How Age-Friendly is your community?

Developing indicators to measure Age-Friendliness

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PROTECTING CANADIANS FROM ILLNESS

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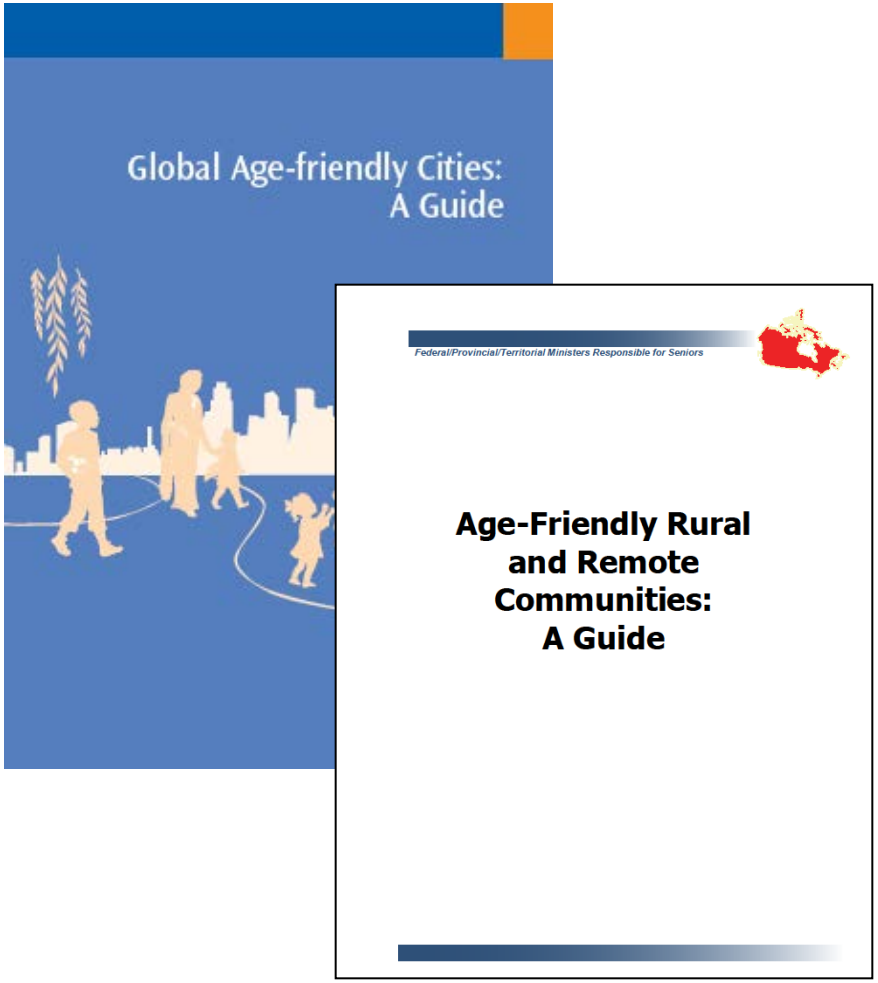
Canada

The AFC Story

- Healthy Aging in Canada: A New Vision, A Vital Investment
- WHO Age-Friendly Cities Project
- Age-Friendly Rural/Remote Communities Initiative



Why an Outcome Indicators Project?

- AFC Milestones

  - Council resolution to embark on an AFC initiative;
  - Establishment of an advisory committee (with active engagement of seniors);
  - Development of an action plan;
  - Public posting of the action plan;
  - **Commitment to measuring activities and reporting publicly on action plan outcomes (e.g., ongoing or every 3-5 years).**

Goal

- To develop an evaluation guide, including practical information on the use of indicators to support evaluation in communities
  - » An indicator is a specific, observable and measurable (quantitatively or qualitatively) characteristic or change that represents progress towards a goal
- Provide useful tools to help communities implement these indicators

Method

- Published and grey literature review to identify long list of potential indicators
- Two consultations to prioritize indicators
  - **First: Importance**
  - **Second: Actionability** (refers to the ability of municipalities or local organizations to act on the indicator) and **feasibility** (of collecting data on the indicator)
- One final list identified, and measurement approaches for each indicator were identified

Final set of indicators

- 43 indicators total: 39 across the 8 AFC domains, 4 health and social outcomes

- Measurement methods:
  - Assessment Tools
  - Accessibility Tools
  - Existing Data
  - Program Inventories
  - Surveys

