

**The Council
on Aging
of Ottawa**



**Le Conseil sur
le vieillissement
d'Ottawa**



Healthy Aging during the COVID-19 Pandemic

Age
Friendly
Ottawa



Ottawa
**ville - amie
des aînés**

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d'Ottawa



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Director, Age-Friendly Ottawa



AGE-FRIENDLY GIRL
FILLE DE VILLE-AMIE DES AÎNÉS



Agenda



1. Council on Aging of Ottawa
2. Age-Friendly Ottawa
3. COVID-19 Seniors Survey:
Preliminary Findings
4. Healthy Aging: 5 Things
5. Community Resources

The Council on Aging of Ottawa serves as a leading community voice in both official languages for **Ottawa's seniors.**

Our aim is to help **Ottawa** become more **Age-Friendly** by identifying

and addressing issues and services that **impact the lives of seniors.**

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Vision



respected,



informed,



& engaged



seniors

living in an

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Age-Friendly Ottawa

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What is an Age-Friendly Community?



Photo Credit: Ottawa Tourism

What is an Age-Friendly Community?

...it is an inclusive and accessible community that promotes active aging.

World Health Organization



Photo Credit: Ottawa Tourism



Seniors in Ottawa... the number is **growing**.

2011

13%

116,600

2016

15%

144,000

2041

23%

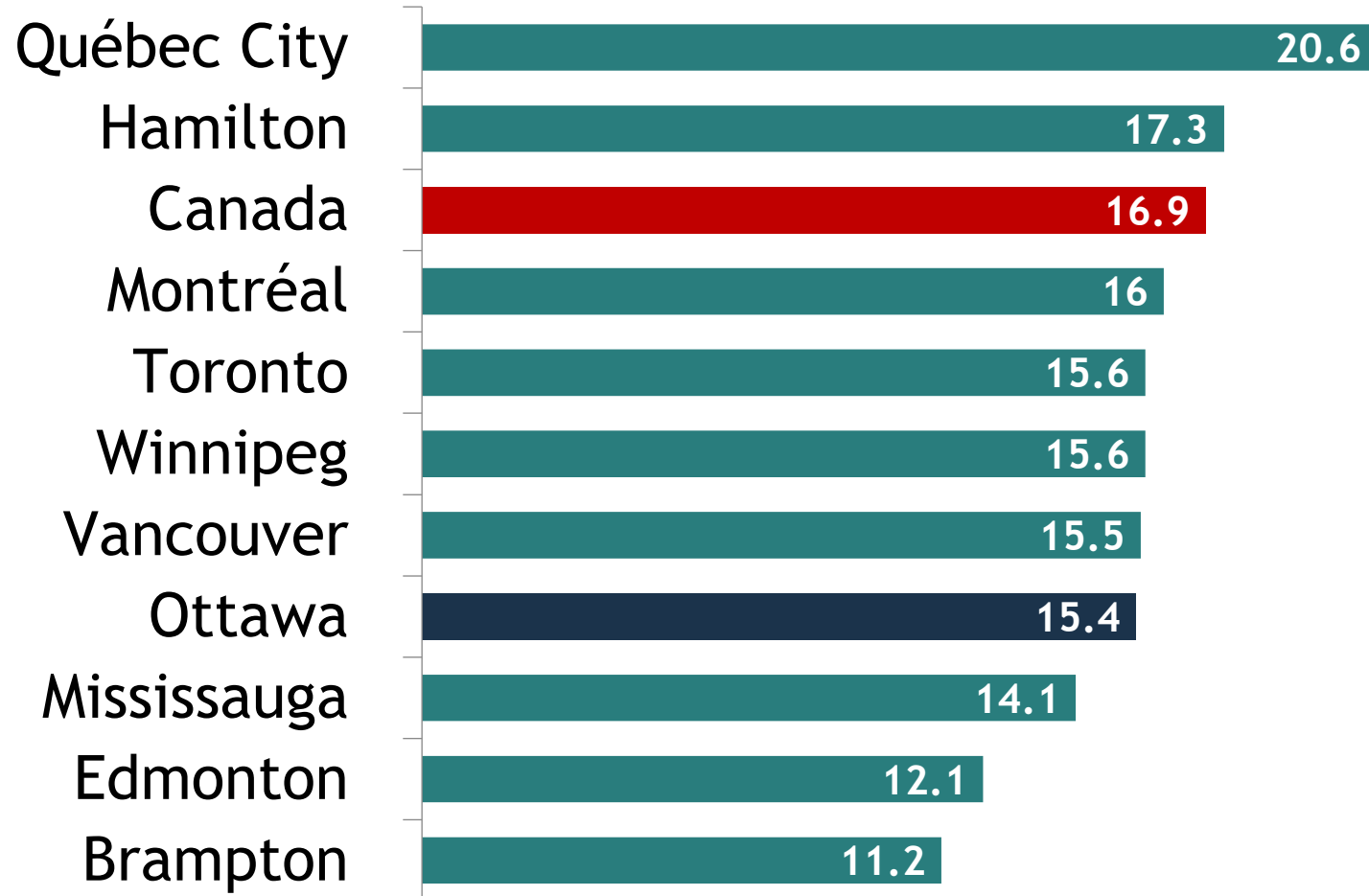
250,000+



Source: Census, 2011, 2016: City of Ottawa, 2011; Province of Ontario, 2017



Yet, Ottawa is younger than other major cities



Source: Statistics Canada, 2016 Census

River Ward

7,185 seniors (65+)

16% of residents in River Ward are **65+**,
same as the City average

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How Age-Friendly is Ottawa?

Most seniors in Ottawa are happy and healthy.



satisfied
with life



very good/excellent
mental health



strong/very strong
sense of belonging



very good
general health

www.coaottawa.ca/afo

#agefriendly #ottawa #seniorshealth #belonging
@ottawahealth @champlainlin @UnitedWayOttawa
@ONTrillium @SeniorsON





Ottawa's 116,600 seniors...



50%
Have a
disability

35%
Were born
in another
country

24%
Live alone

23%
Have a first
language
other than
English or French

9%
Live in a
rural area

6%
Live on
low-income

Sources: The Council on Aging of Ottawa (2017). *How Age-Friendly is Ottawa?*

Quality of their relationships

Ottawa older adults (55+),



have some, little or none of the time

Someone to
provide or give
advice about a crisis

23%

Someone to
help with
daily chores

19%

Someone
to listen
to them

13%

13%

