



SIMON FRASER UNIVERSITY  
CONTINUING STUDIES

To learn more about the SFU Outreach Project,  
please contact us at:

**SFU Outreach Project**

c/o Seniors Program

2300 – 515 West Hastings Street, Vancouver, BC V6B 5K3

Tel: 778-782-5212

Fax: 778-782-5098

Email: seniors@sfu.ca

[www.sfu.ca/seniors/outreach.htm](http://www.sfu.ca/seniors/outreach.htm)

# A Place for Everyone: Age-friendly Communities

A roundtable discussion with:

Gordon Price • Lewis Villegas • Elaine Gallagher

Moderator: Mark Forsythe

## ADDITIONAL RESOURCES FOR SENIORS

**The Health and Seniors**

**Information Line** provides toll-free information on provincial and federal programs for seniors.  
Tel: 1-800-465-4911

**www.seniors.gc.ca** is a federal government website providing resources for seniors.  
Tel: 1-800-622-6232

**www.SeniorsBC.ca** is a customer-focused government information website — addressing topics on healthy living, age-friendly communities, finances, transportation, housing, volunteering, legal issues, and elder abuse.



The Seniors Program

OUTREACH PROJECT 106

## > A PLACE FOR EVERYONE: AGE-FRIENDLY COMMUNITIES

What are age-friendly communities? How are they established, and how can seniors be involved in promoting these healthier, safer and more responsive communities?

*A Place for Everyone: Age-friendly Communities* explores this increasingly popular urban planning approach, with the help of Canadians directly involved in developing neighbourhoods of the future. This DVD will focus on three particular aspects of age-friendly communities: accessible transportation, affordable housing, and public spaces.

After watching this video, please take a moment to complete our brief audience evaluation form.

### The SFU Outreach Project thanks our sponsors for their generous support.



The Foundation's mission is to support sustainable real estate and land use practices for the benefit of British Columbians.  
www.realestatefoundation.com



The Real Estate Institute of British Columbia

The Institute works to advance and recognize excellence in education, knowledge, professional development and business practices uniting all sectors of the real estate industry.  
www.reibc.org



Ministry of Healthy Living and Sport  
www.gov.bc.ca/hls



Mark Forsythe's radio program is called *BC Almanac* on CBC Radio, British Columbia.



The SFU Outreach Project also thanks Dr. Yosef Wosk and the Simon Fraser University Lifelong Learners Society for their generous support of this DVD.

Seniors Lifelong Learners Society c/o Continuing Studies  
SFU Vancouver, 515 West Hastings St., Vancouver, BC V6B 5K3

#### AGE-FRIENDLY — PUBLIC SPACES

- More community centres and seniors centres
- More parks and greenways
- More benches in public spaces
- Better lighting/security in public areas
- Wider sidewalks, wider aisles in stores
- Longer streetlights for crossing pedestrians
- More public washrooms

Additional comments:

|               |   |   |           |
|---------------|---|---|-----------|
| Not important | ↓ | ↑ | Important |
| 1             | 2 | 3 | 4         |
| 1             | 2 | 3 | 4         |
| 1             | 2 | 3 | 4         |
| 1             | 2 | 3 | 4         |
| 1             | 2 | 3 | 4         |
| 1             | 2 | 3 | 4         |
| 1             | 2 | 3 | 4         |

#### HOW TO MAKE YOUR VOICE HEARD

If you want to advance age-friendly concepts in your community, how you would likely choose to influence policymakers, including government, community and/or business leaders?

#### CHECK YOUR ANSWER(S)

- Write a letter
- Send an e-mail
- Place a phone call
- Fill in an electronic survey online
- Join an association or group which advocates your views
- Join a listserv/email list
- Call a radio station
- Create or sign a petition
- Visit a politician in person (local, provincial and/or federal)
- Attend public meetings to lobby politicians

Additional comments:

In an age-friendly community you envision, rate the importance of the following on a scale of 1 (not important) to 5 (important)

**AGE-FRIENDLY — TRANSPORTATION**

- Ability to walk to most local services you need on a daily basis
- Affordability of public transportation
- Frequency of public transit options (trains, buses, etc.)
- Access to a cooperative (or shared) automobile network
- Better access to 'mini-buses' or a similar transit service
- More accessible low-floor public transit vehicles
- Access to a Smart car
- Access to 'senior-only' parking spaces
- Easy access to paths for scooters, walkers, or bicycles
- Ability to use a private automobile for most daily activities

Not important ← → Important

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
| 1 | 2 | 3 | 4 | 5 |
| 1 | 2 | 3 | 4 | 5 |
| 1 | 2 | 3 | 4 | 5 |
| 1 | 2 | 3 | 4 | 5 |
| 1 | 2 | 3 | 4 | 5 |
| 1 | 2 | 3 | 4 | 5 |
| 1 | 2 | 3 | 4 | 5 |
| 1 | 2 | 3 | 4 | 5 |

Additional comments:

