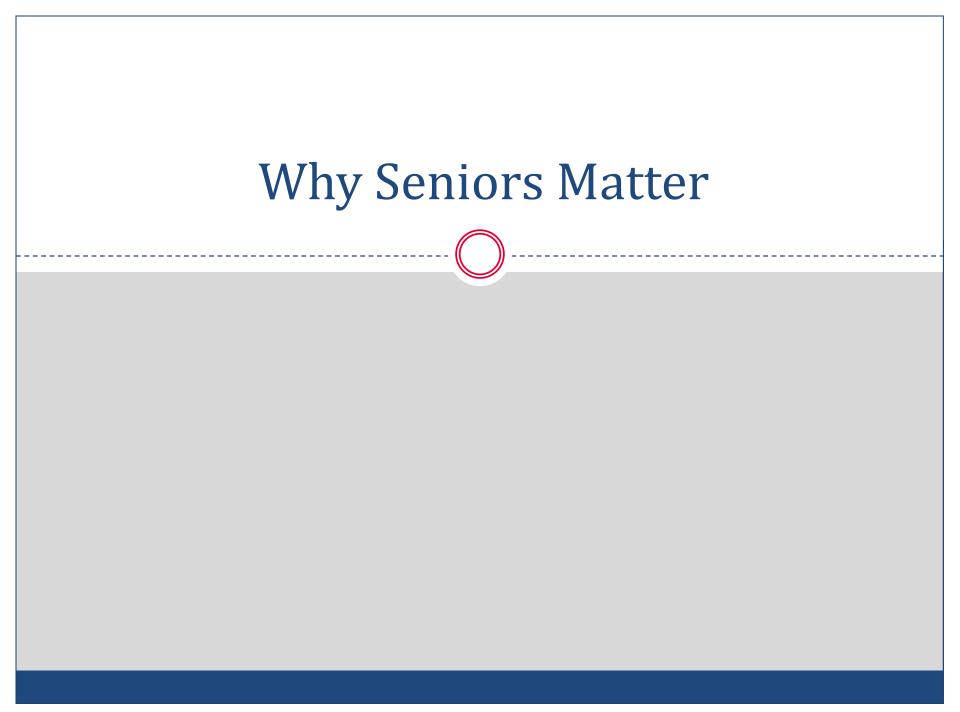
Helping People with Affected Senses

- Reduce packaging
- Turn down hot water heater settings
- Ensure smoke and gas detectors are functional
- Adjust room temperatures

Summary of Changes

Hearing not as acute

- Reading fine print challenging
- Thought processes change
- Mobilizing with less ease
- Sensation is different



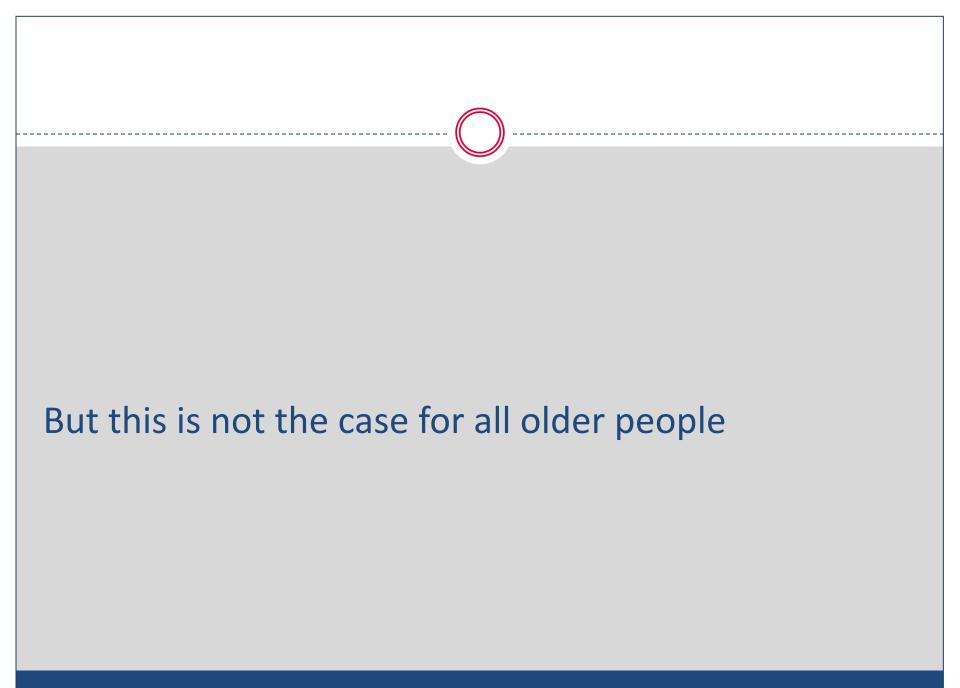
Did You Know?