**Participate in family or
friend activity - once
per year or never**

Sources: Census, NHS, CCHS, 2011

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COVID-19 Senior Survey:

Preliminary Findings

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COVID-19 Senior Survey

Preliminary Findings

Between May and June 2020,
2,221 older adults responded!

Download the factsheet at: <https://coaottawa.ca/covid-19-seniors-survey-update/>

Only

1/3

of older adults
surveyed were

coping well

with the self-isolation
and the pandemic
in general.



Most seniors (80%) were not getting any help with their daily activities before the pandemic, and they did not need any help after the lockdown.

Yet, **life changed for some** when the pandemic hit, **leave them with unmet needs** when existing services provided were stopped or reduced to protect their own health and to respect the public health guidelines.

Laundry became an issue for some who were living in apartment buildings with common laundry facilities.



Respondents identified **new needs**



access to **personal protective equipment** (masks and gloves)



help using technology to do banking, ordering groceries, and to stay in contact with family and friends using video conferencing



40%

**said they
were lonelier**
than they were
before the
pandemic.



Almost

50%

**said they were
more anxious.**

For some, the only
contact they had was
with the person
coming in to do
regular cleaning of
the home.

Next Steps:

in the coming weeks and months, we will

Report on results from a follow-up survey with 1,492 seniors and older adults who agreed to be contacted; so far, we have heard from 52% of them.

Release two fact sheets on coping strategies and mental health.

Produce two more fact sheets with updates from the second survey.

Host an education session and present the full report and provide opportunity for discussion on the findings.



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How seniors are coping with the COVID-19 pandemic

November 19, at 10 am



Register

<https://coaottawa.ca/event/how-seniors-are-coping-with-the-covid-19-pandemic/>



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Long-Term Care in Ottawa: We Need Change Now!

A Statement of Concerns

#COAOttawa #WeNeedChangeNow #LTCinOttawa #SupportNotCriticism #NeverAgain #COVID-19

www.coaottawa.ca/we-need-change-now

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Defining Healthy Aging

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What is Healthy Aging?



What is Healthy Aging?

...the process of
developing and
maintaining the
functional ability
that enables wellbeing
in older age.



What is Healthy Aging?

