

Intergenerational Programming: From Strategy to Action

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City of Hamilton Vision

**To be the best place to raise a
child and age successfully**



City of Hamilton Youth Strategy

Our Goal is to:

Create a five-year youth strategy informed by best practices and strategic engagement with key community stakeholders, City departments, anchor institutions, youth service agencies and youth aged 14-29 years.

What is a Youth Strategy?



A collaborative action plan designed to set the foundation for youth work in communities by helping to create common goals, that is representative of the needs and interests of youth, that government, community, and youth themselves can work towards together.

innovative creative
enthusiastic growing
unique idealistic
keen progressive
bold inspring energetic

**“YOUTH ARE AWESOME BECAUSE
THEY’RE INNOCENT, FULL OF LIFE
AND ALWAYS FIND A WAY TO
MAKE YOU SMILE :) PLUS THEY’RE
ALWAYS FULL OF ENERGY AND
DON’T CARE ABOUT ANYONE’S
OPINION!!”**

Youth Member, Beasley Youth Asset
Development

**“THIS WORLD NEEDS YOUTH'S
PERSPECTIVE. THEIR DRIVE,
PASSION, CREATIVITY, AND DESIRE
FOR ADVENTURE CAN'T BE
DISREGARDED”**

Youth Engagers – Xperience Annex"



Youth Trends in 2018

- **14.7%** Hamilton Youth Unemployment Rate Compared to National Rate of 10.4%.
- **19.7/1000** Number of teen pregnancies reported in 2016
- **10-20%** Estimated Canadian Youth 15-24 are diagnosed with a mental health illness.
- **110** 16-30 year old surveyed as part of the 2016 point in time count.
- **59.8%** Hamilton CMA Secondary students reporting being drunk in the past 12 months.
- **30.1%** Hamilton CMA Secondary Students reporting use of cannabis in the past 12 months.

Project Deliverables

- Online Presence
- Alignment with relevant frameworks
- Youth services scan
- Project Committees
- Community and Staff Engagement
- 5 Year Youth Strategy



38 Members

- Government
- Secondary School
- Post-Secondary Institutions
- Community Agencies
- Business





hamontyouth A great start #NationalYouthWeek as members of Hamilton's Youth Steering Committee and @experienceannex youth engagers receiving Anti-Racism and Anti-oppression Training with Cole Gatley from Core Collaborative Learning and @goodshepherhamilton Thanks for the great learning Cole!

#HamOnt #Youth



44 likes

2 DAYS AGO



hamontyouth Thank you to all who joined in on our Live Instagram Interview yesterday.

[_jadenfraser](#) Hope everything went well sorry I couldn't be there

[jp.hutton](#) 🙌🙌🙌🙌

[sharkieshark123](#) Great to see! Our youth are our future

[kindanni sam!](#)

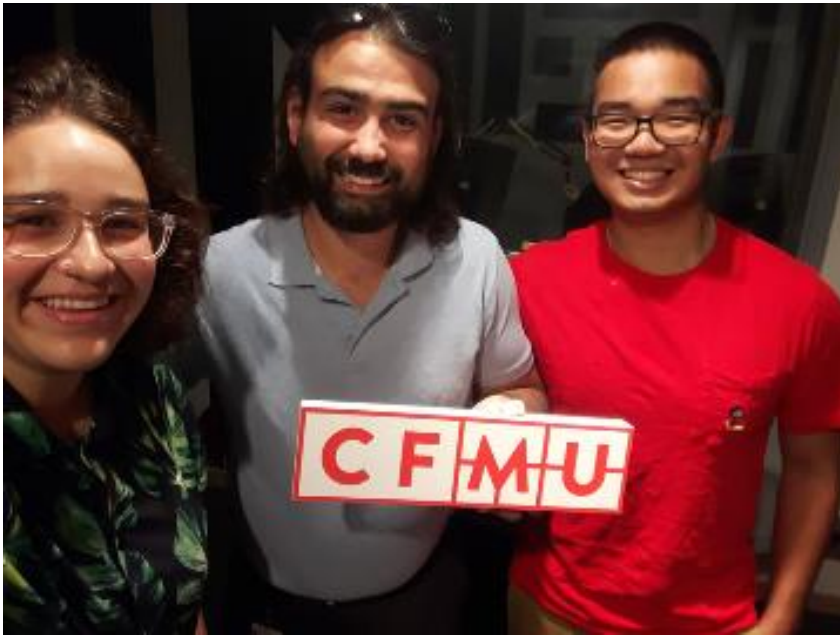


44 likes

2 DAYS AGO

Add a comment...









