

AGE-FRIENDLY, DEMENTIA-FRIENDLY AND COMPASSIONATE COMMUNITIES SYNERGIES IN ONTARIO

The following has been prepared to help us collectively understand the synergies and distinctions between these three community development approaches.

STATEMENT OF PURPOSE		
Age-Friendly	Dementia Friendly	Compassionate Communities
<ul style="list-style-type: none"> • The policies, services and structures related to the physical and social environment are designed to help seniors “age actively.” • The community is set up to help seniors live safely, enjoy good health and stay involved. 	<ul style="list-style-type: none"> • A place where people living with dementia are understood respected Included and supported. • People are aware of and understand dementia, and people living with dementia are included and have choice and control over their day-to-day lives and level of engagement. 	<ul style="list-style-type: none"> • Using a Healthy Communities framework to ensure older adults and people with life-altering conditions and their caregivers live well from diagnosis to death. • The community is set up to enable people of all ages to actively participate in community activities and treats everyone with respect and compassion, regardless of their age, status or level or type of disability, across their lifespan.
TARGET POPULATION		
Age-Friendly	Dementia Friendly	Compassionate Communities
<ul style="list-style-type: none"> • Older adults – recognizing that if communities are built to support older adults, they will benefit all ages • Consultations with older adults, caregivers, members of diverse sub-populations, service providers etc. • Action requires partnerships with older adults, politicians, service providers, academics, businesses etc. 	<ul style="list-style-type: none"> • People living with dementia and their care partners • General population- building dementia literacy • Community service providers, businesses and organizations of multiple sectors. 	<ul style="list-style-type: none"> • End-of-life • Older adults • People with disabilities • People with chronic disease(s) • People who are isolated • Caregivers • Neighbours

GUIDING FRAMEWORKS		
Age-Friendly	Dementia Friendly	Compassionate Communities
<ul style="list-style-type: none"> • World Health Organization (WHO) Global Age-Friendly Cities: A Guide • Federal, Provincial, Territorial Age-friendly Rural and Remotes Communities Initiative • Finding the Right Fit: Age-Friendly Community Planning in Ontario 	<ul style="list-style-type: none"> • The Alzheimer Society of Canada is working with the Public Health Agency of Canada to build a national dementia strategy which includes the Dementia Friends awareness and public engagement initiative and dementia friendly communities • The Alzheimer Society of Ontario is working with people living with dementia, care partners and stakeholders across sectors to create a Framework for Action. This will enable all communities to build a dementia friendly strategy into their current work. • Local Alzheimer Societies across Ontario provide dementia Friendly Training and resource guides • Dementia Friendly Partner Checklist • Language guidelines • Safety toolkits 	<ul style="list-style-type: none"> • Compassionate Cities Charter • Windsor-Essex Compassion Care Community Charter • International Charter for Compassion

MEASUREMENT		
Age-Friendly	Dementia Friendly	Compassionate Communities
<ul style="list-style-type: none"> • Communities undertake extensive consultation processes to establish baseline understanding of community strengths and needs • Communities leverage age-friendly indicators identified by the Public Health Agency of Canada and the World Health Organization – tailored to the context and actions of their community across 8 community domains • The Ontario Age-Friendly Communities Outreach Program measures progress from a provincial lens to recognize and respond to trends and gaps 	<ul style="list-style-type: none"> • Lived experience development guide (ensures perspectives of people living with dementia is ingrained in DFC development and implementation) • Trainee pre assessment • Post DFC training evaluation • Lived experience advisor assessment • Partner assessment 	<ul style="list-style-type: none"> • Quality of Life reporting tool • Embedded, real-time, continuous outcome tracking at a population level: <ul style="list-style-type: none"> ○ Personal Well-being ○ Social Connection ○ Health ○ Experience ○ Equity • In progress: methods to measure impact on costs, resource use, and social return on investment • Individual, caregiver, volunteer, and provider experience measures
RECOGNITION		
Age-Friendly	Dementia Friendly	Compassionate Communities
<ul style="list-style-type: none"> • Ontario AFC Recognition Program • Additional recognition provided by Public Health Agency of Canada and World Health Organization 	<ul style="list-style-type: none"> • Recognition provided publicly on provincial website • Awards program in development 	<ul style="list-style-type: none"> • Local celebrations to highlight the most creative compassionate organization, event or individual(s) through an incentive scheme, for example a “Mayor’s Award.”