“Everybody
can experience
healthy aging.”



World Health Organization

Photo Credit: [Ottawa Tourism](#)



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Healthy Aging in a Time of COVID-19

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5 Things
you can do!

1 Lifestyle

2 Relationships

3 Brain

4 Thoughts

5 Mood

1 Lifestyle



TIPS SHEETS

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Tips for Winter Walking



Download now!

www.coaottawa.ca/transportation

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Worried about Winter Walking?


Join the Snow Mole Patrol

Friday, December 4
1:30 PM



Register now!

www.coaottawa.ca/cat/coa-events/



2 Relationships

Social Isolation

- few social contacts and roles
- No mutually rewarding relationships
 - actively avoided

Loneliness

- Feelings of isolation and not belonging
- Limited interaction with others

isolated and lonely | lonely in a crowd | isolated, but not lonely | not isolated or lonely

Solitude

- being alone *without* being lonely
 - actively sought
 - personal choice

Social Inclusion

- Feeling like you belong and are included in your community
 - No effort required



3 Brain



4 Thoughts



5 Mood

U-Shape of Happiness



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**Resources, Information,
Support, and Online Activities**

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3-1-1

Services for adults 50+ offered through the **City of Ottawa**, such as recreation and leisure programs, financial resources, housing supports, or health and support services.

ottawa.ca/olderadults

2-1-1

Connects you with supports and services, such as meals on wheels, home help, respite, grocery buses, transportation, telephone assurance, or volunteer visiting.

cominfo-ottawa.org

310-2222

Champlain Local Health Integration Network provides a range of health-care services and resources to support you at home or in the community.

[healthcareathome.ca
/champlain](http://healthcareathome.ca/champlain)

Community Resources

COVID-19 Information

COA Special COVID-19 Updates

www.coaottawa.ca/special-covid-19-updates/



www.communitysupport.covidresponse.ca

Ottawa Public Health, Older Adults and COVID-19

www.ottawapublichealth.ca/en/public-health-topics/Older_Adults_and_COVID-19.aspx



Support



A Friendly Voice

613-696-9992
1-855-892-9992

www.afriendlyvoice.ca



Distress Centre

Distress: 613-238-3311
Crisis: 613-722-6914 or
1-866-996-0991

www.dcottawa.on.ca



Seniors' Centre Without Walls

613-236-0428 ext. 2323
scww@thegoodcompanions.ca
www.goodcompanions.ca



BounceBack Canadian Mental Health Association

1-866-345-0224
www.bouncebackontario.ca



LGBT Wellness Check-in Program

613-236-0428
info@thegoodcompanions.ca
www.goodcompanions.ca



Counselling Connect

www.counsellingconnect.org



Online Activities



www.coaottawa.ca/cat/coa-events/



Retiring on a Low Income

Thursday, Nov 12, 2020 at 1:00pm

Presented
in partnership
with



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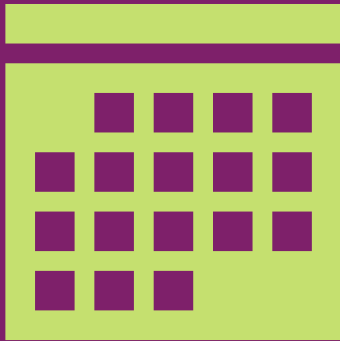


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Register
online!

www.biblioottawalibrary.ca/en/aging-well-together

Community Events Calendar



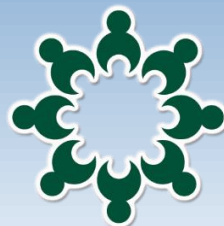
Looking for something
to do at home?

www.coaottawa.ca/cat/community-events

Check out the Community Events Calendar
for a listing of online or telephone-based
activities.



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Housing Options in Ottawa:

A Guide for
Older Adults
2019



Download the Guide at
coaottawa.ca/housing-options-in-ottawa

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**Sign up for our
newsletter**

**S'abonner aux
nouvelles du CSV**

**INFO-FLASH
EVENTS / ÉVÉNEMENTS**

**INFO-FLASH
NEWS / NOUVELLES**

www.coaottawa.ca

Not a Member?



JOIN Now!

www.coaottawa.ca

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[/coaottawa](https://www.facebook.com/coaottawa)



[/COA_Ottawa](https://twitter.com/COA_Ottawa)

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Questions?

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