



A&O

Support Services
for Older Adults

Evening *at* **Government House**

Tuesday, October 8, 2024

PRESENTED BY

Dr. Alexander Segall
and
Amanda Macrae, CEO

AGING IN THE RIGHT PLACE

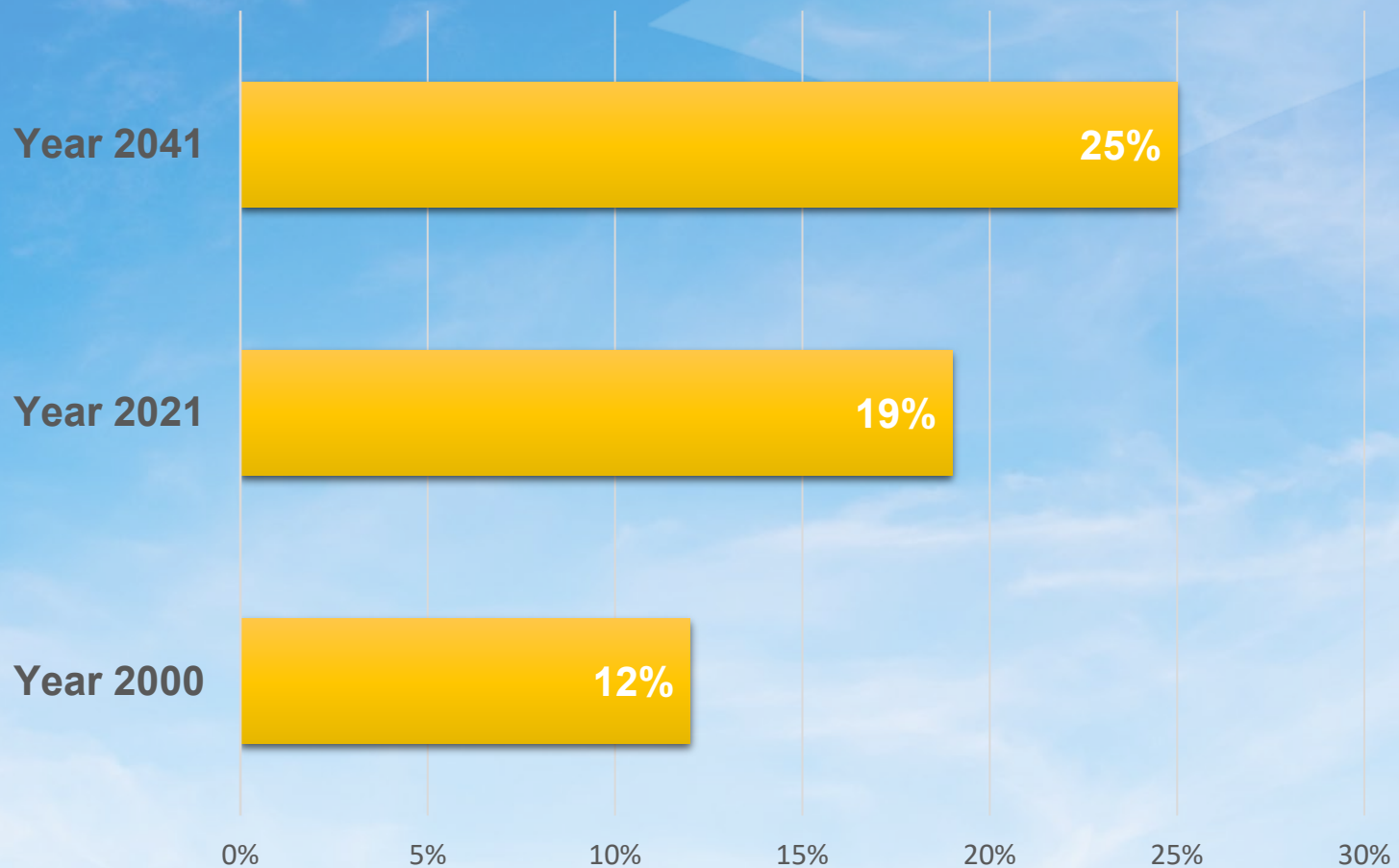


A&O

Support Services for Older Adults

POPULATION AGING: HIGHLIGHTS

Percentage of Canadians 65 years of age and older



POPULATION AGING: HIGHLIGHTS

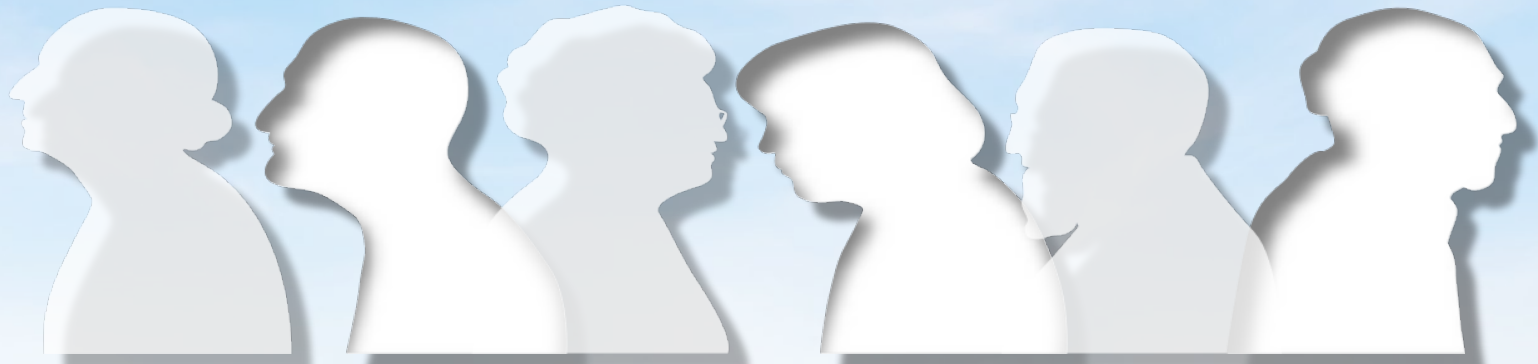
KEY ASPECTS OF THIS DEMOGRAPHIC SHIFT

- Between 2000 and 2021 - due to the rapid aging of the population - the number of Canadians over 65 exceeded the number of children younger than 14 years of age
- According to Statistics Canada (2022) the number of Canadians over 65 is growing 6 times as fast as children 14 years of age and younger
- Consequently, it is predicted that older adults will comprise approximately one quarter of the Canadian population by the year 2041
- In other words, by that date - one out of every four Canadians will be a senior!
- Furthermore - the number of older adults over the age of 85 is expected to nearly triple by 2041

AGING IN THE RIGHT PLACE

Providing formal and informal supports to enable older adults to live as long as possible in the most appropriate setting based on their personal preferences, life circumstances, and care needs.

The goal is to improve the quality of later life by helping older adults to live safe, healthy, and socially connected lives while remaining in their homes and communities of choice.



AGING IN THE RIGHT PLACE: SOME RECENT REPORTS

**SUPPORTING CANADIANS AGING AT HOME:
ENSURING QUALITY OF LIFE AS WE AGE**
(National Seniors Council, 2024)

**AGEING IN THE RIGHT PLACE: SUPPORTING OLDER
CANADIANS TO LIVE WHERE THEY WANT**
(National Institute on Ageing, 2022)

**THINKING ABOUT YOUR FUTURE?
PLAN NOW TO AGE IN PLACE**
(Federal/Provincial/Territorial Ministers Responsible for Seniors,
2022)

With roots that go back to 1957,
the agency's
focus is to identify