hamontyouth [Edit Profile](#)

214 posts 1,137 followers 149 following

City of Hamilton Youth
Network for #HamOntYouth to find opportunities be heard.
Website: www.hamilton.ca/youth
Monitored Mon - Fri, 8:30 - 4:30
www.unfilteredfacts.ca/cannabis

Ever wonder **WHAT IS HAPPENING?**
in **your city** *by youth*

hamilton.ca/youth

has you covered with programs, supports, events and fun opportunities youth 14-29 can participate in.



On Instagram? Follow
hamontyouth



Hamilton

HAMILTON YOUTH STRATEGY

**hamont
YOUTH**




Youth voices play a crucial role
in building a **great** city
and we want to hear yours.
Complete our youth survey
to have your voice heard.

hamilton.ca/itsyourtimetoshine

Hard copies are available at any Hamilton Public Library.



Hamilton



CITY OF HAMILTON PRESENTS

YOUTH STRATEGY WORKSHOP

This free half day workshop will explore the strengths, weaknesses, and challenges, Hamilton face to support youth age 14-29. The workshop will also explore the ideas to make Hamilton more youth friendly

MAY 7TH, 2018

8:30AM - 12:30PM •

LIUNA STATION - 360 JAMES ST N

REGISTER AT WWW.HAMILTON.CA/YOUTH



@HAMONTYOUTH



Hamilton



NATIONAL YOUTH WEEK WORKSHOP RESULTS

JESSE WILLIAMSON
PROJECT MANAGER, STRATEGIC YOUTH INITIATIVES
CITY OF HAMILTON
HEALTHY AND SAFE COMMUNITIES



2019 Educational Forum and Trade Show

#PROForum19

National Youth Workshop

268

NUMBER OF ATTENDEES

61

NUMBER OF AGENCIES

1315

NUMBER OF RESPONSES



1. DO WELL FOR YOUTH

- Access to Arts
- Collaborative Networks
- Outreach Staff
- Xperience Annex
- Educating about Healthy Choices
- Creating A Youth Strategy
- Lots For Youth To Do
- Emergence of Youth Led
- Post Secondary Institutions

2. NOT DO WELL FOR YOUTH

- Promotion of Services
- Navigating Social Services
- Youth Voice
- Affordable Housing Helping Youth Identify Career Paths
- Drug and Alcohol Use
- Lack of Services Outside Core
- Transit for Mountain and Rural Youth

3. FEEL WILL MAKE US MORE YOUTH FRIENDLY

- Create a 1 Stop Shop For Information on Youth Services
- Intentional Youth Engagement for City Wide Policy and Infrastructure
- Increased Teen Dedicated Spaces
- Increase Services Offered At Youth Friendly Times (Not 9:00 - 5:00)
- Require Evidence Of Youth Input On Youth Programs Or Services That Receive City Funding
- Increase Affordable Housing
- Provide Free Transit For High School Students
- Increase Service To Mountain And Rural area





Thank you!

Website: www.hamilton.ca/youth
Instagram: hamontyouth



Age Friendly Hamilton

- ✓ What is Age Friendly?
- ✓ World Health Organization (WHO)
- ✓ Age Friendly Hamilton

What is Age Friendly?

- An age-friendly world enables people of all ages to actively participate in community activities and treats everyone with respect, regardless of their age.
- It is a place that makes it easy for older people to stay connected to people that are important to them.
- It helps people stay healthy and active even at the oldest ages, and provides appropriate support to those who can no longer look after themselves.

Demographic Profile



- ✓ Seniors are the fastest growing age group in Ontario
- ✓ The senior population in Ontario is expected to double by 2041
- ✓ For the first time in Canadian history there are now more seniors age 65+ than children under age 14
- ✓ In Hamilton there are close to 93,000 people age 65+

World Health Organization (WHO)

- ✓ A framework for Age Friendly cities and communities was established in 2008
- ✓ Fosters exchange and mutual learning between cities and communities worldwide
- ✓ Hamilton was the first in Ontario to begin the planning for an age friendly city
- ✓ 705 cities and communities globally
- ✓ 39 countries
- ✓ 210 million people worldwide

Age Friendly Hamilton: The Journey...

