



**THEME** Resources for Healthy Aging

**VISION**

A one-stop accessible space for seniors to access up-to-date resources and information that will support their aging journey.

**Key Elements:**

- A coordinator who can assess needs, provide referrals & support navigating resources and services
- Potential space to manage assistive devices / equipment



**WHY IT MATTERS**

- Navigating the system and accessing resources is currently difficult
- Having one point of contact that provides support and assistance with finding and connecting with appropriate resources in a timely manner would help those in need as well as their caregivers
- Accessing appropriate resources in the timely manner has the potential to help seniors age in place longer



**GETTING STARTED**

- Identify potential partners
  - (Ex. Red Cross, NBCC – Personal Support Worker & Practical Nurse Programs, Fundy Community Foundation, Vibrant Communities Charlotte County)
- Identify potential community space
- Obtain funding (through grants, government funding, fundraising, foundations, The Town of St. Andrews, etc.)



**REQUIRED RESOURCES**

- Funding
- Space
- Staff (Care Coordination)
- Community Asset Map



**AVAILABLE RESOURCES**

- Equipment and space from Passamaquoddy Lodge and the new community hub
- Potential spaces available in the arena
- The Age Friendly Committee Community Asset Map
- Online resources



**CONSIDERATIONS**

- Accessible/affordable transportation
- Accessibility of the space
- Various uses of technology for the service
- Affordability of service



**MOVING FORWARD**

- Connect with the Red Cross seniors' program - [The Connection New Brunswick program](#), a HSPP Project offering a similar service. Review the research and explore potential partnership or adoption of the model
- Connect with the Age Friendly Community Committee
- Explore potential partnership with Passamaquoddy Lodge
- Connect with local professionals and organizations to provide healthy aging materials and programming

- Coordinate a list of professionals who can conduct regular healthy aging presentations
- Create standing partnership with NBCC PSW and PN students to provide ongoing education
- Seek out possible transportation services