The following table describes examples of how each initiative is addressing quality of life across 8 community domains

OUTDOOR SPACES & PUBLIC BUILDINGS		
Age-Friendly	Dementia Friendly	Compassionate Communities
<ul style="list-style-type: none"> • Neighbourhoods are safe and accessible. • Barriers that limit opportunities for people with disabilities, including older adults with age-related impairments, are removed and older adults are able to participate in social activities or to access important health and social services and businesses. 	<ul style="list-style-type: none"> • Signs are clear and simple in large print placed at eye level • Signs have graphics for essential information at key decision points • Entrances to building are clearly visible and obvious • Entrances are well-lit • Adequate lighting all throughout the building • Flat, wide and unobstructed sidewalks and aisles • Background music is at a lower level • Clearly marked accessible washrooms in public spaces • Comfortable and available areas for rest both in building and outdoors • Landmarks and signage available to aid wayfinding • Quiet space available • Mirror location is considered- <i>Some people living with dementia will not recognize their own reflection and this can be distressing</i> • Unnecessary mats are removed (i.e. black mats can be perceived as a large hole and people living with dementia may not want to step over them) 	<ul style="list-style-type: none"> • Schools, workplaces, and trade unions will have guidance documents for dying, death, loss and care. • Churches and temples will have at least one dedicated group for End of Life (EOL) care.

TRANSPORTATION		
Age-Friendly	Dementia Friendly	Compassionate Communities
<ul style="list-style-type: none"> • The condition and design of transportation-related infrastructure such as signage, traffic lights and sidewalks affects personal mobility is considered • Older adults have access to reliable, affordable public transit. 	<ul style="list-style-type: none"> • Transportation escorts are available to help passengers with dementia use public transport. • Transit drivers are trained to be supportive of riders with dementia and how to help them. • Transport does not require passengers to handle money; companions travel for free. • Transportation services for people with dementia are well-advertised and promoted as supporting independent and accessible living. • Transportation services can be adapted to the needs of people living with dementia, including schedule reminders and help at destinations. • Supportive assistance along the way helps passengers with dementia travel successfully. • Care partners have help and support addressing driving cessation for someone with dementia. 	<ul style="list-style-type: none"> • Volunteer-based transportation services available to hospice clients to attend programs, medical appointments, hair appointments, grocery shopping, etc • Possibility of additional ride-share programs being established through CC hubs • Possibility of informal transportation options accessed through a community exchange • CC hubs encouraged to arrange for transportation to bring people who are isolated into the centre for socialization

HOUSING		
Age-Friendly	Dementia Friendly	Compassionate Communities
<ul style="list-style-type: none"> • Appropriate and affordable housing with a choice of styles and locations and that incorporates flexibility through adaptive features are available to support aging in place. 	<ul style="list-style-type: none"> • A range of quality housing options exists for people with dementia at various stages of the disease. • Community-based supports and services support people with dementia to maximize independent living. • Older adult residential settings offer quality memory care services and supports. • Direct-care staff at care facilities receive dementia training and have access to continued support • Neighbours and fellow residents have access to dementia education 	<ul style="list-style-type: none"> • Residential hospices provide a dignified residential and care environment without cost for people at end of life. • CC neighbourhood initiatives are seeking to create a culture of caring in residential buildings to create places where people want to live.
SOCIAL PARTICIPATION		
Age-Friendly	Dementia Friendly	Compassionate Communities
<ul style="list-style-type: none"> • Older adults are able to interact with other members of their community in meaningful ways. 	<ul style="list-style-type: none"> • There are organized activities that are specific and appropriate for the needs of people living with dementia. • Mainstream programming and activities are developed to be inclusive of people living with dementia • People living with dementia have a choice in what activities they participate in throughout the community. • Service providers and general public are educated and aware of how to support people to be independent as they participate in daily activities and 	<ul style="list-style-type: none"> • Focus on reducing social isolation throughout the experience of disability, aging, and end-of-life • Personalized planning and social network building • Volunteer, neighbourhood-based supports to encourage social participation • Museums and Art galleries will hold exhibitions on the experience of ageing, dying, death and loss or care.

contribute to the community.