- Seniors are the fastest growing age group in the world
- Seniors are powerful consumers
- Seniors contribute greatly to our society

Seniors as Consumers

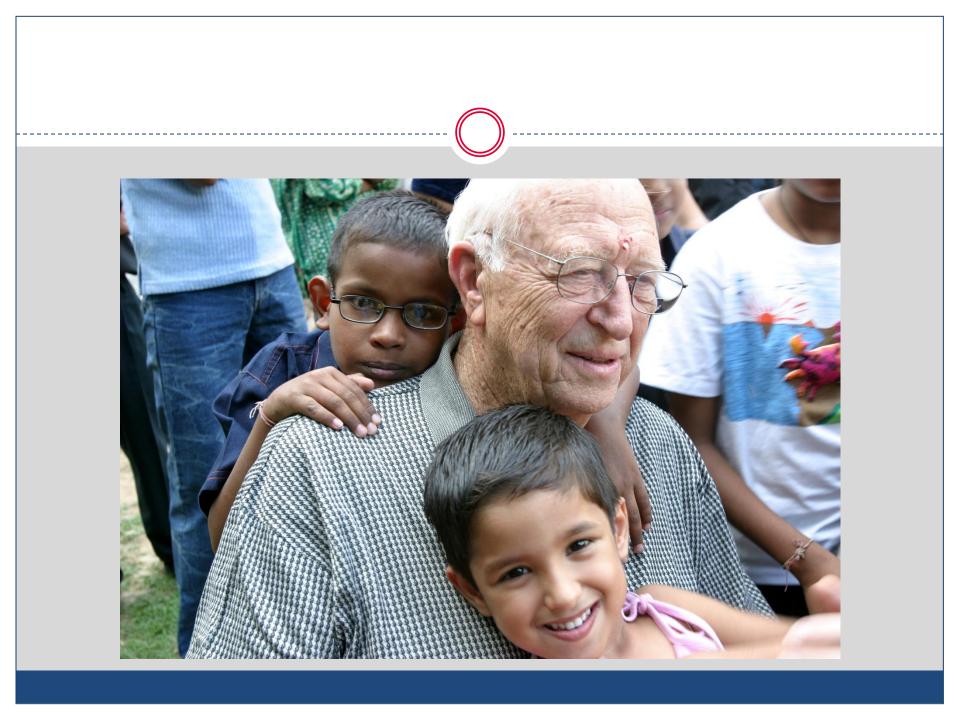
Some seniors have more:

- Expendable Income
- Expectations
- Education



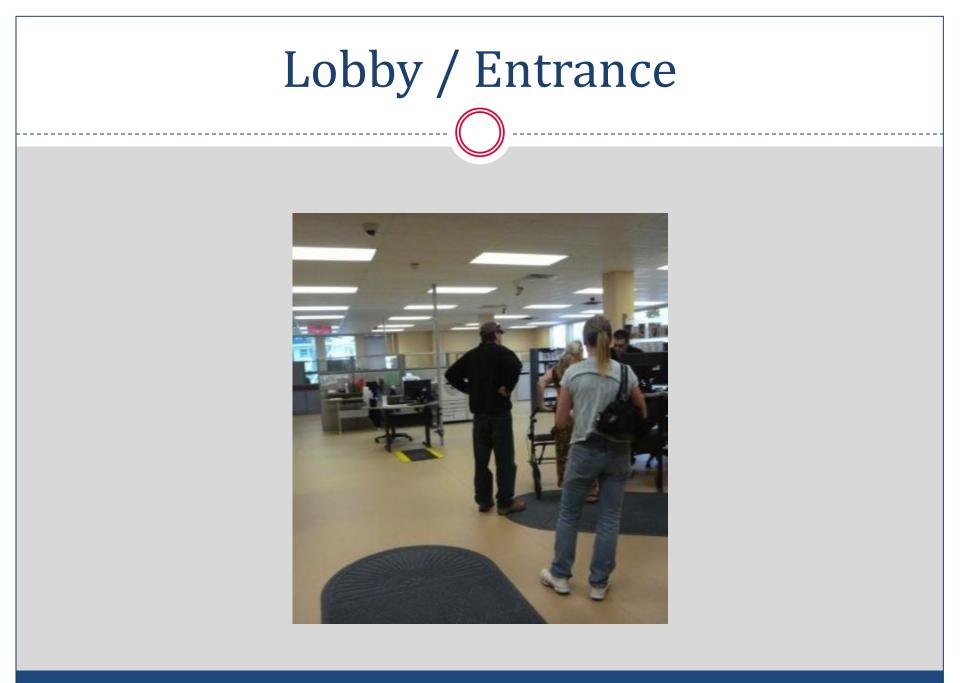
Seniors Are a Valuable Resource Are "Top Volunteers" Have workplace knowledge, technical skills and

- leadership
- Offer stewardship



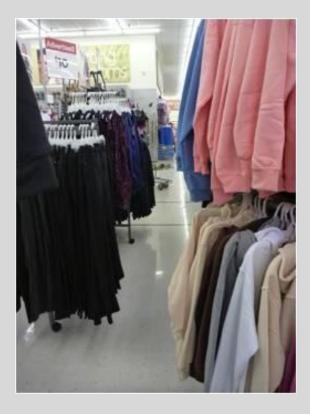
What are the characteristics of an age friendly community?

