



HEALTH & WELLNESS FAIR

REnew. REdiscover. REimagine.

*Aging in Pakenham:
Report and
Recommendations*

**SHERRYL SMITH
BRIDGING GENERATIONS**

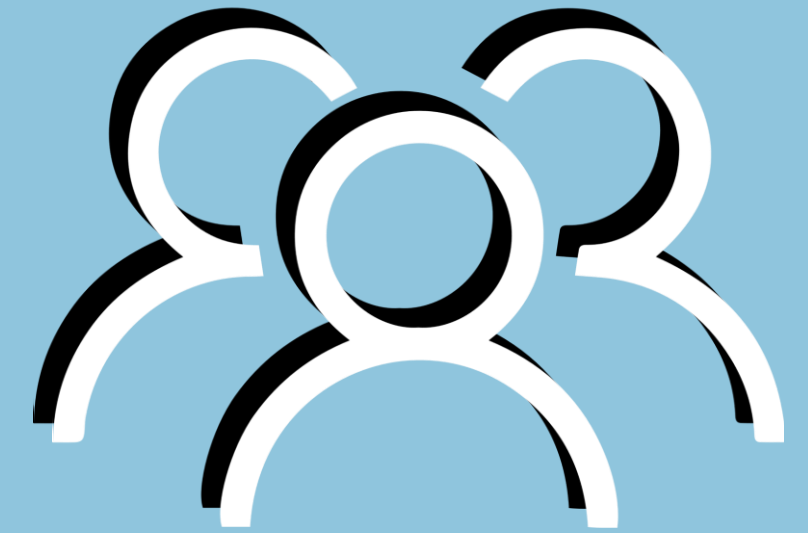
January 16, 2024

INTRODUCTION

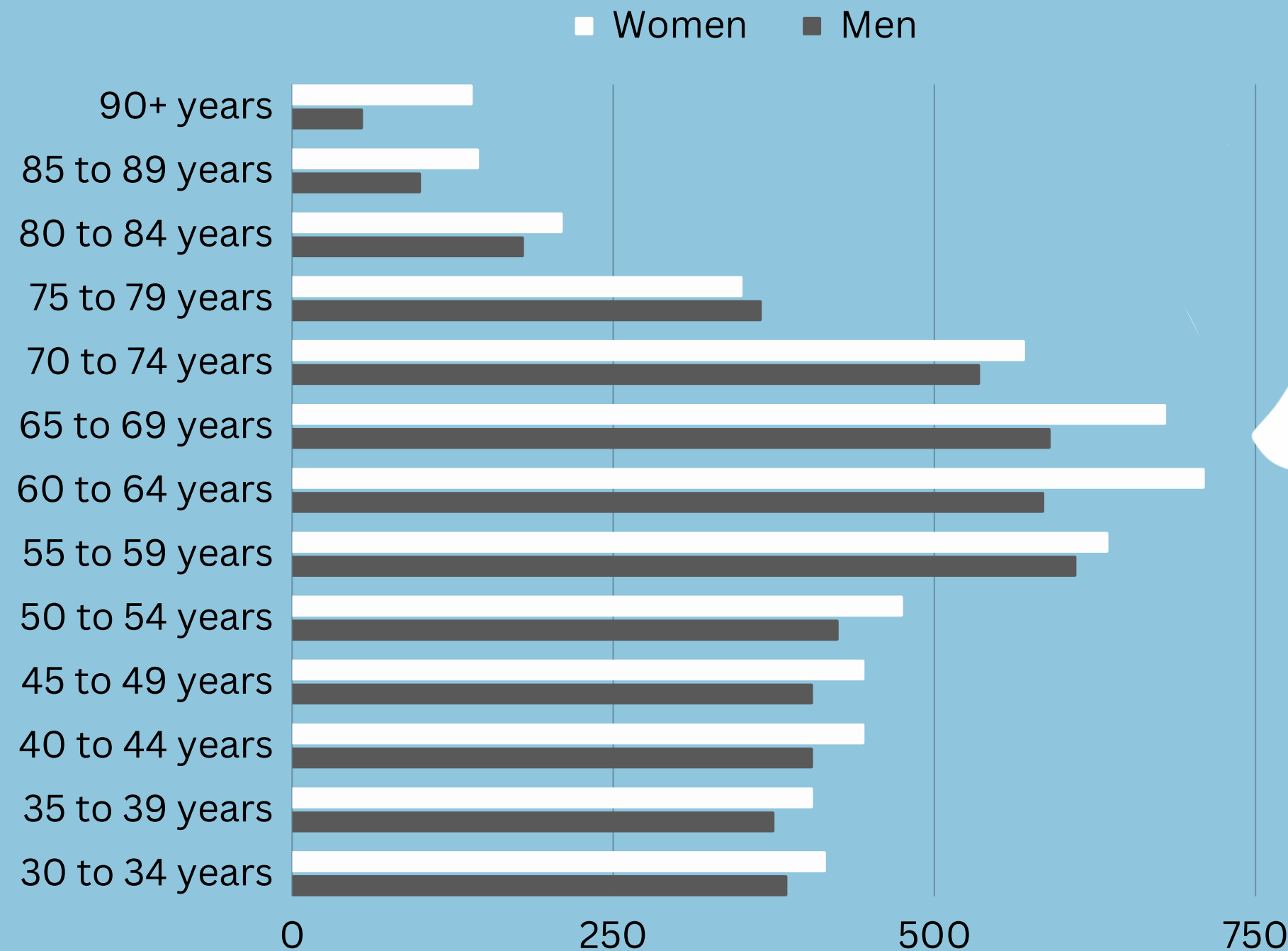
- Who is Bridging Generations?
- What is an “Age-Friendly Community”?
- Why did we organize the Health and Wellness Fair?
- How did we gather data for our report?
- What were the results and ...
- So what?



