

We want to work with you to help build an age friendly community.

In an age-friendly community, seniors have the support to be healthy, to identify and achieve goals, satisfy needs and cope with change.

An ageing demographic: Nova Scotia has the oldest population in Canada at 16.6 % over age 65. This will double by 2026.

Each year, 1 in 3 seniors will fall. Falls among seniors cost the NS health care system \$72 million per year.

NOVA SCOTIA MUNICIPAL LEADERS:



Congratulations on your success in this year's municipal elections. We ask for your support for:

Opportunities that allow seniors to participate in and lead recreation and fitness activities.

Ensuring that hazards and barriers which could cause citizens to fall, trip or slip are reported and repaired quickly.

Infrastructure that will help seniors stay safe in public places (resting spots, public washrooms, good sidewalks, accessibility for those using walkers, canes and wheelchairs, public transportation).

Well marked and lighted crosswalks that allow lots of time to cross.

Help with navigating the community services that are available to support seniors, especially for those struggling with literacy issues, newcomers and others who tend to fall through the cracks.

Senior engagement (through focus groups, town halls, public forums or a seniors' advisory committee) on issues that affect them.

Partnering and collaborating with senior groups and senior-serving community organizations.

www.nscommunitylinks.ca Toll Free 1-855-253-9355