- Guide includes 19 tools and resources

AFC Domains (number of indicators)

- Outdoor spaces and buildings (7)
- Transportation (6)
- Housing (6)
- Social participation (6)
- Respect and social inclusion (2)
- Civic participation employment (4)
- Communication and information (3)
- Community support and health services (5)

Example of indicators

- Outdoor spaces and building
  - » Number of rest places and distance between rest places
  - » Public buildings have adequate access to and manoeuvrability around buildings

Example of indicators

- Social Participation
  - » “Proportion of residents 65 years old or older who engage in social activities at least once a week.”
  - » Availability of recreation and learning programs specifically for seniors (e.g., computer courses, community gardens, crafts, games, exercise classes)

Example of a tool

- Good "NEWS" (Neighbourhood Environment Walkability Scale) for communities that want to measure seniors' *perceptions* of the built environment.
- The existing versions of NEWS are available at: http://sallis.ucsd.edu/measure_news.html.
- A version of the survey adapted for the Canadian context (to include winter weather considerations) is currently (2014) being developed and will be available on the Ottawa Neighbourhood Study website: www.neighbourhoodstudy.ca.

Conclusions

- The AFC initiative has gained incredible momentum across Canada and internationally
- Many AFC communities are ready to evaluate their activities, but need guidance on how to do this
- "**Using Indicators in Your Age-Friendly Community Initiative**" will help fill this gap

Contact Information

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Appendix A – List of Indicators

Theme	Indicator	Suggested Tools
Walkability	1. Number of rest places and distance between rest places	The Seniors Walking Environmental Assessment Tool (SWEAT-R) http://www.ncbi.nlm.nih.gov/pubmed/16168871
		Centres for Disease Control's Healthy Aging Network (CDC-HAN) http://depts.washington.edu/hprc/docs/audit_brief_training_pres_2_26.pdf
	2. Number of accessible washrooms	The Seniors Walking Environmental Assessment Tool (SWEAT-R) http://www.ncbi.nlm.nih.gov/pubmed/16168871
		Centres for Disease Control's Healthy Aging Network (CDC-HAN) http://depts.washington.edu/hprc/docs/audit_brief_training_pres_2_26.pdf
	3. Crosswalks are safe (e.g., with appropriate crossing times, mid-block crosswalks on long streets, median rest stops, good visibility)	The Seniors Walking Environmental Assessment Tool (SWEAT-R) http://www.ncbi.nlm.nih.gov/pubmed/16168871
		Centres for Disease Control's Healthy Aging Network (CDC-HAN) http://depts.washington.edu/hprc/docs/audit_brief_training_pres_2_26.pdf
		Neighbourhood Environment Walkability Survey (NEWS) http://sallis.ucsd.edu/measure_news.html
	4. Sidewalks, trails and walkways exist and are in safe condition (e.g., have smooth surfaces, curb cuts, separate bike lanes, are wide, well lit, clear of ice and snow)	The Seniors Walking Environmental Assessment Tool (SWEAT-R) http://www.ncbi.nlm.nih.gov/pubmed/16168871
		Centres for Disease Control's Healthy Aging Network (CDC-HAN) http://depts.washington.edu/hprc/docs/audit_brief_training_pres_2_26.pdf
		Neighbourhood Environment Walkability Survey (NEWS) http://sallis.ucsd.edu/measure_news.html