RESULTS & DATA: WHO'S IN MISSISSIPPI MILLS?



Mississippi Mills Population Counts by Age Group and Gender



Results & Data:

Median After-Tax Income for the 65+ group in Mississippi Mills is \$40,000.

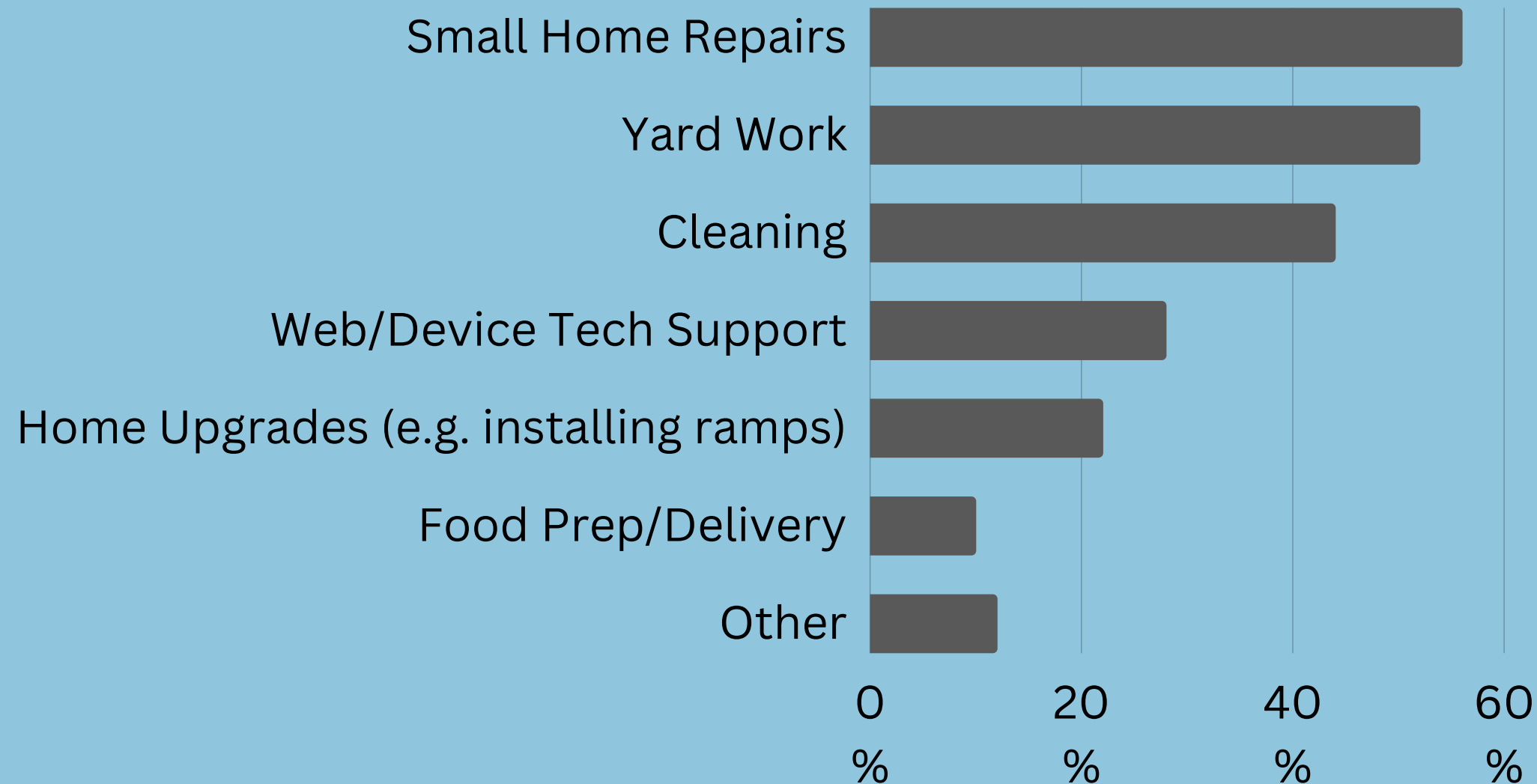
TAKE AWAY: As the 65+ population ages, they will likely require more services that are affordable.

