

Embracing Aging

Kemptonville & District Home Support

April 30, 2015



Kemptville & District Home Support serves:
the Municipality of North Grenville
covering 352.14 square kilometers
Town of Kemptville
Township of Oxford-on-Rideau
South Gower

KDHSI Services and Programs

- *Meals on Wheels*
- *Diners Club*
- *Escorted Transportation*
- *Friendly Visiting*
- *Foot Care Clinics*

- *Parkinson Support Group*
- *Telephone Checks*
- *Home Help*
- *Home Maintenance*
- *Income Tax Assistance*
- *Referrals*

- *Social/ Recreational* such as:

- Exercise Classes

- Bridge

- Euchre

- Create-a-Card

- Art Class

- Sing'n Swing'n Seniors



From 2006 to 2011, Stats Canada shows that in the Municipality of North Grenville, there has been an:

- 18.7% increase in the number of people aged 65+
- 19% increase in those aged 80+
- In 2011, the median age in NG was 42.8 years. In comparison, the median age of Ontario was 40.4 yrs
- In 2011, population of NG was 15,085, representing a percentage change of 6.2% from 2006. This compares to the national average growth of 5.9%.

Opportunities:

- Most people want to age in place in their own community
- There will be more retirees
- More Potential Volunteers
- Important to look at infrastructure
 - What services and/or supports will they need?



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It is important to keep active so that we can continue to do the activities that we enjoy.

Strive to maintain flexibility

Exercise Classes:

- Are offered throughout Lanark Leeds & Grenville
- Provide a structured program
- Offer encouragement
- Social opportunity



AGE-FRIENDLY WORLD

adding life to years

Age Friendly
Communities

Age-Friendly Communities

also have specific 'physical'
features such as:

- accessible public spaces



- places to rest while out for a walk, and to relax and enjoy.



- well lit areas



- sidewalks that are well maintained to avoid slips and falls



Seniors' Month June 2015:



*Vibrant Seniors,
Vibrant Communities*

The World Health Organization, in the 2002 document Active Ageing A Policy Framework:

“Active ageing...allows people to realize their potential for physical, social, and mental well being throughout the life course and to participate in society according to their needs, desires and capacities.” (p. 12)

“Aging is not lost youth but a new stage of opportunity and strength.”

*Betty Friedan, author and activist
(1921-2006)*



Thank You