Age-Friendly Action Plan

December 2023 – December 2028

Town of Banff

Introduction

In May 2022, Banff Town Council passed a resolution to actively work towards becoming an Age-Friendly Community. An Age-Friendly Community promotes the development of policies, infrastructure and services that facilitate the health and social inclusion of older adults. In 2021, Banff's total population was comprised of 1005 residents aged 65 years and older, an 8% increase since 2016.

The Town of Banff is seeking the Age-Friendly Recognition Award from the Government of Alberta and membership into the World Health Organization's Global Network of Age-Friendly Cities and Communities. This designation will support the active and healthy aging of Banff residents. A vibrant older adult population strengthens the community as a whole, improves businesses and makes life better for all residents.

Banff's Age-Friendly Action Plan has been developed using the World Health Organization framework which evaluates a community on the following eight areas:

Outdoor spaces and buildings – The design and condition of the physical environment, including public buildings, sidewalks, and parks

Transportation – The availability, accessibility, and affordability of a range of transportation options

Housing – The design, location, and affordability of a range of housing options

Social participation – The opportunity to participate in social, cultural, and recreational activities of choice

Respect and social inclusion – The attitudes and behaviour of the community as a whole towards older people

Civic participation and employment opportunities – The opportunity to take part in citizenship and economic activities, including governance, paid employment, and volunteerism

Communication and information – The ability to access clear and relevant information about all community dimensions

Community supports and health services – The ability to access high-quality, affordable health care and community services

This Action Plan summarizes the results from the Age-Friendly community consultations conducted in the spring of 2023. In order to qualify for provincial recognition as an Age-Friendly Community, council

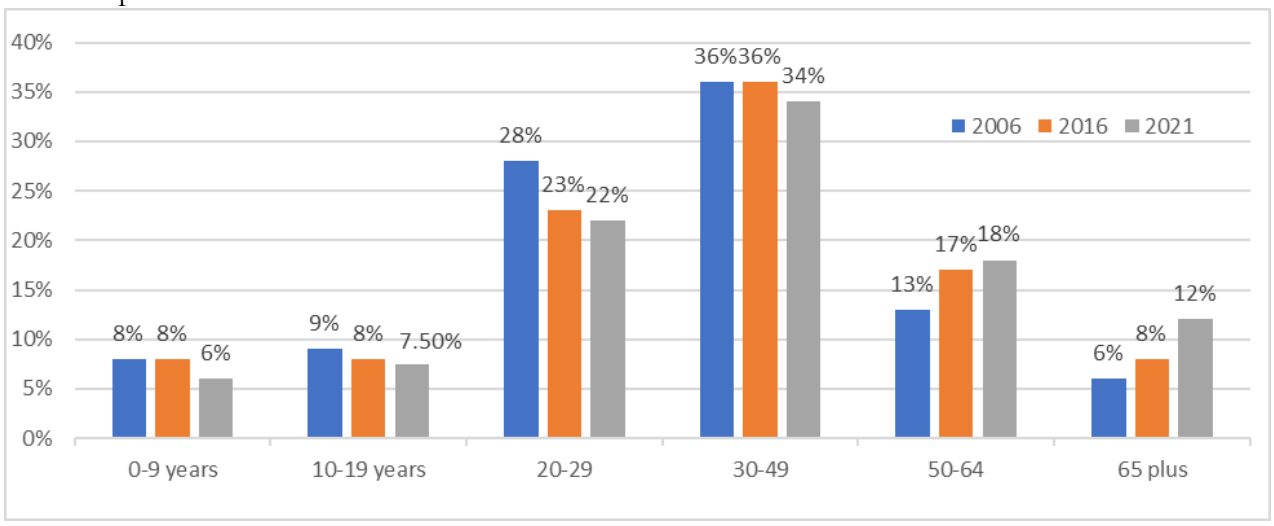
must adopt and publish an Action Plan. All feedback from public consultations has been taken into consideration and the Age-Friendly Committee has worked to capture the community's input on how to become a more Age-Friendly Community.

Public Engagement:
This process has been guided by the Age-Friendly Banff Committee. This committee consists of engaged community members who have advocated for the pursuit of an Age-Friendly Community since its formation in December 2021.

The Town of Banff and the Age-Friendly Banff Committee invited residents 55+, and other community stakeholders to a number of focus group sessions, that saw a total of 138 people participate. An online survey through Viewpoints saw a total of 161 respondents, which included feedback from 84 individuals who had not previously participated in the initial focus group process.