RESPECT & SOCIAL INCLUSION		
Age-Friendly	Dementia Friendly	Compassionate Communities
<ul style="list-style-type: none"> Community members have a general feeling of respect and recognize the role that older adults play in our society Communities foster positive images of aging and intergenerational understanding to challenge negative attitudes. 	<ul style="list-style-type: none"> Community members are dementia-literate. People with dementia are seen as leaders in determining their own path and level of engagement People with dementia themselves acknowledge the positive contribution they can make in their communities, and maintain and develop new relationships and social networks. Service providers learn to recognize signs of dementia and how to support people living with dementia and care partners. 	<ul style="list-style-type: none"> Volunteer and neighbourhood-based supports to normalize social inclusion Will encourage and support institutions for the homeless and the imprisoned to have support plans in place for EOL care. Special efforts made to provide holistic and end-of-life care accessed through shelters, drop-ins, and the poverty sector
CIVIC PARTICIPATION & EMPLOYMENT		
Age-Friendly	Dementia Friendly	Compassionate Communities
<ul style="list-style-type: none"> Older adults are involved in aspects of community life that extend beyond their day-to-day activities, such as volunteering, becoming politically active, voting or working on committees. Older adults are able to remain employed or find new employment as a way to provide economic security Employers recognize the experience and commitment that older employees bring to the workplace. 	<ul style="list-style-type: none"> Employers' policies accommodate care partners' responsibilities. The voices of people with dementia and their care partners caregivers are sought in community decisions. People living with dementia continue to live with independence and purpose. People living with dementia have meaningful volunteer opportunities tailored to their interest and ability. 	<ul style="list-style-type: none"> It is important to recognize all 3 levels of government and what they stand for. When meeting with each level make sure you understand their specific platforms, mandates and activities. All services and policies will demonstrate an understanding of how diversity shapes the experience of ageing, dying, death, loss and care.

COMMUNICATION & INFORMATION		
Age-Friendly	Dementia Friendly	Compassionate Communities
<ul style="list-style-type: none"> • There is reliable and regular distribution of information to seniors, and in accessible formats that they prefer, including to seniors who have hearing or vision loss. • Seniors are kept connected to news, events and activities. • The diversity within the older adult population is recognized and outreach initiatives to nontraditional families, ethnocultural minorities, newcomers and indigenous communities are promoted. 	<ul style="list-style-type: none"> • Coordinated government and community initiatives working to break down the stigma of dementia, • Cultural considerations are made and all cultures are included in development and implementation of DFC • Specific outreach to people with dementia and their care partners keeps them connected and informed of social activities and services. 	<ul style="list-style-type: none"> • Through various forms of media, Compassionate communities will publicly showcase local government policies, services, funding opportunities, partnerships, and public events that address our compassionate concerns. • Communities will work with local social or print media to encourage an annual city-wide short story or art competition to raise awareness of ageing, dying, death, loss or caring.

COMMUNITY SUPPORT & HEALTH SERVICES		
Age-Friendly	Dementia Friendly	Compassionate Communities
<ul style="list-style-type: none"> • Older adults have access to community-related services that support physical or mental well-being. • Health promotion or awareness services that promote and support healthy behaviours and life choices are available. 	<ul style="list-style-type: none"> • Early access to diagnosis and post diagnostic support • Education, counseling and support for care partners and their families allows them to continue their critical role in supporting people with dementia. • Wellness programs available • Advance care, financial and legal services with specialized knowledge of dementia available. • At-home services help people with dementia adjust to changing needs. • Dementia-focused programs such as dementia friends and community training can leverage the broader community in providing a support network. • Community emergency planning specifies procedures for people with dementia. 	<ul style="list-style-type: none"> • All citizens will have easy access to care that is personalized, participatory, predictive, preventative and population-based, organized around what's most important to them • Care is joined up across individuals, caregivers, care providers and community; and lasts a life-time • All citizens will have easy access to palliative care and bereavement services