

Aging Your Way:
Creating an
Age-Inclusive
Canada, Together

CanAge.ca/AgingYourWay





TODAY'S TOPIC

Mapping Your
Aging Journey:
Five Practical
Strategies for Aging
in Place











HOST



CanAge.

Laura Tamblyn Watts CEO CanAge





LAURA TAMBLYN WATTS, LLB

Laura Tamblyn Watts, president and CEO of CanAge, is a highly sought after expert regarding matters involving older adults in Canada and around the world. She currently teaches at the University of Toronto, where she is also a Fellow of the Institute for Life Course and Aging.

Laura is an Executive Member of the Canadian Bar Association's National Elder Law section and a Board member of the National Initiative for the Care of the Elderly. She is also a board member of the Investment Funds Institute of Canada's (IFIC) committee on Seniors and Vulnerable Investors, PACE Independent Living, Elder Abuse Prevention Ontario, and an incoming member of the Investment Industry Regulators Organizations of Canada (IIROC).





AGENDA

- 1. Welcome & Introduction
- 2. Keynote:
 - Sue Lantz
- 3. Moderated Discussion and Q & A
- 4. Stay in Touch, Resources & Acknowledgements







WHO WE ARE

- **CanAge** is Canada's National Seniors' Advocacy organization.
- We are a non-partisan non-profit organization that educates, empowers and mobilizes people on the issues that matter most to older Canadians and their caregivers.
- We work to advance the rights and well-being of Canadians as we age in order to live vibrant and connected lives.



Introducing:



of Canada's Seniors.

A Roadmap to an Age-Inclusive Canada





VOICES



The 6 Compass Points of this Roadmap are:

- V Violence and Abuse Prevention
- Optimal Health and Wellness
- Infection Prevention and Disaster Response
- Caregiving, Long-Term Care, Home Care and Housing Resources
- **E** Economic Security
- Social Inclusion

VOICES



Caregiving, Long-Term Care, Home Care & Housing Resources



Issue 21: Family Caregiver Supports

Issue 22: Long-Term Care National Quality Standards

Issue 23: Long-Term Care Residence Staffing Reform

Issue 24: Infrastructure Investment and Upgrade

Issue 25: Change Long-Term Care Model of Care

Issue 26: Home Care

Issue 27: Housing Affordability

Issue 28: Support Aging in Place





Social Inclusion



Issue 35: Loneliness and Social Exclusion

Issue 36: Seniors and Technology

Issue 37: Transportation

Issue 38: Address and Reduce Ageism

Issue 38: Indigenous Seniors

Issue 40: Promote Intergenerationalism





SPEAKER



Sue Lantz, BA, MPA

Founder, Managing Director, Collaborative Aging





SUE LANTZ

Sue Lantz, BA, MPA is the Managing Director of *Collaborative Aging* - an organization dedicated to expanding and improving the models of housing, community-based care, and caregiver supports for healthy aging in place. Sue is a trusted policy advocate, coach, and educator offering interactive workshops to accompany her self-navigation guidebook called, *Options Open: The Guide for Mapping Your Best Aging Journey* https://optionsopen.org

In addition, Sue is co-leading a CMHC funded Housing Solutions Lab project about inclusive and citizen- led housing for seniors: www.co-createhousing.com. On a volunteer basis, Sue serves on the board of 880 Cities, a global non-profit organization dedicated to helping create vibrant cities and healthy communities for people of all ages. Sue also served as a founding member of the National Institute on Ageing at Ryerson University (Toronto).

RELEVANT LINKS



1. Sue's websites

Options Open: The Guide for Mapping Your Best Aging Journey

https://optionsopen.org/

Collaborative Aging

https://collaborativeaging.com/

2. Examples of housing innovations

Intergenerational home sharing: Canada HomeShare

https://www.canadahomeshare.com/

Shared Home Ownership: Golden Girls Port Perry

https://goldengirlsportperry.ca/

NORCs (naturally occurring retirement communities)

http://verticalaging.uhnopenlab.ca/

Future Homes

https://www.futurehomesalliance.com/

3. Other Resources

Seniors Housing Services (Toronto):

https://www.toronto.ca/community-people/children-parenting/seniors-services/seniors-housing-services/

March of Dimes Home and Vehicle Modification Program, March of Dimes Low-Cost or No-Cost Home Modifications https://www.marchofdimes.ca/en-ca/programs/am/hvmp,

https://www.marchofdimes.ca/en-ca/programs/am/hvmp/Pages/Low-Cost-or-No-Cost-Home-Modifications.aspx

Get in touch with Sue:

@Sue_Lantz on <u>Twitter</u>, <u>LinkedIn</u>

@optionsopenguide on Instagram





UPCOMING: live & online TALKS

 Stay Tuned For Mapping Your Aging Journey Part
 2!

Visit CanAge.ca/AgingYourWay to register



RESOURCES

Visit CanAge.ca/AgingYourWay for resources from today's presentation

Download our other resources at CanAge.ca/Resources

Available at CanAge.ca/AgingYourWay





WATCH PAST TALKS



A recording of today's webinar will be available at the same link immediately after the talk ends

- 1. Using Technology to Stay Connected
- 2. Stop the Stigma: Ageism
- 3. Power of Attorney 101
- 4. Retiring Well: How to Protect Your Savings
- 5. Fighting Fraud: Avoiding Scams
- 6. Using Technology to Fight Dementia
- 7. Caregiver Survival Guide
- 8. Fake News: Identify and Ignore
- 9. Cannabis and Older Adults
- 10. New Approaches to Aging at Home
- 11. Healthy Sleep





GET IN TOUCH

- 1 Visit our website CanAge.ca
- **CanAge Connections**Our monthly newsletter

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3 Follow us on social media



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5 Contact us info@canage.ca





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