

Background Information

Our Vision:

Dedicated to making Burlington the best place to live, work and play as we age.

The Burlington Age-Friendly Seniors Council (BAFSC) is made up of an **independent** body of individuals and organizations dedicated to improving the overall well-being of seniors. We work collaboratively with several organizations and groups to achieve common goals.



BAFSC continues to educate and advocate for policies, services, settings and structure that support and enable people to age gracefully, actively, and with dignity. The Council gives voice to issues of importance to older adults and participates actively to make Burlington an Age-Friendly City.

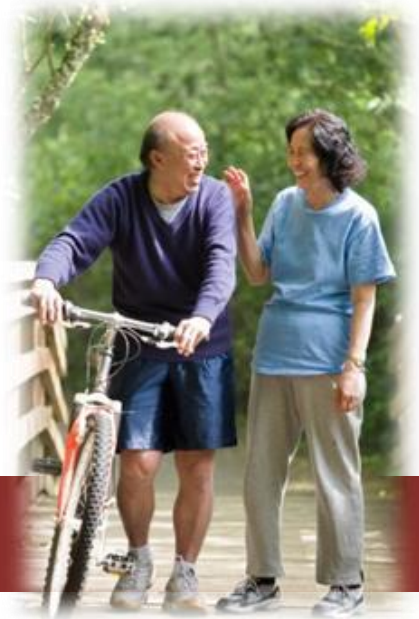
The World Health Organization's features of an Age-Friendly City

Fast Facts:

- BAFSC established as an independent group in **2011**
- BAFSC is funded by Ontario Trillium Foundation grant
- Burlington has the highest percentage of seniors within the four municipalities of Halton
- One in six residents (**17%**) in Burlington is a senior
- **30%** of seniors are over the age of **80**
- **60%** of those over **80** are women

Age-Friendly Communities Contribute to:

- Participation
- Independence
- Lifelong learning
- Active aging
- Safety and security
- Intergenerational relationships



Accomplishments:

- BAFSC established four committees:
Housing / Mobility / Communication & Information / Social Participation
- Committees work actively on identified priorities and desired outcomes
- Empowering Seniors educational sessions focused on:
 - ⇒ Age-Friendly Initiatives
 - ⇒ Long Term Care & Client Rights
 - ⇒ Adjusting to Life Changes & Right Sizing
 - ⇒ Right Sizing
 - ⇒ Co-Housing
 - ⇒ Driver Safety for Older Adults
- BAFSC seeks input from the community to help guide the work towards achieving its goals
- A Burlington Age-Friendly Audit was done and identifies the strengths, barriers and needs for Burlington to be an Age-Friendly City
- Created *The Halton HomeShare Toolkit*
- BAFSC is a member of the Ontario Network of Age-Friendly Communities of Practice
- Resources and wide variety of communication and information made available
- Partnership with Volunteer Halton to develop and operate the Senior Ambassador Connector Program
- Partnership with Burlington Public Library, Brant Hills Public School and Chartwell Brant Centre Long Term Care Centre to develop and run the Grandpal Program, an intergenerational activity



Moving forward, BAFSC will continue:

- To build capacity to achieve desired goals
- To offer educational sessions that are relevant
- To deliver information to the community through its Speakers Bureau, public events and social media.

For more information:

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