2013

- Partnership and collaboration with the City of Hamilton, Hamilton Council on Aging and Seniors Advisory Committee

2014

- Consultation with 700+ older adults and other key stakeholders
- Development of Hamilton's Age Friendly Plan
- Endorsed by City Council

2015

- 5-year implementation plan is developed
- Certified by WHO

2015-2019

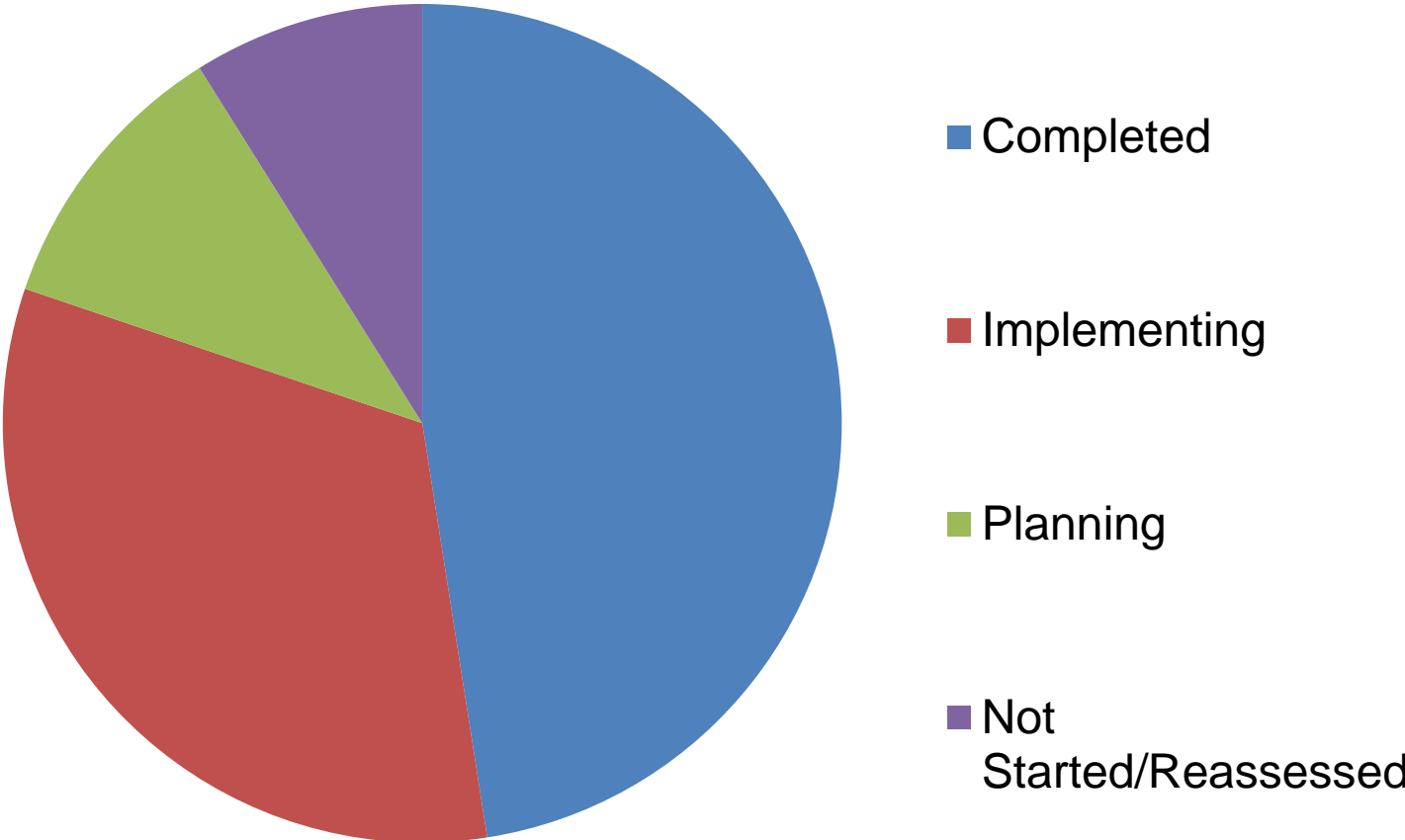
- Implementation of the Plan (collaboration and partnership is key)
- Ongoing community engagement and evaluation
- Guiding municipal decision-makers, City staff and community stakeholders
- Ontario Age Friendly Community Recognition Award

Age Friendly Hamilton



- ✓ **7 Goals**
- ✓ **25 Objectives**
- ✓ **101 Actions**

Age Friendly Hamilton Progress



Goal 6: Social Participation

Social engagement opportunities are welcoming and reflect the diverse interests and preferences of older adults in the community, and are available in a variety of formats.

