

DO WE LIVE IN AN AGE-FRIENDLY CITY?

According to a survey of 299 long-time senior residents of Delta, here are some of their top challenges:

Housing

- *Keeping up with routine maintenance and cleaning*
- *Household repairs*
- *Hearing difficulties (for men); climbing stairs (for women)*

Transportation

- *Too many buses to get somewhere*
- *Reluctant to ask for a ride*

Non-Medical Services for seniors

- *Unaware of resources they may need in the future*

On Community Participation

Barriers to participation – financial, lack of public or personal transportation and hours of operation

For complete survey results:

Aging in Place Seniors Project Final Report

<http://www.deltassist.com>

(Delta Connects)

HELP MAKE A DIFFERENCE IN YOUR COMMUNITY

Are you interested in:

- housing options for seniors?
- future transportation services?
- services available for seniors?

Would you like to learn more about age-friendly cities?

Would you like to work together with other seniors?

We would like to hear from you!

PERSONAL AND SOCIAL BENEFITS OF BEING ACTIVE AND INVOLVED

Staying physically active, exercising regularly, and participating in leisure activities can help prevent or delay many diseases and disabilities.

Maintaining independence, being involved and participating in our community helps seniors to maintain a positive outlook.

When seniors are involved and engaged our community benefits through their contribution of time and ability to share knowledge, experience and skills.



OUR PURPOSE

The Delta Seniors Community Planning Team educates, informs and mobilizes Delta residents and decision makers to respond to seniors' issues in our community.

Join Us - Meetings are held on the 3rd Tuesday of every month

Meeting location rotates between Ladner, North Delta & Tsawwassen

Telephone: **604-946-9526**
Email: **seniorscomm@gmail.com**

DELTA SENIORS COMMUNITY PLANNING TEAM

Shaping Delta into a community where seniors live active, safe and healthy lives

The Delta Seniors Community Planning Team invites Delta residents “north of 50” to join us in learning together and planning for the future in Delta – a future where seniors are active and involved in making our community a great place for all and supportive of those needing more assistance.

Host Agency:



Funded by:

