

ALAG Strategic Planning Session:

Sticky Note Ideas

Financial:

- Assistance with making financial decisions
- Financial advice / financial support
- Assistance with managing finances
- Income
- Higher guaranteed income
- Funding
- Tax base that matches income (subsidy to cover if needed)
- Funds to pay for medication(s)
- Stable income

Leisure Activities:

- Need for socialization (day programs)
- Activities of interest to them
- Leisure activities
- Age appropriate activities
- Involvement in community
- Active living opportunities
- Opportunity to be a vital part of the community
- Involvement
- Ask seniors what they need, and be prepared to deliver
- Senior-oriented entertainment
- Activation – physical
- Family
- Assistance in understanding new technology
- Social programs

- Activities & socialization opportunities
- Social interaction
- Social opportunities
- A welcoming, friendly, modern and accessible 'clubhouse' or centre
- Socialization
- Recreational opportunities, eg: clubs, social groups
- Guardians (family not always present/involved)
- Friendly visiting program
- Friendship
- Friendly visiting
- Friendly visitors
- Access to exercise
- Recreation opportunities
- Fitness facilities
- Engage seniors in walking/ doing activities that are suitable for them
- Outdoor "green" space, gardening space & flower beds

Supports for daily living:

- Weekly housekeeping and weekly laundry service available
- Food support
- Services to assist them to be fairly independent (cleaning, shopping)
- Meals – healthy, balanced, accessible
- Meals available
- Heart healthy meals available on site
- Food/meal preparation
- Assistance with activities of daily living, eg: meal prep, bathing, dressing, medication reminders, etc.

- Meals on wheels
- Different levels of help for different needs
- Personal laundry facilities
- Assistance with minor tasks in the home (ie: opening medication bottles, pickle jars, etc.)
- Laundry
- Maintenance
- Personal care activities of daily living available for a fee: dressing, grooming, bathing, transferring, exercises, etc.
- Home visiting program
- On site nursing – registered nurse, practical nurse, nurse practitioner
- Cleaning
- Home making services
- Support
- Support
- Opportunities to learn new skills needed to keep up
- Networking mechanism to address common problems
- Services in all communities, not just one part of the region
- Supports in the community from mild → high
- Community services
- Support from government
- Accessibility to see all places they want to go
- Assistance with daily living activities – dressing, bathing, etc.
- Mobility throughout communities – someone to drive them
- Support for less mobile seniors
- Stay in own home with some help
- Age friendly community (WHO criteria) (World Health Organization)

- Freedom to live in the community as long as possible before long term care
- More support to live at home
- Life giving environment
- Respite services
- Family support
- Family support
- Support for caregivers
- Adequate community support
- Access to assistance (in many forms)
- Access to social services
- Enhanced home care services (CCAC)
- Community supports
- Adequate resources and supports as age
- Increased community volunteer base
- Expansion of the Sister Kennedy Centre – seniors should be working together
- Culturally appropriate services
- High level of care (individualized, NOT one size fits all)
- Access to media – newspaper, radio, TV

Transportation:

- Transportation (7 of these)
- Parking near facilities
- Transportation that is affordable & accessible
- Transportation such as bus services
- Parking spaces for motor scooters
- Better snow removal down town

- Transportation that is safe, reliable & timely
- Access to services (medical, shopping ,etc.)
- Better transportation
- Transportation around community

Housing:

- Private & subsidized facility
- More assisted living/supportive housing
- Affordable housing
- Housing geared to persons with disability/mobility issues
- Housing
- Adequate housing
- Rent subsidy
- Affordable, supportive housing
- Supportive housing units
- Assisted living facility
- Ability to live independently
- Independence!
- Supportive housing
- Supportive housing for seniors with physical disabilities and mental health issues
- Ability to live in own home as long as they are able to
- Home support for “aging at home”
- Housing 24/7 care and support
- More help to live in their own home longer
- Help staying in their homes
- Accessible building design (wide hallways, elevators, wide doorways, sheltered parking, etc.)

- Garages rent for fee each month
- Tenants 55 yrs. + or if younger have a qualifying disability
- Housing options (ie: private, shared, subsidized)
- Housing (variety of options available from living independently to assisted living, to long term care)
- Facilities and services for transitioning stages between single dwelling home & Rainycrest
- Facility in central location
- Housing close to other services/people (ie: transportation is an issue – don't want to be isolated)
- Green space
- Housing
- Private living space – full/partial kitchen, bathroom, living area, bedroom
- Assisted devices based on individual need
- Accessible housing
- Facility with services close by, ie: medical, dental, transportation, meals/food
- Accessibility
- Affordable housing
- Accessible housing
- Affordable housing
- Private & public units & proportionate percent of Alzheimers units, with shared services (fee for service & public services), rent geared to income
- Handicap accessible showers
- Own living space, including kitchen
- Have common room area for family gatherings, shared activities & special events
- One central bathing location with assisted devices

- Building in central location to allow access to shopping, community activities & services

Safety:

- Ability to have decision making powers
- 24 hour supervision
- Safety & security of their person & possessions
- Community & home safety education
- To feel safe
- Secured entrance for physical, emotional, financial protection
- A system for daily checks for safety & health
- Security
- 24/7 security system within a facility
- Protection from those who take advantage
- Protection
- Safety
- Better handicap access in many places
- Law enforcement sensitive to seniors needs not to live in fear in the community
- Safety
- Respect (4 of these)
- A voice in senior's issues
- To have a voice that is heard
- To be valued

Health:

- Help/support for day to day living
- Educational programs

- Independent living – ability to care for self with moderate assistance
- Central storage for medications
- Assistance with self-administration of meds as required
- Blood pressure checks, oxygen management, etc.
- Expanded health services
- In home medical care if & when needed
- Access to medical attention
- Home care services (cleaning, bathing assistance)
- Health care benefits
- Community health care/social/government working together for innovative plan
- Chronic disease management, companionship, transportation, increased number of long term care beds & facilities, health care navigation
- Increased chronic disease screening access (ie: BP screening, more at home nursing services)
- Medical care
- Health care
- Assisted meal prep (ie: Seniors in the Kitchen)
- Personal hygiene
- Increased admission for CCAC or other services
- Falls prevention education
- Readily available meals (access to) – nutritious & delicious
- Walk in clinics (blood pressure, blood sugar)
- Increased mini-mental testing (ie: early screening for Alzheimers/dementia)
- More mental health support
- Friendship to defer depression

- Promote healthy living to decrease health care costs
- Health care geared to seniors
- Health care
- Keep them healthy
- Medication
- Help with medication
- Support with administering medication

Miscellaneous:

- Promote family tourism
- Support services for personal care, medications, transportation, errands, shopping
- Staff available 24 hours per day, 7 days a week to respond to client requests for assistance or safety needs
- Pets allowed under 15 lbs, tenants responsible for care
- Utilize the facilities that exist
- Better understanding of seniors in our community