

# Creating an Age Friendly Cold Lake

Report to Cold Lake City Council

August 11, 2020

Where it  
began....



# Aging Well in Communities Grant

March 2019-March 2020

- Change the conversation about aging....

- Ask local residents how they feel about getting older in Cold Lake....
- What's good and what could change....

# Age Friendly Cities

World Health Organization



# What we heard.....

## Outdoor Spaces and Buildings

Parks,  
playgrounds and  
trails

Infrastructure

Bylaws

## Transportation

Out of Town

In Town

In the Area

## Housing

Affordable  
options

Need  
options

Placement  
options

## Social Participation

Variety of  
options

Isolation

# What we heard....

## Respect and Social Inclusion

Ageism

Consideration of needs/wants

Respect all year

## Employment and Civic Participation

Want to work  
AND Have to work

Want to contribute

## Communication and Information

“not sure....”

## Community Support and Health Services

Access

Hospital

In-home

Private

Mental Health

Prevention

# City of Cold Lake actions

## Commit to organizational awareness and planning.

Participate in organization-wide discussion regarding aging and the components of an age-friendly community.

Complete an organization-wide assessment of current policy and infrastructure.

Include needed changes in budgets over time.

Include age-friendly design principles in all future planning.

## Facilitate a coordinated community approach to planning.

- Sponsor the formation of a community advisory committee tasked with making needed community-wide change.
- Have the committee report regularly to City Council

# City of Cold Lake actions

## Encourage community awareness and support.

- Make a public commitment to establishing an age-friendly community.
- Encourage other community sectors to get on board.
- Use City resources to raise awareness of the issues of aging and the importance of community support.

## Become a designated “Age Friendly” community.

- Make application to become a designated Age Friendly Community through the Government of Alberta.



Why do we  
want an  
age  
friendly  
Cold Lake?  
  
Because....

