



## Older Adults of Leeds, Grenville and Lanark

A Review by Leeds, Grenville and Lanark District Health Unit



# Older Adult Review Tool for Stakeholders who work with Older Adults

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# How this review was conducted

- There are many pieces to the review. These include:
  1. Identify our guiding documents
  2. Pull together best practice documents and other similar reviews and reports
  3. Connect with other Health Units to explore what they do for this age group
  4. Connect with community stakeholders to find out what is already being done and the various lessons learned, gaps and opportunities they had to share
  5. Speak to local older adults to learn from them. (both groups and individuals)



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# How this information could be used

- This report is extremely long and high literacy and is designed to be used by Health Unit staff and community stakeholders. It is not designed for distribution to the general public. We hope it will:
  - help with program development
  - assist with prioritization of work and programming
  - be a tool for writing reports, letters of support, proposals.
  - be used in part (e.g., by theme) or as a whole for an overall Age Friendly approach.



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# Introduction and Themes

## The Intro outlines:

- The approach and framework ,The methodology
- Results from the ***Public Health Environmental Scan***
- Process for the literature review and community surveys/interviews
- Guiding documents
- A local community profile
- General information on ***“Age Friendly”***

## Themes

- Outdoor Spaces and Buildings
- Transportation
- Housing
- Social Inclusion, Participation, and Respect
- Civic Participation and Employment
- Communication and Information
- Community Support and Public Health Services
- Vulnerability



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# Sub groups of themes

**Each of the 8 themes listed above contain the following sections:**



**Overview** – description of the theme with general evidence-based highlights from the literature.



**Local Data** – the most relevant data that can be found for a specific theme, which may be municipal, county, provincial/territorial and beyond.



**Local Voice** – results from the Health Unit surveys of LGL older adults and service providers.



**Next Steps** – current and future actions to be taken on each theme.



**Supporting Documents** – additional resources to enhance the information provided.



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# Words from our local seniors

**"Lifestyle can change drastically when one lives rurally and doesn't drive."**

*"Perfect community to be healthy and active.  
It is why I chose to move here on my 60th birthday."*

*"I try to purchase organic food. Have had difficulty eating proper meals since my husband died."*

*"Pamphlets/cards are best as they can be kept and referred to"*



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# Lots of Links

- Has many links throughout.  
Is meant to be used electronically
- A list of references at-the end may also provide additional links to dig deeper on topics of interest.

[MORE INFO](#)



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# Where to find it

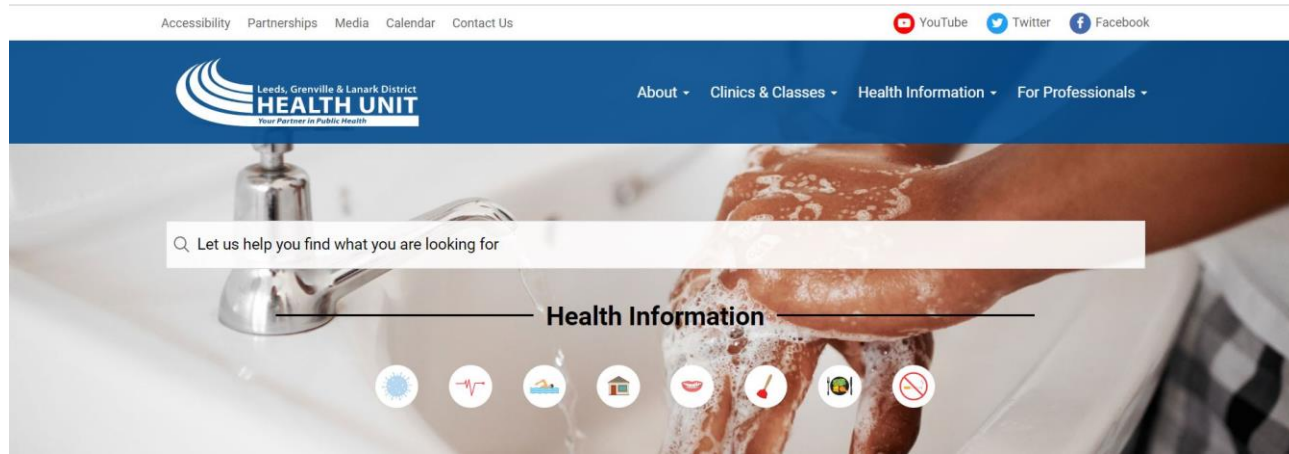
- It can be found [here](https://healthunit.org/for-professionals/municipal-staff-partners/) on our website:

The screenshot shows a web browser displaying the URL <https://healthunit.org/for-professionals/municipal-staff-partners/>. The website header includes navigation links: Accessibility, Partnerships, Media, Calendar, Contact Us, and social media icons for YouTube, Twitter, and Facebook. The main navigation bar features: About, Clinics & Classes, Health Information, and For Professionals (highlighted). The page title is 'Municipal Staff & Partners'. A search bar contains the text 'Let us help you find what you are looking for'. A breadcrumb trail reads: Home » For Professionals » Municipal Staff & Partners, with a 'Print this Page' button. The main content area is titled 'Older Adults in LGL Review' and contains the following text: 'The "Older Adults of Leeds, Grenville and Lanark" A Review by Leeds, Grenville and Lanark District Health Unit, is an assessment of the services and supportive factors available or needed for older adults in LGL that will help maintain the health of older adults and make our communities more age friendly. We have organized this information using the WHO Global Age-Friendly Cities report themes. This report is designed to be used as a tool to support the work of community stakeholders to: support program development'. On the right side, there is a vertical list of service categories: Emergency Cooling Centres, Access to Healthy Food, Active Transportation, Alcohol, Cannabis & Drugs, Physical & Mental Well-Being, and Recreation.





# Questions?



Visit our website:

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**1-800-660-5853**

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