

Community Development & Healthy Aging Framework

Role Statement: To deliver community based-community run programs and services for older adults which promote health and well-being and assist older adults to continue to live independently in their communities. Through collaboration and partnership across various health, social services and community sectors, Community Development – Healthy Aging services promote aging in place, maximizing individual and community potential while applying a health **equity lens**.

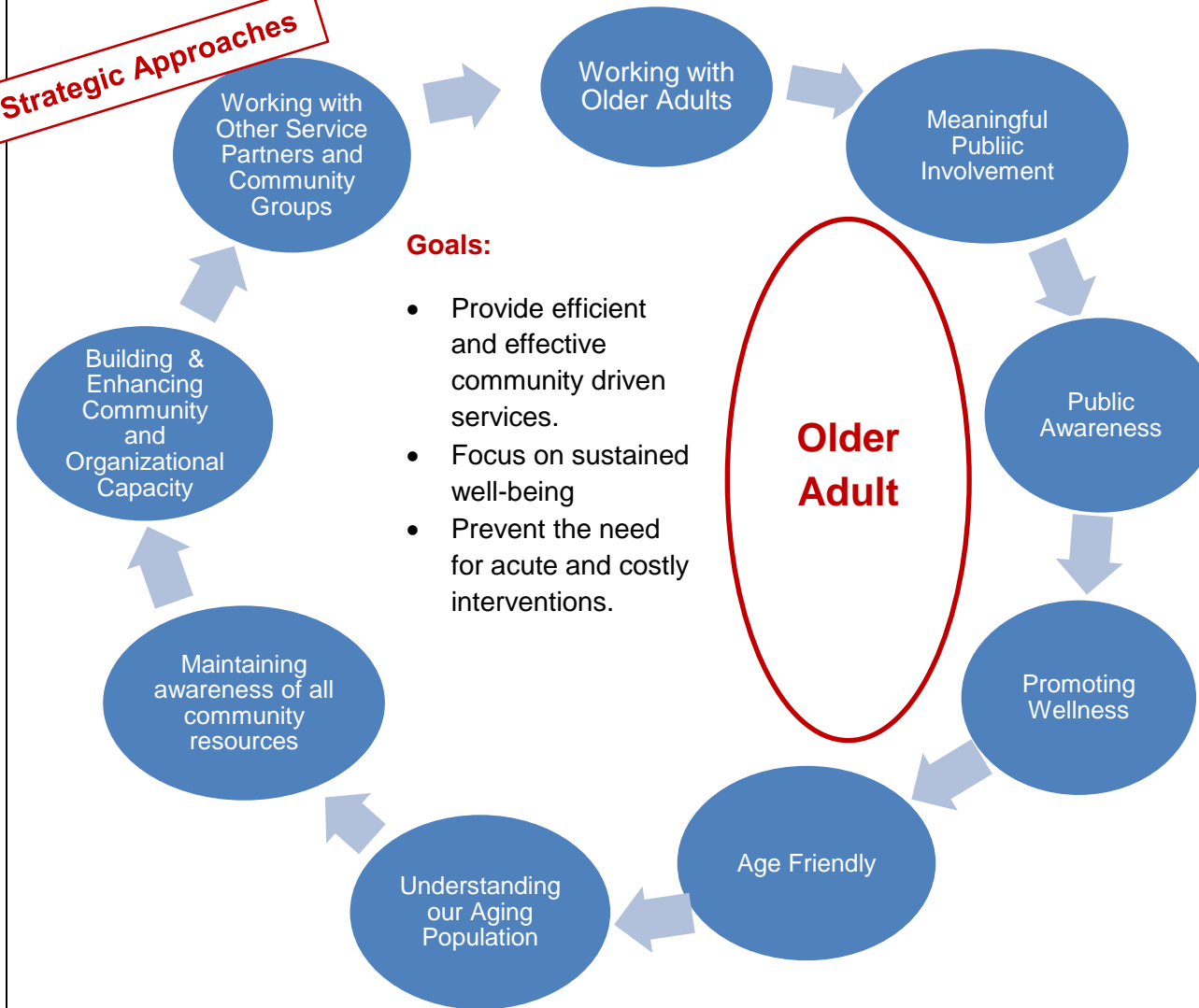
Vision: Healthy People, Vibrant Communities, Equitable care for All