TO AGE IN PLACE, PAKENHAM NEEDS...SUPPORT & SERVICES



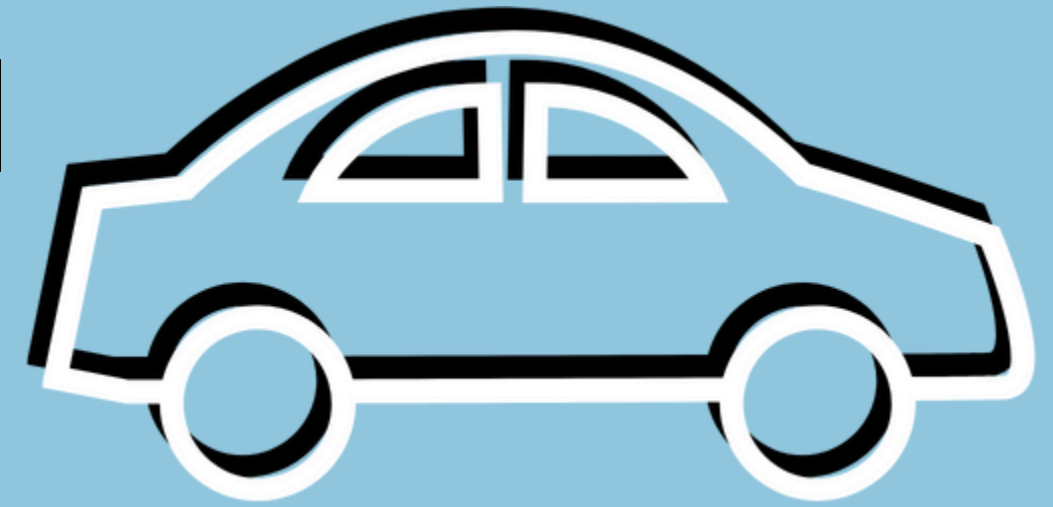
- People need support in physically demanding tasks.
- People feel there is a lack of professional services available to them

To live at home, people need...



RECOMMENDATION:
Improve local content for service providers on 211 and promote it to Pakenham residents

TO AGE IN PLACE, PAKENHAM NEEDS...TRANSPORTATION



- Older adults in Leeds Grenville and Lanark “feel it is important to maintain good health and the ability to drive in order to live independently.”
- Lack of accessible transportation creates barriers not just to healthcare services, but also social activities.