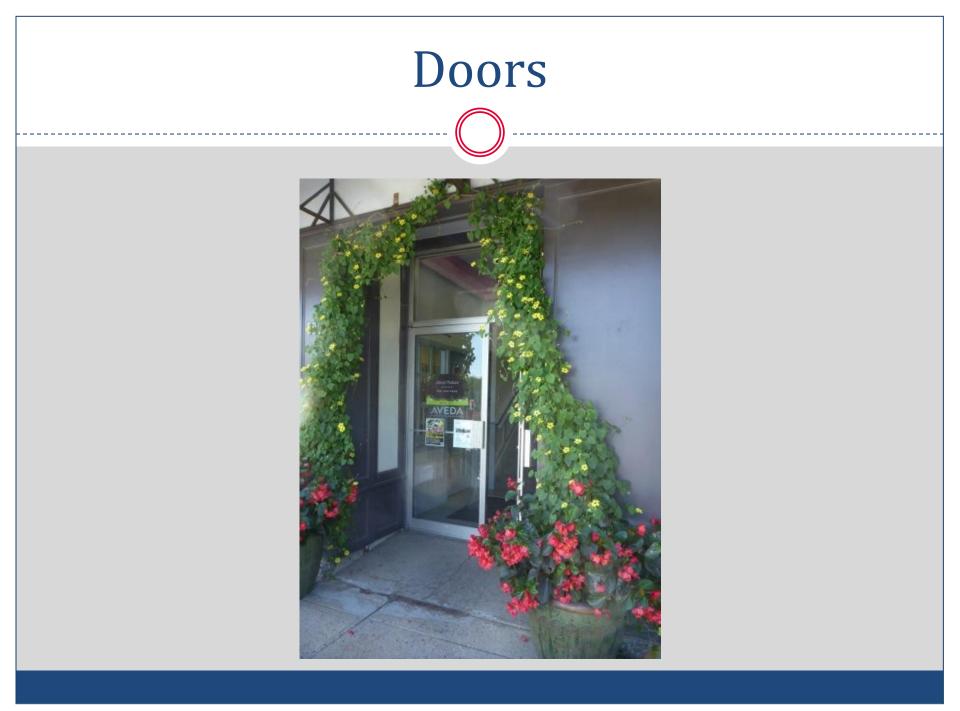




Corridors





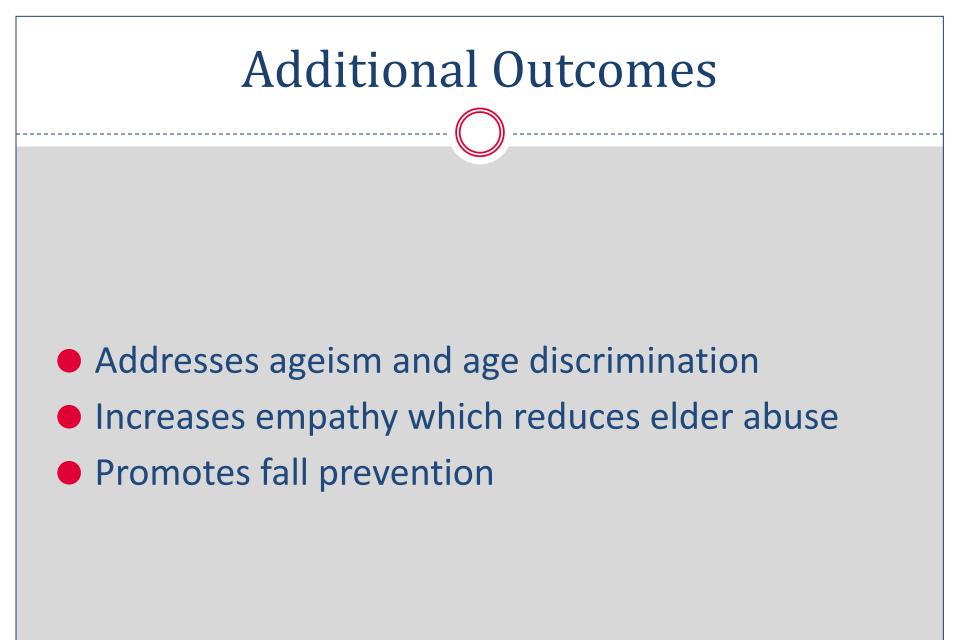






An Age Friendly Community

- Ensures the environment is accessible to all
- Is aware of and meets seniors' needs
- Treats everyone respectfully
- Includes everyone



To be Age Friendly We Must Recognize and Meet the Needs of Seniors

Senior Friendly™ Soundbite Make things easy: to see, to hear, to use, to understand...

