

Older Adults Hub in Rideau Heights

Spencer Lanthier, Community Development Worker
Helen Mabberly, Manager, Family and Community Health





Older Adults Programming at Weller

- Penguins Social Group
- Falls Prevention and Exercise Group
- Talking Café



Super Seniors

- One-time grant awarded by New Horizons
- Assessment of Super Seniors program
 - “Happy or not” evaluations
 - Surveys
 - Interviews
- Development of ‘Super Seniors’ volunteer group



Rideau Heights Community Centre



- Opened in 2018
- \$11.5 million facility
- On a city bus route
- Space includes:
 - KFPL
 - Large Gymnasium
 - Multiple spacious community spaces

Older Adults Hub



Through the Older Adults Connecting and Belonging grant from the Community Foundation of Kingston and Area, \$424,158 was awarded over three years to support the hiring of a program liaison, to lead a full program evaluation, and strengthen partnership development.

Programs at RHCC

Mondays (60–80 people)

- Talking café
- Falls prevention and simple exercises (VON)
- OT-led cognitive maintenance program
- Knitting and crocheting
- Book club
- Seniors tech tutor program
- Board games and card games
- Library booth
- Super Seniors Speaker Series
- Free weekly groceries
- Open kitchens

Fridays (50–70 people)

- Talking café
- Falls prevention and simple exercises (VON)
- Minds in Motion (Alzheimer's Society)
- Board games and card games
- Joes Music Mill instrument lending library
- Instrument lessons
- Free weekly groceries

Why it Works

- What people **WANT**, not what they **NEED**
- Partnerships make things easier on everyone
- Social hub that is:
 - Consistent
 - Fun first
 - Familiar faces



How is this sustainable?



- Once relationships are built, the programs run themselves
- Partnerships lighten the load for all organizations
- A population that is
 - Increasingly aging
 - Food insecure
 - Barriers to accessing traditional fee-based programming and registration-based programming

Projected Outcomes

- Short-term
 - Improved coordination of programs and services
 - Increased access to barrier-free activities
- Medium-term
 - Improved social connections, physical activity, engagement and food security
- Long-term
 - Improved well-being, reduced isolation and stronger community cohesion