and address the
many issues
facing older
adults.



MISSION

A & O: Support Services for Older Adults improves the quality of life for older Manitobans.



A&O

Support Services for Older Adults

LONG TERM IMPACT

- Older adults have more social connections (decreased social isolation)
- Older adults' safety and security is increased
- Increase public awareness of issues facing older adults



A&O

Support Services for Older Adults

THE AGENCY

- A not-for-profit organization that provides programs and services to older Manitobans - 55+
- Established in 1957 in response to the need from older adults.
- Governed by a volunteer Board of Directors
- Assists over 31,000 older adults and those that care about them annually.



A&O

Support Services for Older Adults

At the heart of the organization are three pillars:

**SAFETY &
SECURITY**

**SOCIAL
ENGAGEMENT**

COUNSELLING

SAFETY & SECURITY

programs are
designed to empower,
support, and protect
older adults in
the community



SAFETY & SECURITY

ELDER ABUSE PREVENTION SERVICES



Information and resources are provided to family and friends who may be concerned about an older adult experiencing neglect, emotional, financial, sexual or physical abuse.



A&O

Support Services for Older Adults

SAFETY & SECURITY

SAFE SUITE PROGRAM



This program provides temporary housing for individuals 55+, regardless of gender, who are in need of a safe place to stay due to abuse or neglect.



A&O

Support Services for Older Adults

SAFETY & SECURITY

OLDER VICTIM SERVICES



The agency works in partnership with the Winnipeg Police Service to help individuals 60+ who are victims of crime.



A&O

Support Services for Older Adults

SAFETY & SECURITY

SAFETYAID: FALLS PREVENTION PROGRAM



SafetyAid is an evidence-informed community fall prevention program for older adults 65+. Its purpose is to prevent falls and support the safety and independence of older people living in the community.



