



City of Fredericton One Page Action Summary

The Wellness Movement is pleased to recognize the City of Fredericton for their **leadership and commitment in becoming an Age-Friendly Community (AFC) where seniors are supported to thrive.**

Here are the steps the City of Fredericton took to become recognized as an Age-Friendly Community, categorized under the 4 basic steps of the World Health Organization (WHO):



Secure community commitment by having the municipality, rural community or local service district (LSD) officially commit to the AFC approach.

The Official Age-Friendly Resolution was passed in December 2015, although the City has been actively working on behalf of Seniors since the 1990's.



Establish an Age-Friendly Steering Committee and find support in order to actively engage the community and, in particular, seniors.

The Age-Friendly Committee was established in December 2015. (Formerly, the Seniors Advisory Committee established in 2012).



Conduct an Age-Friendly assessment in consultation with the community and seniors.

In September 2012, the city hosted a Day for the Ages World Café Symposium in which 200 participants developed recommendations for how to make Fredericton an age-friendly city. This led to the formal organization of the Age-Friendly Community Advisory Committee.

A comprehensive survey was conducted among a larger, more representative sample of the population of the city's citizens in 2018.



Establish a comprehensive action plan, including measures, that responds to the needs identified by seniors in the community.

The symposium identified three priorities: Universal Design, Vulnerable People, Being a Good Neighbour.

Other projects include:

- New Horizons grant for the creation of seniors' services directory
- Partnership to develop a Disaster Registry for seniors
- Consultation with City of Fredericton on the new municipal plan to ensure age-friendly elements are included
- A fridge magnet developed by the Police sub-committee that lists medications and other critical situation information for emergency services providers. The sub-committee works closely with the police department on how to address seniors' safety
- City partnered with Volunteer Greater Fredericton to secure a New Horizons grant for the Prime Time Volunteer program. This program will include the development of a toolkit for non-profit organizations on how to approach seniors to volunteer, as well as the organization of a forum to match seniors' interests to volunteer opportunities.
- Wellness Fair in 2018
- Since the summer of 2016, the Age-Friendly Fredericton committee has published newsletters and articles of interest for seniors to inform them of a variety of issues

The City of Fredericton worked with a group of Senior Goodwill Ambassadors to develop the comprehensive age-friendly survey. They have freely shared this work with multiple communities including New Maryland, Miramichi, and Rothesay to name a few.

The City also worked closely with the Cities of New Brunswick Association and the Wellness Branch to host an age-friendly networking session in Miramichi in 2017 for the Cities of NB.

Read more about the City of Fredericton's age-friendly journey [here](#).

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