**AGE-FRIENDLY — HOUSING**

- Affordability of housing
- Better access to housing without stairs
- Better lighting in neighbourhoods
- Closer proximity to daily services and shops
- Standardizing grab-bars and other safety features in homes
- More 'Mega-houses'
- More 'Row-housing'
- More 'Supportive Housing'

Not important ← → Important

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
| 1 | 2 | 3 | 4 | 5 |
| 1 | 2 | 3 | 4 | 5 |
| 1 | 2 | 3 | 4 | 5 |
| 1 | 2 | 3 | 4 | 5 |
| 1 | 2 | 3 | 4 | 5 |
| 1 | 2 | 3 | 4 | 5 |
| 1 | 2 | 3 | 4 | 5 |
| 1 | 2 | 3 | 4 | 5 |

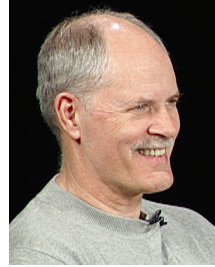
Additional comments:



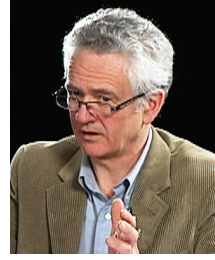
Dr. Elaine Gallagher is the former Director of the Centre on Aging and a Professor with the School of Nursing at the University of Victoria. Focused on issues of aging, she has served as a consultant to the Ministry of Healthy Living and Sport for several years, helping to facilitate implementation of age-friendly communities in Saanich, and across British Columbia.



Lewis Villegas has a graduate degree in architecture and extensive formal training in building technology. He has completed architectural projects across North America, and regularly authors scholarly papers concerning issues of design. He also teaches courses about urban issues in the Seniors Program.



Gordon Price is the Director of the SFU City Program, and a former City of Vancouver Councillor. The City Program is dedicated to advancing education and understanding of urban issues around transportation, affordable housing, urban design sustainability, real estate development, planning law, and heritage conservation.



Mark Forsythe hosts an informative current affairs program called *BC Almanac* on CBC Radio in British Columbia. His successful radio show connects British Columbians as they share stories and ideas about many interesting topics. He will provide his expertise as moderator for this discussion.

INFORMATION ON OUR MODERATOR AND PANELISTS

## > RESPONSIBILITIES OF THE DISCUSSION LEADER

A Discussion Leader's role is crucial to the success of the Outreach Project. She/he helps guide and focus the dialogue between audience members, and works to ensure all voices are heard.

It is not necessary for the Discussion Leader to express personal views on a given topic. Rather, the goal is to allow as many audience members as possible to express their opinions, as well as socialize before and after viewing the DVD.

For those interested in learning more about the Leader's role, there is a short DVD entitled "How To" which offers suggestions on various aspects of presenting to an audience. It can be viewed online at [www.sfu.ca/seniors/outreach.htm](http://www.sfu.ca/seniors/outreach.htm).

The Discussion Leader should ensure evaluation forms are distributed and completed by audience members. These forms are tabulated by the Outreach Project, and will help us better understand what seniors are thinking.

**NOTE:**  
Please hand out the evaluation forms before the event starts.

## > RESPONSIBILITIES OF THE FACILITATOR

- Make all arrangements for the presentation of the video, including time, place and required equipment
- Advertise the event well in advance to assure a good turnout
- Select a friendly, outgoing Discussion Leader who enjoys dialoguing with others
- Give the Discussion Leader her/his own evaluation form to complete
- Photocopy enough Evaluation Forms for each audience member



For more information:  
[www.sfu.ca/seniors/outreach.htm](http://www.sfu.ca/seniors/outreach.htm)  
 E: [seniors@sfu.ca](mailto:seniors@sfu.ca) | T: 778-782-5212

## > DISCUSSION LEADER EVALUATION (AGE-FRIENDLY COMMUNITIES)

As Discussion Leader or volunteer host, we would like you to answer the following questions.

How many people viewed the film? \_\_\_\_\_

On a scale of one to ten with one being the lowest and ten the highest, how would you rate the following?  
**CIRCLE ONE FOR EACH QUESTION.**

|  | Lowest | ←————→ |   |   |   |   |   |   |   | Highest |
|--|--------|--------|---|---|---|---|---|---|---|---------|
|  | 1      | 2      | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10      |
| Audience interest level                    |        |        |   |   |   |   |   |   |   |         |
| Audience enjoyment of the experience       |        |        |   |   |   |   |   |   |   |         |
| How much discussion did the film generate? |        |        |   |   |   |   |   |   |   |         |
| Was the discussion lively?                 |        |        |   |   |   |   |   |   |   |         |

How long was the discussion? \_\_\_\_\_

Did the program stimulate discussions, and did it provide sufficient social interaction?

---



---



---



---



---

Would you like to receive more Outreach DVDs as they become available?  Yes  No  
 If yes, please provide contact information:

---



---

Comments, suggestions, and ideas for future presentations:

---



---



---



---