

## **SSM research indicates that older adults are concerned about meaningful community involvement.**

Reducing isolation contributes to mental and physical wellbeing. Older adults are aware of the risk of isolation and want meaningful community involvement including:

- Affordable, accessible recreational and educational activities
- Access to and ability to use technology
- Opportunities for intergenerational activities
- Opportunities to participate in bilingual activities

Communities need to be aware of the contributions and needs of older persons.

## **Safety**

In SSM's research, safety in home and community was a top priority for older adults. This includes everything from emergency response time, to well cleared streets in winter, to addressing older adult abuse. A safe environment enables the participation of older adults in the life of their communities.

Preventing and addressing older adult abuse – physical, financial, emotional, and sexual – is an area where Saskatchewan needs to focus more energy and resources, including establishing a dedicated 24/7 phone response line staffed by trained people.



## **You are invited to engage others on this topic:**

- Meet with your local MLA and/or candidates
- Write letters – to politicians or local papers
- Organize a local discussion group
- Talk with your friends and neighbours

**Include examples from your personal experiences**



## **COMMUNITY INVOLVEMENT**



Funding for resource provided by SRA

*SSM is a provincial organization that partners with other organizations to address issues and to promote quality of life for all older adults in Saskatchewan. Based on two years of research, SSM believes a provincial Seniors Strategy is imperative in order to support and empower our population of older adults as they continue to contribute to their local communities and to our province.*

SSM Member Organizations include: Canada Post Heritage Club - Golden Sheaf Chapter; Carp - Regina Chapter; Fédération des aînés francosaskois; Lifelong Learning Centre; Moose Jaw & District Seniors Association; National Association of Federal Retirees; Power Pioneers Association of Saskatchewan Inc.; Regina Seniors Citizens Centre Inc.; Saskatchewan Union Retirees Federation; Saskatchewan Retirees Association; Saskatchewan Seniors Association Inc.; Saskatchewan Senior Fitness Association; Saskatoon Council on Aging; Saskatoon Services for Seniors; SaskTel Pioneers Chapter 59; Senior Power; Superannuated Teachers of Saskatchewan; Women of the Dawn.