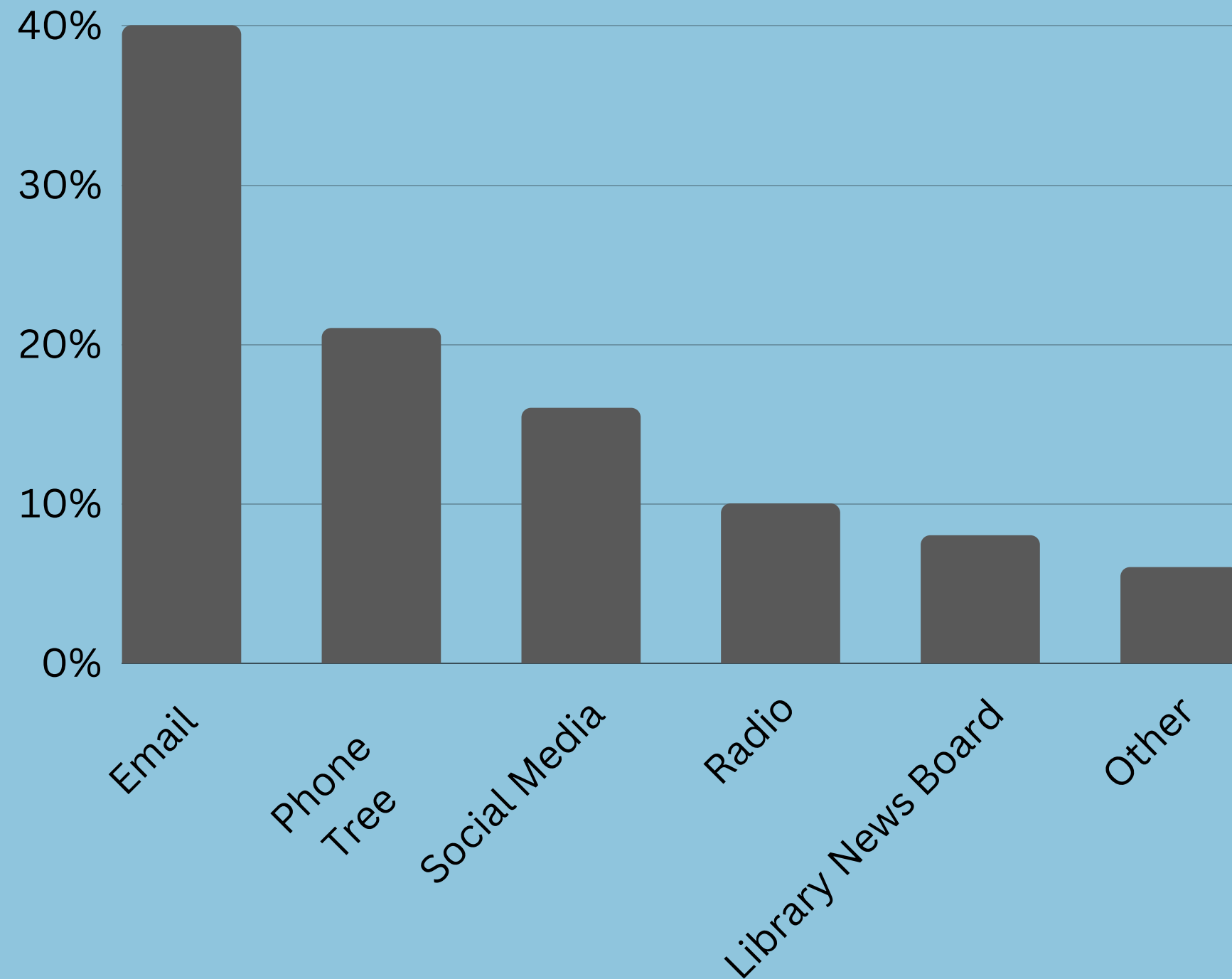
RECOMMENDATION:

Work with Lanark Rural Transportation working group.

TO AGE IN PLACE, PAKENHAM NEEDS... COMMUNICATION



People's preferred method of receiving information is...



