

# Age Friendly

is about

## RESPECT

*Respect of people of all ages, abilities and cultures*

**R**ecognizes their diversity, uniqueness, & value

**E**ncourages healthy, active aging

**S**upports their contributions

- volunteering, wisdom, ideas, experience

**P**romotes their participation in all aspects of their community

**E**ngages local municipal government, community members and organizations in building age-friendly communities

**C**reates accessible, safe environments

**T**reats people of all ages, abilities, and cultures with dignity & respect

Let's become

Age Friendly

Saskatchewan!

*Take action in your community today!*

LEARN MORE

& SIGN UP

by contacting

Age Friendly

Saskatchewan

at Saskatchewan

Seniors Mechanism

306-359-9956

[www.agefriendlysk.ca](http://www.agefriendlysk.ca)

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Age Friendly  
Shaunavon

Promoting  
Healthy  
Aging in  
Shaunavon

## What is Age Friendly?

*Age Friendly is a global movement of communities where policies, services, settings and structures support and enable people to age actively.*



## Why become Age Friendly?

- Healthy citizens
- Strong community connections
- Safe vibrant communities
- Opportunities for businesses
- Intergenerational
- Reduced abuse and isolation



## Age Friendly Communities

*Explore features and elements focused around 8 major aspects of community life:*

- Outdoor Spaces & Buildings
- Transportation
- Housing
- Social Participation
- Respect & Social Inclusion
- Civic Participation &
- Employment Opportunities
- Communication &
- Information
- Community Support &
- Health Services