Feedback from these focus groups identified areas that require attention and opportunities for making Banff more Age-Friendly**.** In practical terms, an Age-Friendly Community adapts its structures and services to be accessible and inclusive of older adults with varying needs and capacities.

Demographics:
As a percentage of Banff's total population and as depicted in the graph below, the age cohorts where notable growth has occurred include those 50-64 years of age, and those 65 plus. In 2006, individuals aged 65 and older represented 6% of Banff's population, however fifteen years later in 2021, this age cohort represents 12%.



Statistics Canada, Census of Population, 2006, 2016, 2021

Action Plan Considerations:
1. Age-Friendly Banff recognizes that a collaboration of community stakeholders will be required to achieve the outcomes and strategies outlined in this Action Plan. Positive and meaningful change will require the whole community to move these initiatives forward.
2. This Action Plan provides a road map for Banff becoming Age-Friendly. Timelines are suggested and may change due to factors such as financial constraints or human resources.

3. For the purposes of this Action Plan, priority and suggested timelines will be defined as high 1-2 years, medium 2-3 years, and low 4-5 years.

4. This living document can be adapted to reflect community changes. It is recommended that this document be reviewed annually.

Area of Focus	Outcome	Strategy	Priority & Suggested Timeline
Outdoor spaces and buildings The design and condition of the physical environment, including public buildings, sidewalks, and parks.	Decrease risk of slips and falls due to snow and ice.	Consider increases for snow and ice management budget for sidewalks trails and bridges. Identify current sidewalk/road clearing priorities for popular routes used by older adults and make recommendations.	High priority High priority
	Increase safety measures due to congestion on the sidewalks, bridges & trails.	Develop education, awareness campaign for shared use of the trails. Create more signage and wayfinding for shared use of trails. Review potential bylaw changes for e-scooters, & e-bikes on trails, bridges and on sidewalks.	High priority High priority Medium priority
	Improve accessibility to medical and dental offices during the busy summer months.	Consider increase in parking stalls during summer months for those with disabled parking permits.	Medium priority
	Improve accessibility to older/private buildings that are not designed for universal access. (i.e., ramps, handrails, heavy manually operated doors)	Distribute the provincial educational/resource material for making businesses more Age-Friendly. Create incentives/rebate program for businesses looking to make buildings more accessible.	High priority Medium priority
	Improve accessibility to garbage and recycling bins in neighborhoods.	Support the ongoing work of the TOB Streets department.	Medium priority

Area of Focus	Outcome	Strategy	Priority & Suggested Timeline
Transportation The availability, accessibility, and affordability of a range of transportation options.	Improve communication and provide more information about the free senior's bus and free taxi pass service.	Update TOB senior's webpage with full descriptions of the transportation services offered. Create a brochure with transportation information for older adults.	Ongoing High priority
	Older adults will have access to transportation options for medical appointments in the Bow Valley and Calgary area.	Explore and support transportation options with companies providing transportation to Calgary. Create a Bow Valley transportation program. Expand volunteer driver program for local medical appointments.	High priority High priority High Priority

Area of Focus	Outcome	Strategy	Priority & Suggested Timeline
Housing The design, location, and affordability of a range of housing options.	Universally accessible housing will be available.	Continue to support the work of the BIHC. Promote universal design in all new public builds and look at design guidelines for taller/higher buildings. Lobby for Mt. Edith to be upgraded (i.e., automatic doors, air conditioning).	Medium priority Medium priority High priority
	Older adults will have access to a variety of different types of housing.	Support the work of BVRH to assess the need for a Mount Edith expansion. Support the work of BIHC to support alternative housing models (e.g., cooperatives, intergenerational, older adults renting out a room to a younger adult) Review affordability and apartment style accessible housing not restricted by income. Promote RAMP; grants to modify homes for accessibility. Assess the need for the creation of a new affordability program for older adults; delaying municipal property tax payments for illness, or until sale of the estate/home	Medium priority Medium priority High priority Medium priority Low priority

Area of Focus	Outcome	Strategy	Priority & Suggested Timeline
Social participation The opportunity to participate in social, cultural, and recreational activities of choice.	Improve awareness and communication of ongoing events and activities.	Create a flyer/brochure for older adult services, utilize the town page for activities, use the newspaper for advertising and promotion.	High priority
	Community programs and activities will attract a diverse range of older adults (i.e. ages and ethnicity).	Collaborate and work closely with Settlement Services, BVIP and Seniors Society to reach these populations.	Medium priority
	Increase transportation options within Banff town boundaries (I.e., neighborhoods, Fenlands, Banff Centre).	Consider expansion of the taxi pass program to include transportation to recreational and social connection programs.	Medium priority
	Develop space for a men's shed (circular economy/re-use it center)	Assess feasibility to create a men's shed program/facility.	High priority Ongoing
	Increase intergenerational programming.	Support community organizations to provide intergenerational programming.	Medium Priority Ongoing

