

Next Steps

During the coming months SSM invites and encourages Saskatchewan residents to:

- Become better informed about the issues raised
- Engage in conversations in their communities, sharing their own experiences and seeking others' viewpoints
- Consider what a seniors strategy would include and what policies will need to be developed

Resources for your use are available on the SSM website.

www.skseniormechanism.ca

These include:

- Strategizing for Positive Aging Report and Executive Summary
- Information sheets on each of the issues
- Media Tips
- Suggestions for action

The Saskatchewan Advantage

Saskatchewan older adults provide a large, vibrant, experienced cohort to utilize now and into the future. Older adults can and will make a significant contribution to the growth and success of the province especially if supported and encouraged through strong government leadership.

- **Older adults are staying in the labour force longer than in the past**
- **Older adults contribute to their communities through volunteering**
- **Older adults are very involved in caregiving**
- **Older adults make up a significant segment of eligible voters**



Older
Adults
Moving
Forward



SASKATCHEWAN RETIREES ASSOCIATION

Funding for resource provided by SRA

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Strategizing for Positive Aging

A growing older adult population requires a strategy to ensure quality of life for older adults and healthy vibrant communities.



SSM is the provincial organization that brings together seniors organizations with the common vision of achieving a better quality of life for older adults.

SSM identified the lack of a clear, comprehensive government strategy that would provide direction for policy decisions affecting the growing older adult population.

SSM decided to take action:

- 2018 - held forums to consult older adults, seeking input about a community where positive aging could prosper
- 2019 - developed a survey to provide data for prioritizing key themes and issues; received 2044 responses from all areas of the province.

The following are the key themes and issues.

Building Capacity

- Increasing capacity within Government for the development and implementation of a comprehensive seniors strategy

- Establishing formal structures to support older adults and their communities, such as a Seniors Advocate and/or a Minister for Seniors/Seniors Secretariat
- Providing financial and staff resources to support the necessary structures

Transportation

- Getting to medical and other appointments
- Participating in community activities
- Visiting family and friends
- Getting groceries, prescriptions, etc.
- An approach to transportation that is less ad hoc, scattered, expensive and incomplete
- Ensuring people don't have to relocate because of lack of acceptable, affordable transportation options

Housing

- Housing options and affordable services available so older adults can have choices about where and how they live
- Addressing the high cost of care, impoverishing some older adults and resulting in having to relocate from preferred accommodations to other locations/facilities

Available and Affordable Services

- Providing accessible and affordable services to enable better physical and mental health as older adults adjust to the changes related to aging

Healthcare

- Accessing primary health care in the community
- Timely access to specialists and procedures
- Affordability of all aspects of health-care, including prescription drugs
- Having needs taken seriously, no matter what the person's age

Finances

- Adequate and secure income now and into the future
- Ensuring needed services are, and will continue to be, affordable

Community Involvement

- Safety in home and community including emergency response time, well cleared streets in winter, addressing older adult abuse
- Reducing isolation through meaningful involvement in the life of the community, thus contributing to mental and physical wellbeing