

# Community Based Seniors Services Proposal – Summary

Age Friendly Cold Lake – November 23, 2021

## Rationale:

Canadians are living longer and are increasingly reaching the age of 100. The average life span for Canadians over the age of 65 is 87 for men and 89 for women. And most of them want to live in their own homes for as long as possible. Their ability to do that will depend on the community supports available to them as they age.

Support services for seniors in Cold Lake are currently being provided with a patch work of excellent services. There are four main senior-serving organizations which focus primarily on prevention, health, recreation, and outreach support. Each does excellent work within their own mandate. Designing a structure where they work together in a coordinated way on behalf of each and every client would be a critical step in ensuring that seniors with all levels of ability are supported in ways that will increase their chances of achieving the best wellness outcome possible for them.

Health care costs and congregate living to support aging are too expensive. All levels of government are realizing this and discussing the option to “age in place” which has been repeatedly shown in research to be what seniors want to do anyway. The term simply means receiving the support needed to live in your own home for as long as you can. But the community-based supports needed to do that are not, so far, being funded by the federal or provincial governments, and they are not fully available in Cold Lake.

## Proposal:

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### OUR OFFER TO CITY COUNCIL

#### Proposal

Over the next three years, we will design and implement a service delivery system that ensures seniors in Cold Lake are supported in their homes and able to participate in a coordinated system of community support.

#### Outcomes after 3 years:

- Service Outcomes:
- Service duplication eliminated.
  - Full range of home support services available
  - Services are coordinated across systems.
- Client Outcomes:
- Increased connection to the community.
  - Improved ease in accessing services.
  - Increased feelings of support.

#### Contract Fee \$240,000 over three years as follows:

Year one seed money to develop the system

Year two dependent on meeting Year One's contract deliverables.

Year three dependent on meeting Year Two's contract deliverables.

Each component of our proposal will be defined more specifically in the presentation.