



# **Age-friendly Community Designation Advantages**

March 12, 2024

Councilor Mitch Vik,

Liasson to the **N**orth **C**ariboo **S**eniors **C**ouncil

# As defined by *BC Healthy Communities*:

*“In an age-friendly community, older adults are supported to age-in-place, living active, socially engaged, independent lives”*

<https://bchealthycommunities.ca/index.php/age-friendly-communities/>

- (2017 SEP) Quesnel City Council begins process to become recognized as an Age Friendly community by forming the “Seniors Advisory Committee” & passing a Council resolution to support and work toward becoming an age-friendly community
- (2017) Age Friendly Action plan commissioned
- (2018) Age-Friendly Assessment & Action Plan presented (Cardea Health Consulting)
- (2019) North Cariboo Seniors Council incorporated
- (2021 MAR) Quesnel Designated as Age Friendly Community by BC
- (2021 MAY) Quesnel recognized as an Age Friendly Community by Public Health Agency of Canada

# Why the CRD North Cariboo should consider an application in establishing itself as an Age Friendly Community

The data suggest our population is aging quickly with the peak not to occur for another 5-10 years. We have to get serious about supporting this demographic.

2016: NORTH CARIBOO POPULATION – 23,146 (-1.8%)

65 YEARS AND OLDER: 16.8%

2021: NORTH CARIBOO POPULATION – 23,113 (-0.1%)

65 YEARS AND OLDER: 22.6%

## **ALIGNMENT & ACTIONING SENIORS' PRIORITIES**

It's important that we are all aligned in preparing our community for an older population and work together:

- Housing strategies for seniors
  - And not just new apartments...
- Wellness and social inclusion strategies
- Food Security for seniors
- Health care and healthier living
- Transportation solutions (seniors' bus)
- Enhanced communication with residents who are seniors

## **RECRUITMENT/MARKETING**

- A community focused on it's seniors is a more desirable place to live and relocate to (for working age citizens and retired citizens).

## **FUNDING/SUSTAINABILITY**

- Be Grant ready. Communities who are Age Friendly have access to grants via UBCM/BC Healthy Communities and can leverage the designation on other provincial grants

## **EASIER APPLICATION IN 2024**

- The CRD already has a Liasson appointed to the board (MSJ)
- The CRD already has a membership in and has CRD residents participating in an "age friendly advisory or steering committee"
- The City of Quesnel has resources to share:
  - Council expertise
  - Age Friendly Assessment



*North Cariboo  
Seniors Council*  
*registered society,*

## ***The NCSC is worthy of ongoing sustained support***

- THE NCSC delivers programing to help the most vulnerable seniors at no cost to the recipient (Yard works, Snow removal, Seniors Meals and transit passes)
- The group already serves regional residents with much needed programming:

### SEPTEMBER 2023 SNAPSHOT

- 64% of Yard Works clients are from the Regional District
- 61% of Snow Removal clients are from the Regional District
- 10% of Seniors Meals clients are from the Regional District
- Typically, the NSCS prepares and delivers 200 meals a month.  
The NCSC yard works and snow removal programs serve between 15 and 25 clients per program per year.
- The NCSC has developed and continues to develop partnerships with key groups to advance seniors issues and programming in the North Cariboo.
  - **Better at Home (United Way)** (Mitch to review BAH stats)
  - The Community Foundation
  - The Quesnel Lions Club
  - Volunteer Tax Preparers of Quesnel
  - Nourish Food bank
  - City of Quesnel
  - Cariboo Regional District

- The NCSC is fast becoming the most reliable conduit of information about services and programming to the region.
  - Yearly Info booklet
  - Newsletters
  - Board meeting with partners
  - Trade show attendance / fairs / markets
  - Info sessions (usually tied to delivering a service)

The NCSC has the tools in place to flourish but is struggling with capacity. There are many grant opportunities to pay for and deliver innovative and necessary services to our seniors...but to depend on volunteers, exclusively, to apply for these grants and follow up on the delivery is not reasonable.

Please consider a yearly contribution to capacity building and administrative support.