Action 5.2.2:

Create opportunities for intergenerational interaction and activities in recreation facilities.

Cyber Seniors Project

Public Library – Teen Tech Volunteers

Age Friendly Hamilton

Key Achievements:

- ✓ New City Vision: ‘The Best Place to Raise a Child and Age Successfully’
- ✓ Seniors Kick-off Event
- ✓ Age Friendly Forums
- ✓ Pedestrian Safety Workshops
- ✓ Cyber Seniors Project
- ✓ Senior of the Year Awards
- ✓ “Let’s Get Moving” Workshops
- ✓ *55+ Program Guide*
- ✓ McMaster University Intergenerational Co-Housing Project
- ✓ Social Isolation Impact Plan
- ✓ Seniors-at-Risk Community Collaborative
- ✓ Directory of Community Resources for Older Adults
- ✓ Information Brochures: Home Adaptations in Rental Buildings
- ✓ Evaluation Framework

2019 Priorities



Broaden community engagement efforts to include Indigenous residents, members of the LGBTQ community, ethno-cultural groups, and rural areas.



Identify priorities and actions that will improve inclusion and access to supports for vulnerable seniors.



Planning and Community Consultation to inform Age Friendly Hamilton Plan 2.0

Best Practice

Youth	Older Adults
Dedicated Space	Dedicated Space
Targeted Programming	Targeted Programming
Discounted Pricing	Discounted Pricing

Recreation Framework Youth & 55+ Participation in Programming

Active for Life, Canada Sport for Life



Recreation Framework Youth & 55+ Participation in Programming

The Elements of Physical Literacy



**Motivation &
Confidence**

**Physical
Competence**

**Knowledge &
Understanding**

Recreation Framework Youth & 55+ Participation in Programming

HIGH FIVE PRINCIPLES



A Caring Leader



Friends



Play



Mastery



Participation

Benefits of Quality & Certified Staff

- Expectations
- Continuing Education
- Knowledge Sharing

Recreation Framework Youth & 55+ Participation in Programming

Western University,
Canadian Centre for Activity and Aging



Recreation Framework Youth & 55+ Participation in Programming

- Positive Youth Development Training (PRO)
- HIGH FIVE Healthy Minds for Healthy Children
- HIGH FIVE Strengthening Children's Mental Health
- Stepping Stones – A Resource on Youth Development
- Play Works - A Call to Action Report



Snapshot of Intergenerational Program Models

- Recreation Centres
- Senior Centres
- 55+ It's Your Day & Senior Centre Without Walls

Future Recreation Programming

Continued focus on offering opportunities for intergenerational programming

Land: gym, fitness spaces, youth room & social spaces

Aquatics: drop in and registered programming

Outdoor: Free Fitness in the Park, Supie

Speciality Projects: Seniors' Centre Without Walls, Family Cooking, Camps

Putting Research into Practice



Why Intergenerational?

- Identified in the Age Friendly Hamilton Plan
- Provides opportunities to share skills in a fun environment
- Provides exposure to multiple generational
- Lowered attendance in Summer Months in Seniors Centres

Environmental Scan of Intergenerational Programming

- Drop-in Gym and Swim Programs
- Family Programming and Pricing Structure
- Free Fitness in the Park
- Holiday Events in Senior Centres



Applying Strategy and Framework

- Age Friendly Plan
 - Identifies gaps in the senior services
 - Provides guidelines for marketing and communication
- Youth Strategy
 - How to effectively engage youth
 - How to draw on the strengths of youth to drive future programming
- Recreation Framework
 - Best practices for effective programming