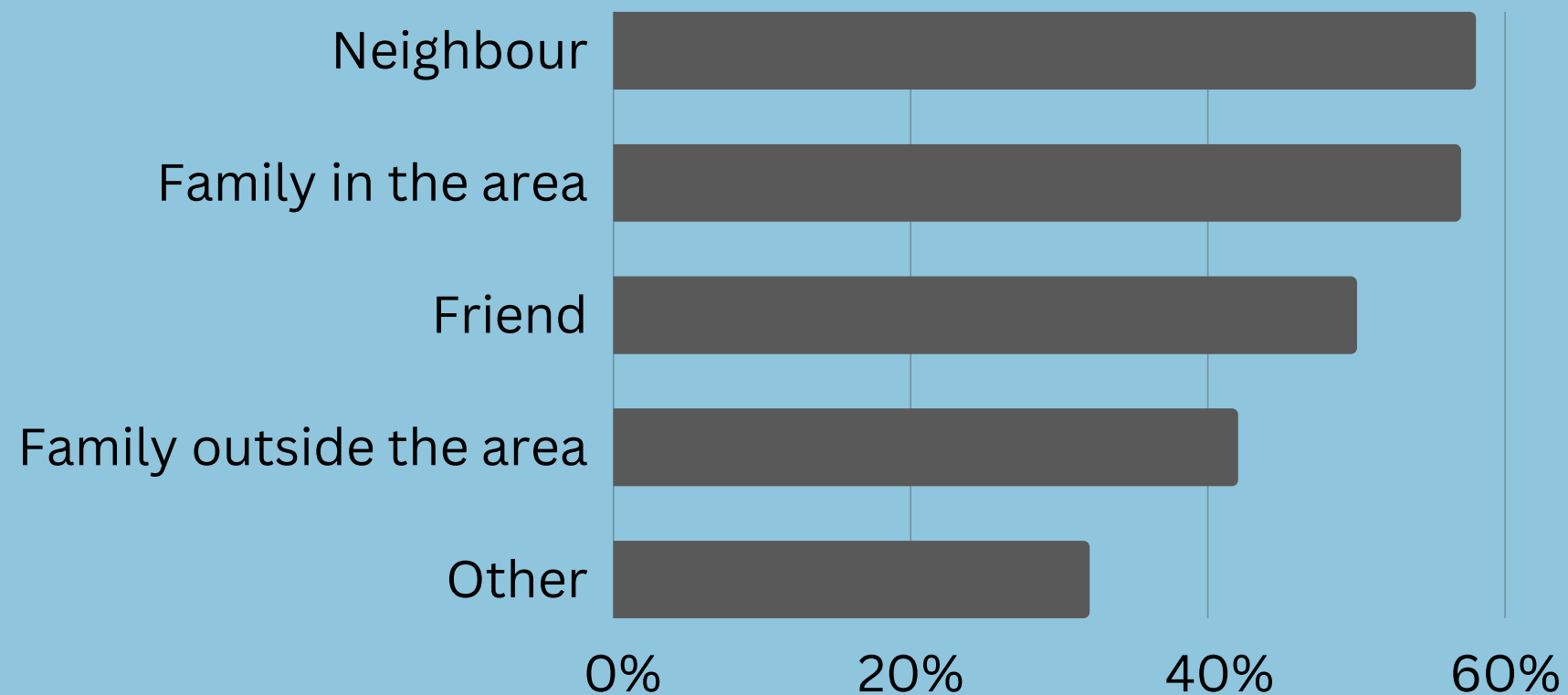
RECOMMENDATION:
Improve in-person
and email
communication for
Pakenham Residents.

TO AGE IN PLACE, PAKENHAM NEEDS...CONNECTION



- Social participation and social support are strongly connected to good health and well-being.
- Better communication and awareness of events

In times of need, people contact...



RECOMMENDATION:

Support the
Pakenham Seniors'
Club

RECOMMENDATIONS



- 1. Use the Age-Friendly Framework when planning and coordinating services in Mississippi Mills**
2. Improve local content for service providers on 211 and promote it to Pakenham residents
3. Work with local initiatives to improve transportation in Lanark County
4. Improve in-person and email communication for Pakenham Residents
5. Support the Pakenham Seniors' Club
- 6. Provide opportunities to advocate for public healthcare**

THANK YOU

Stay informed...sign up to receive the Bridging Generations quarterly e-newsletter by visiting:

www.bridging-generations.mailchimpsites.com

QUESTIONS

