



SENIORS SUMMIT 2019

Aging Well in Grey & Bruce Counties

SEPTEMBER 24-25 2019 | OWEN SOUND

HIGHLIGHTS

200

people attended the Seniors' Summit

Keynote speaker Dr. Brian Goldman kicked off both the September 24th evening session and the day-long event on September 25th. More than 20 speakers were part of the program and covered age-friendly topics such as housing, transportation, fraud prevention, health and well-being.

The Seniors' Summit was presented by the Council on Aging Grey Bruce as a result of a partnership between the Active Lifestyles Centre Grey-Bruce, South East Grey Community Health Centre, Grey Bruce Health Unit, Home & Community Support Services, Sarah C Consulting, VON Grey Bruce and other community health service providers.

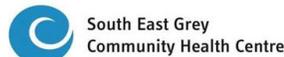
SENIORS' SUMMIT 2019 SURVEY FINDINGS

The Seniors' Summit Feedback Survey was distributed to attendees as part of their registration package for the day of September 25th. There were a total of 88 respondents, which means about 44% of attendees completed the survey. Respondents held various roles including; Older Adult (64%), Community Member (35%), Staff member or representative of an organization (40%) and Elected Officials (1%).

Respondents were from multiple sectors including:

- Health
- Not-for-Profit
- Municipal
- Housing
- Social Services
- Education
- Private / Business

<p>Over 80% said that the Seniors' Summit met their expectations very well.</p>	<p>Almost 65% were more confident about aging well in Grey Bruce after attending.</p>	<p>60% learned a lot from the Seniors' Summit.</p>	<p>80% will apply something they learned in the next 6 months.</p>
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Top key messages learned from the Seniors' Summit 2019

Practice empathy and be <i>kind!</i>	We need to work together and collaborate.
There are many services and resources out there.	It is important to know where to look for resources, such as 211.
Engage older adults.	Incorporate age-friendly communities into planning and decision making.
Many people care and are already working on seniors issues.	Information on a specific topic from a speaker.

"There is so much good will and help in our town."

- Seniors' Summit Attendee

"Thank you for this informative forum and for drawing key players together to share ideas. Let's keep the momentum going."

- Seniors' Summit Attendee

"Creating change requires kindness."

- Seniors' Summit Attendee



AGING WELL IN GREY & BRUCE COUNTIES

The Seniors' Summit Feedback Survey also asked respondents what excites them and concerns them about aging well in Grey and Bruce Counties. Responses were analyzed to develop key themes.

What excites you most about aging well in Grey Bruce?

Community Characteristics and People

Availability and Growth of Services

Recreation and the Natural Environment

Arts, Culture and Social Opportunities

Partnerships and Collaboration to Move Forward

What concerns you most about aging well in Grey Bruce?

Healthcare Services

Transportation

Housing

Isolation and Loneliness

Affordability

Demand of Aging Population on System

Diversity and Inclusiveness

For more information contact the Council on Aging Grey Bruce - www.coagb.com