Healthy Aging Services

- Seniors Resource Finders (formerly Community Resource Councils)
- Senior Centres (SC)
- Support Services in Group Living (SSGL)
- Tenant Resource Programs (TRP)
- Congregate Meal Programs (CMP)
- Rupert's Land Caregiver Services -Caregiving with Confidence
- CNIB
- A & O: Support Services for Older Adults
- Meals on Wheels of Winnipeg, Inc.
- Manitoba Association of Senior Centres
- University of Manitoba - Deer Lodge Centre Dental Program
- Creative Retirement Manitoba
- Alzheimer Society of Manitoba
- Healthy Aging Resource Teams

Support Services to Seniors not only provide service but also enables access to a broad range of services.

Strategic Approaches



Goals:

- Provide efficient and effective community driven services.
- Focus on sustained well-being
- Prevent the need for acute and costly interventions.

Key Areas

- Addressing Health Equity
- Increasing Public Awareness
- Enhancing Mental Health Promotion
- Promoting Injury Prevention including Falls Prevention
- Addressing Social Isolation
- Supporting Healthy Nutrition
- Enhancing Volunteer Management
- Addressing Transportation Issues
- Addressing Elder Abuse
- Addressing Affordable & Accessible Housing
- Addressing Caregiving Supports
- Addressing Sustainability

Community Development and Healthy Aging - Patient Flow

Patient flow is a term used to describe how people move through various components of the health-care system, regardless of where they entered it

Community Development and Healthy Aging supports Primary Prevention by:

- Promoting wellness;
- Preventing illness and disability;
- Preventing the need for acute and urgent services;
- Preventing use of emergency rooms;
- Having social support networks may be as important as established risk factors such as smoking, physical activity, obesity and high blood pressure;
- Addressing the health determinants (e.g. gender, income & social status, culture, social support network, personal health practices & coping skills); and
- Supporting discharge planning back to the community.

Healthy Aging Services include:

- **Seniors Resource Finders (formerly Community Resource Councils)** link and refer seniors to community support, programs and services in their community area.
- **Tenant Resource Coordinators (TRC)** develop and coordinate a service plan for the tenants in 55+ buildings. The services delivered include information and referral, advocacy, grocery shopping, friendly visiting, health clinics, errands etc.
- **Congregate Meal Programs (CMP)** promote independence and good health by providing well-balanced, nutritious meals, fulfill the social needs by bringing people together in-groups, and eliminate the loneliness often associated with eating alone.
- **Senior Centres (SC)** are a community focal point where older adults come together for programs and services that maintain and improve health, quality of life, support independence and encourage involvement in community life.
- **Supports to Seniors in Group Living (SSGL)** housing with enhanced support services that supports health promotion and independence with a goal of aging in place.
- **Caregiving with Confidence (Also known as Rupert's Land Caregiver Services)** support caregivers of older adults by providing services such as time out for caregivers, telephone support, support groups and education, information and referral and the ring a ride program.
- **Meals on Wheels of Winnipeg Inc. (MOW)** coordinate a home delivered meal program available five days per week throughout the city; in selected areas there is seven-day service.
- **CNIB** work with individual's to achieve full independence and equality for people who are blind or visually impaired.
- **Deer Lodge Centre Dental Program** offer a home dental program and Deer Lodge Centre dental program to provide care for individuals with specialized dental care
- **Creative Retirement Manitoba** offer interactive lifelong learning opportunities.
- **A & O: Support Services for Older Adults** provide specialized services for older Manitobans across the province.
- **Alzheimer Society of Manitoba** provide services that enhance the quality of life of people with dementia and their families.