Area of Focus	Outcome	Strategy	Priority & Suggested Timeline
Respect and social inclusion The attitudes and behaviour of the community as a whole towards older people.	Increase older adults' sense of belonging to community.	Create an ambassador program for older adults. Provide education and awareness of ageism workshops. Expand "reading buddy" program at BES.	Medium priority High priority ongoing Medium priority

Area of Focus	Outcome	Strategy	Priority & Suggested Timeline
Civic participation and employment opportunities The opportunity to take part in citizenship and economic activities, including governance, paid employment, and volunteerism.	Reduce barriers to seniors' inclusion in Banff's labour force.	Work with business leaders and employment intermediaries to match older adults with appropriate job opportunities. Work with TOB, Banff Lake Louise Tourism and Parks Canada to diversify hiring practices in ambassador roles for older adults.	Medium priority Medium priority
	Banff Seniors Centre and its members will be viewed as a bastion of civic engagement for the seniors population.	Develop a 5-year strategic plan for the Banff Senior Society. Identify opportunities for the Banff Seniors Society to contribute to civic participation and employment.	High priority Medium Priority

Area of Focus	Outcome	Strategy	Priority & Suggested Timeline
Communication and information The ability to access clear and relevant information about all community dimensions.	Information about programs and services for older adults will be easily accessed and readily available.	Add new bulletin board(s) in the Catharine Robb Whyte building or in other community locations. Revamp the seniors page on Banff.ca Post more information in display window on Bear Street.	High priority, in progress Medium priority, Ongoing High, ongoing
	Increase advertising & promotion of free/low-cost programs and services available to older adults	Explore having a Rocky Mountain Outlook create a column featuring programs and services for older adults. Once a month print of newsletters: Seniors, Free/Low Cost, and Recreation programming. Develop and publish a brochure with all programs and services for older adults.	Medium priority Medium priority High priority

Area of Focus	Outcome	Strategy	Priority & Suggested Timeline
Community supports and health services The ability to access high-quality, affordable health care and community services.	Older adults will have access to quality health care and specialized services.	Age-Friendly Banff will support the work of recruitment for physicians and social workers.	High priority, ongoing
	Older adults will have access to programs for those living with dementia and their caregivers.	Explore the need for a dementia caregiver respite program. Support the work of the Connecting People and Community for Living Well group. Create awareness of dementia supports available in the Bow Valley.	Medium priority, ongoing High priority, ongoing High priority, ongoing
	Older adults will have increased access to public pool program offerings.	Explore grants for universal access infrastructure to the pool.	Medium priority
	Older adults will have the ability to age in community with access to a "Home Support" program.	Complete a community needs assessment for a home support program for older adults. Research different models of "home support programs" & create a business plan with community stakeholders, to provide a home support program for older residents living in Banff. Explore the "helping hands" volunteer model.	High priority High priority High priority

Glossary of Terms:

1. Accessibility: Giving equal access to people of all ages and abilities in relation to the design of products, devices, services, infrastructure, and environments.
2. Affordability: The effective action to create low costs to allow for economic relief.
3. Age-Friendly: A city or community taking actionable steps to remove barriers and develop policies, systems, products, programs, and services that foster healthy ageing.
4. Ageism: The prejudice, stereotypes, and discrimination towards oneself or that one faces from others solely based upon age.
5. BIHC: Banff Inclusive Housing Committee is a group of volunteers that advocate for awareness, support, and action for appropriate housing of all residents.
6. BVIP: Bow Valley Immigration Partnership is a group of partners with representatives from every sector working together for a welcoming and inclusive Bow Valley.
7. BVRH: Bow Valley Regional Housing is a not-for-profit organization providing caring and affordable housing to older adults in the Bow Valley region. They operate a functionally independent seniors lodge, Cascade House, as well as the independent senior's apartment, Mount Edith House, in Banff.

8 RAMP: The Residential Access Modification Program is for low-income Albertans with mobility challenges who can apply for grants to modify their home.

9. Universally accessible: Everyone will have the right to take part fully in society by creating barrier-free communities, infrastructure, workplaces, and services for all.
10. Universal design: The way to construct a physical environment so that it can be accessed and used maximally by all people regardless of their age, size, or varying abilities.