Support Services for Older Adults

SAFETY & SECURITY

THIS FULL HOUSE



This Full House is a voluntary program that helps Winnipeggers 55+ experiencing hoarding behaviors to live safely in their homes.



A&O

Support Services for Older Adults

SOCIAL ENGAGEMENT

programs address loneliness
and social isolation by
providing opportunities to
connect with others.



SOCIAL ENGAGEMENT

SENIOR CENTRE WITHOUT WALLS



This program offers a unique opportunity for Manitobans, 55+, to join educational and interactive programs from the comfort of their own homes.

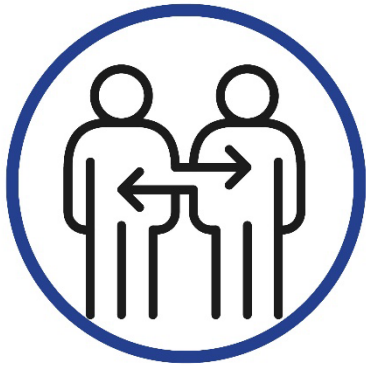


A&O

Support Services for Older Adults

SOCIAL ENGAGEMENT

CONNECT PROGRAM



Registered Social Workers assist socially isolated Winnipeggers 55+ living in the community by connecting them to resources that will facilitate independent living.



A&O

Support Services for Older Adults

SOCIAL ENGAGEMENT

SENIOR IMMIGRANT SETTLEMENT SERVICES



The program offers a wide range of settlement services for newcomers 55 years of age and over, including Settlement Orientation for Seniors, formal and informal language classes, Language Buddies and volunteer opportunities.



Support Services for Older Adults



COUNSELLING

Focus areas include bereavement, loneliness, depression and family conflict among others.

COUNSELLING SERVICES

COUNSELLING



A range of counselling services addressing loneliness, death of a family member, loss of health and adult child, grandchild / aging parent relationships are available.



A&O

Support Services for Older Adults

COUNSELLING SERVICES

INFORMATION AND REFERRAL



The Agency provides pertinent information about a wide range of services for older adults and links or refers them to the network of programs that exist in the community.

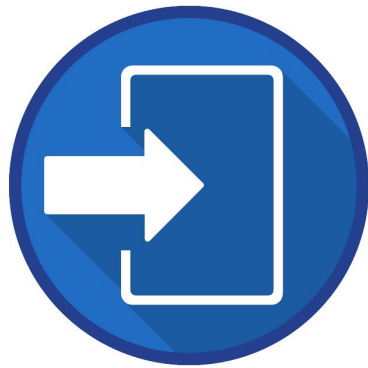


A&O

Support Services for Older Adults

COUNSELLING SERVICES

INTAKE



The Intake Worker acts as first point of professional contact between A & O and potential clients. The Intake process works in close contact with the Social Work team to coordinate clients' social, emotional, and cultural needs.



A&O

Support Services for Older Adults

COUNSELLING SERVICES

SUPPORT FOR CAREGIVERS



This program provides a variety of services to informal caregivers within the City of Winnipeg.



A&O

Support Services for Older Adults

COUNSELLING SERVICES

HOUSING CONSULTATIONS



Housing Consultations provide clients and their families with information to assist them with the selection of appropriate housing options.



A&O

Support Services for Older Adults

COUNSELLING SERVICES

LEGAL SERVICES



Legal services are provided on-site to individuals 55 years of age and older on matters such as wills, powers of attorney and health care directives.



A&O

Support Services for Older Adults

FOOD SECURITY SERVICES



- A & O partners with Harvest Manitoba, Heart to Home and 311
- Initially established in response to COVID-19, food hampers are provided with contactless delivery for eligible older adults (55+) who are **unable to pick up**
- 1 hamper/month within city limits

BE A SANTA TO A SENIOR



988 holiday hampers were delivered to isolated older Winnipeggers

VOLUNTEER OPPORTUNITIES

- ✓ Daytime / evening / weekend
- ✓ In-person / virtual
- ✓ One-on-one / groups
- ✓ Weekly / monthly / episodic
- ✓ Flexible time commitments
- ✓ Urban / rural opportunities

The agency was fortunate to have 257 volunteers provide over 8,324 hours of service in 2023-2024.



THANK YOU FOR YOUR SUPPORT!

**200-207 Donald St.
Winnipeg, MB R3C 1M5**

204-956-6440

info@aosupportservices.ca

aosupportservices.ca



A&O

Support Services for Older Adults



A&O

Support Services
for Older Adults

Evening *at* **Government House**

Tuesday, October 8, 2024

PRESENTED BY

Dr. Alexander Segall
and
Amanda Macrae, CEO