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Actual perceived accessibility	5. Public buildings have adequate access to and manoeuvrability around buildings (e.g. access at ground level, level entry, wheelchair ramps, automatic doors, wide aisles to accommodate scooters and wheelchairs)	Checklists for Measuring Actual Accessibility of Outdoor Spaces and/or Public Buildings- developed by some provinces e.g. Ontario http://www.mcss.gov.on.ca/en/mcss/programs/accessibility/understanding_accessibility/making_buildings_accessible.aspx Parksville, British Columbia: http://www.city.parksville.bc.ca/cms/wpattachments/wpID270atID3216.pdf Alberta (Calgary) (application of "universal design" principals): http://housing.cpa-ab.org/images/files/Universal%20Design%20Checklist.pdf
		(Perceived Accessibility): Facilitators and Barriers Survey (FABS) http://informahealthcare.com/doi/abs/10.1080/09638280701625377
Injuries	6. Number of falls and other injuries of seniors (occurring in public places)	Statistics Canada's CANSIM Tables: Many health-related statistics are found in CANSIM table 105-0502. http://www5.statcan.gc.ca/cansim/a05?id=1050502.
		Custom Tabulations from the Canadian Community Health Survey (CCHS), Statistics Canada http://www.statcan.gc.ca/eng/reference/refcentre-centreref/index-eng.
Crime prevention	7. Availability of crime prevention strategies, courses and programs for seniors (including focus on fraud and elder abuse)	Program Inventory
Transportation options and public transit	8. Availability of a range of affordable options for transportation (e.g., public/private partnerships, volunteer driving program, park and go, shuttles)	Program Inventory
	9. Proportion (or number) of buses that are accessible, clean, and with destination and number clearly displayed	Program Inventory
	10. Bus stops/shelters are safe and accessible (e.g., with seating, well lit, covered, snow removed, close to seniors' residences)	The Seniors Walking Environmental Assessment Tool (SWEAT-R) http://www.ncbi.nlm.nih.gov/pubmed/16168871
		Centres for Disease Control's Healthy Aging Network (CDC-HAN) http://depts.washington.edu/hprc/docs/audit_brief_training_pres_2_26.pdf
		Neighbourhood Environment Walkability Survey (NEWS) http://sallis.ucsd.edu/measure_news.html
	11.Proportion of people ages 65+ who have access to and use public transport	National Household Survey http://www12.statcan.gc.ca/nhs-enm/2011/dp-pd/dt-td/Dir-eng.cfm.

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Age friendly streets and parking	12. Streets have clear and appropriate street signage and lane markers	The Seniors Walking Environmental Assessment Tool (SWEAT-R) http://www.ncbi.nlm.nih.gov/pubmed/16168871
		Centres for Disease Control's Healthy Aging Network (CDC-HAN) http://depts.washington.edu/hprc/docs/audit_brief_training_pres_2_26.pdf
	13. Parking lots and stalls are kept clear of snow and ice	Neighbourhood Environment Walkability Survey (NEWS) http://sallis.ucsd.edu/measure_news.html (soon to be released News North)
Housing availability	14. Availability of affordable housing that is appropriately located, well-built, well-designed, secure, and for which waiting times are short	Canada Mortgage and Housing Corporation—Housing Adequacy Definitions and Data http://cmhc.beyond2020.com/HiCOMain_EN.html
	15. Availability of affordable multipurpose and aging-in-place housing options	Canada Mortgage and Housing Corporation—Housing Adequacy Definitions and Data http://cmhc.beyond2020.com/HiCOMain_EN.html
Housing programs and	16. Availability of programs for increasing accessibility, safety and adaptability of housing (e.g., hand rails, ramps, smoke detectors)	Program Inventory
	17. Availability of a resources listing age-friendly home maintenance, support and care-giving services	Program Inventory
Ability to age in place	18. Proportion of people age 65+ who want to remain in their current residence and are confident they will be able to afford to do so	Survey http://ctb.ku.edu/en/table-of-contents/assessment/assessing-community-needs-and-resources/conduct-surveys/main
Housing supp	19. Awareness of rent subsidy or other programs (e.g., home loans) among seniors	Survey http://ctb.ku.edu/en/table-of-contents/assessment/assessing-community-needs-and-resources/conduct-surveys/main
Engagement in social	20. Proportion of people age 65+ who engage in social activities at least once a week (e.g., meet with friends/neighbours; take part in civic, spiritual, or cultural activities; volunteer or work)	Statistics Canada CANSIM tables (Labour Force Survey (LFS)), http://www5.statcan.gc.ca/cansim/a26?lang=eng&retrLang=eng&id=2820002
		Survey

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Opportunities for participation	21. Availability of recreation and learning programs specifically for seniors (e.g., computer courses, community gardens, crafts, games, exercise classes)	Program Inventory
	22. Availability of intergenerational recreation and social programs	Program Inventory
	23. Availability of opportunities for social participation in leisure, social, cultural and spiritual activities with people of all ages	Program Inventory
	24. Affordability of seniors' recreation programs	Program Inventory
Accessibility of participation opportunities	25. Public venues for community-based activities are accessible (e.g. adapted washrooms, a ramp to enter the building, better lighting, temperature control)	Checklists for Measuring Actual Accessibility of Outdoor Spaces and/or Public Buildings- developed by some provinces e.g. Ontario http://www.mcss.gov.on.ca/en/mcss/programs/accessibility/understanding_accessibility/making_buildings_accessible.aspx Parksville, British Columbia: http://www.city.parksville.bc.ca/cms/wpattachments/wpID270atID3216.pdf Alberta (Calgary) (application of "universal design" principals): http://housing.cpa-ab.org/images/files/Universal%20Design%20Checklist.pdf
		(Perceived Accessibility): Facilitators and Barriers Survey (FABS) http://informahealthcare.com/doi/abs/10.1080/09638280701625377
Accessibility of Intergenerational activities	26. Availability of intergenerational family activities.	Program Inventory