Program Example: Sackville Summer Program/Special Events

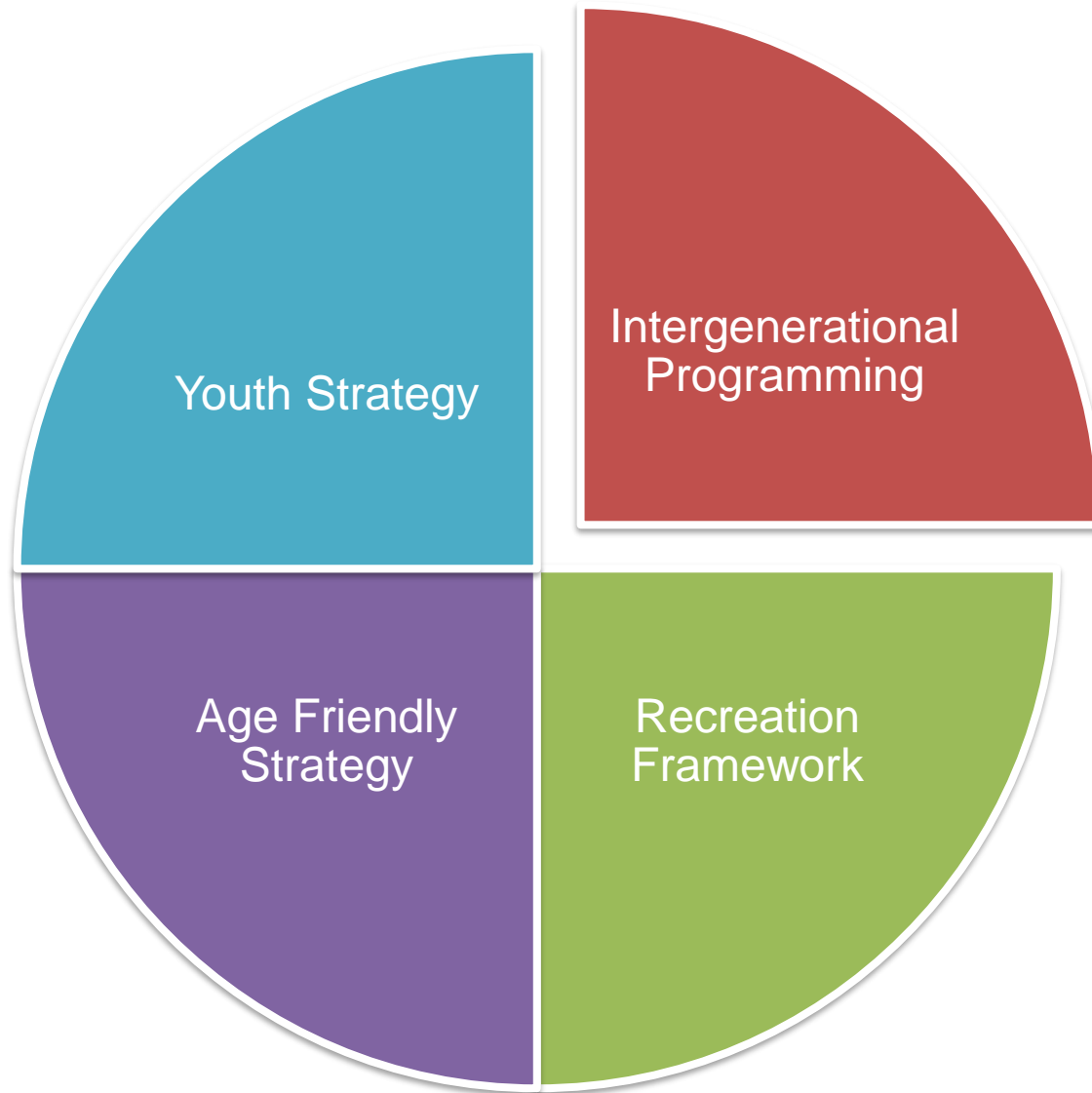
- Sackville Summer Program
 - Board of Directors
 - Program Overview
 - Types of Activities
 - Participation Trends
- Special Events
 - University Partnerships
 - Holiday Concerts
- Learning Outcomes and Recommendations



Future Programming

- Volunteer opportunities for youth in Senior Centres
- High School Volunteers for Tech Help
- Bridge and Euchre
- Healthy Cooking
- Physical Literacy





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