

REPORT NAME

Aging Well in Leduc County Toolkit

IMPLICATIONS

Reason: N/A

Authority: (MGA section/bylaw/policy number): N/A

Amount of funding required: N/A

Funding source: N/A

BACKGROUND

The Aging Well in Leduc County Toolkit was identified as a short-term objective within the Leduc County Social Framework action plan, revised 2024. It was also identified within the 2024 FCSS operational plan with the following outcomes:

Goal:	To increase citizen satisfaction with Leduc County municipal services.
Strategy:	To improve the resources, supports and tools for seniors as they age.
Q4 Deliverable:	The aging well in Leduc County toolkit will be shared with Council and the community.

This Toolkit was created to support our residents to age in place with appropriate resources for as long as possible. Those with limited resources, family support and community connection are often faced with isolation, loneliness and struggle. Creating an aging well plan is a preventative step that contributes to independence, an increased quality of life and dignity in aging. This toolkit can empower residents to identify what is important to them, set goals and ensure that they have resources to support them as they age well in Leduc County.

This is the first planning toolkit that has been created by and for Leduc County. Over the last year, we engaged with residents and service providers to determine needs and collect stories to assist us in developing this tool.

The full toolkit can be found at www.leduc-county.com/aging-well-toolkit. There are several components to the toolkit. It includes the Aging well in Leduc County workbook and a local resource listing. Additional components will be added in 2025 including a printable/printed resource guide and storyboards.

The Aging well in Leduc County workbook is a step-by-step planning guide for:

- anyone ready to preplan their aging
- older adults at any stage who needs to adjust their plans or supports
- family members or caregivers of older adults who are wanting to support their loved ones
- professionals supporting older adults to create an aging well plan.

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Reviewed by: Dean Ohnysty, Director – Community Services

Date: 11/12/24

There are seven sections:

1. Health
2. Family, community and connections
3. Home
4. Financial
5. Safety
6. Leisure
7. Transportation

How it works

The workbook is designed to help people consider various aspects of their life and make a plan to address any gaps or challenges as they age. Once the user completes each section, they can develop goals that can be achievable in periods of three to six months or six to twelve months. The resource listing is a supplemental tool to help residents attain their goals to remain independent for as long as possible in their homes.

Paper copies of the workbook are available and will be distributed through upcoming workshops and events and through our one-on-one supports.

ATTACHMENTS

1. Aging well in Leduc County workbook