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Sense of Belonging	27. Level of sense of belonging in the community.	Statistics Canada's CANSIM Table 282-0002 at: http://www5.statcan.gc.ca/cansim/a26?lang=eng&retrLang=eng&id=2820002
Employment	28. Level of unemployment and employment among seniors	Statistics Canada's Labour Force Survey http://www5.statcan.gc.ca/cansim/a26?lang=eng&retrLang=eng&id=2820002.
Training and support	29. Availability of support for volunteers (e.g., training, transportation, reimbursement of expenses, method of appreciation)	Program Inventory
	30. Availability of training opportunities related to the accommodation of seniors' needs in workplace	Program Inventory
Accessibility	31. Municipal buildings/meetings are accessible	Checklists for Measuring Actual Accessibility of Outdoor Spaces and/or Public Buildings- developed by some provinces e.g. Ontario http://www.mcss.gov.on.ca/en/mcss/programs/accessibility/understanding_accessibility/making_buildings_accessible.aspx Parksville, British Columbia: http://www.city.parksville.bc.ca/cms/wpattachments/wpID270atID3216.pdf Alberta (Calgary) (application of "universal design" principals): http://housing.cpa-ab.org/images/files/Universal%20Design%20Checklist.pdf
		(Perceived Accessibility): Facilitators and Barriers Survey (FABS) http://informahealthcare.com/doi/abs/10.1080/09638280701625377

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Assistance available	32. Availability of assistance to seniors for filling out forms	Program Inventory
	33. Availability of a live person option on telephone calls	Program Inventory
		Checklist included in 'Age-Friendly Communication: Facts, Tips and Ideas' http://www.phac-aspc.gc.ca/seniors-aines/publications/public/various-varies/afcomm-commavecaines/index-eng.php
Usability of Information materials	34. Materials for the public are produced in large print, plain language and/or with age-friendly considerations	Program Inventory
		Checklist included in 'Age-Friendly Communication: Facts, Tips and Ideas' http://www.phac-aspc.gc.ca/seniors-aines/publications/public/various-varies/afcomm-commavecaines/index-eng.php
		Centres for Disease Control's 'Simply put; a guide for creating easy-to-understand' materials http://stacks.cdc.gov/view/cdc/11938
		SMOG—Simple Measure of Gobbledygook Source: McLaughlin, G., SMOG grading: A new readability formula. Journal of Reading 1969: 12(8): 639–46
Primary care	35. Proportion of seniors who have a primary care physician	Statistics Canada CANSIM table Data are available by health region in CANSIM table 105-0502: http://www5.statcan.gc.ca/cansim/a05?id=1050502
Supportive health services	36. Availability of prevention programs related to health issues of high relevance to seniors	Program Inventory
	37. Availability of end-of-life support for seniors, their families and caregivers	Program Inventory
Community services	38. Availability of low-cost food programs (e.g., meals on wheels, wheels to meals, food bank)	Statistics Canada's CANSIM Tables: CANSIM table 105-0547 by age group and health region: http://www5.statcan.gc.ca/cansim/pick-choisir?lang=eng&p2=33&id=1050547
		Program Inventory
	39. Availability of assistance for activities of daily living (e.g., yard work, shopping, snow removal, garbage collection)	Statistics Canada's CANSIM Tables: CANSIM table 105-0547 by age group and health region: http://www5.statcan.gc.ca/cansim/pick-choisir?lang=eng&p2=33&id=1050547
		Program Inventory

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Health related quality of Life	40. Level of health-related quality of life	Statistics Canada's CANSIM Tables: Data are available by health region in CANSIM table 105-0502: http://www5.statcan.gc.ca/cansim/a05?id=1050502
Satisfaction with life	41. Level of satisfaction with life in general	Statistics Canada's CANSIM Tables: Data are available by health region in CANSIM table 105-0502: http://www5.statcan.gc.ca/cansim/a05?id=1050502
Loneliness	42. Level of loneliness	Survey
Satisfaction with social relationships	43. Level of satisfaction with social relationships	Survey