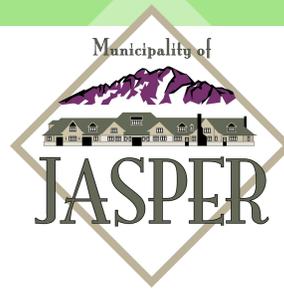


DIVERSE. INCLUSIVE. TOGETHER.



The Municipality of Jasper believes in the advancement of a connected and equitable society. Celebrating diversity and practicing inclusion promotes respect for all citizens, strengthens the community, reduces causes of disadvantage and inequality and ensures that all citizens of Jasper enjoy the best quality of possible.

- **Adapted from the Municipality of Jasper Community Sustainability Plan**

AGING IN JASPER

According to the 2016 Statistics Canada Census:

- Jasper's senior population is 10.8% of the population.
- In Canada, the proportion of seniors is expected to increase rapidly until 2031, when all the baby boomers will have reached 65. Seniors could represent between 23% and 25% of the total population in 2036.

RECOGNIZE SENIOR CONTRIBUTIONS

The fact that people live longer than ever should be celebrated as one of the biggest success stories in history. Acknowledging seniors' contributions helps to make our society more age-inclusive.

How do seniors contribute to society? In the same way we all do and in some cases more. Like any younger person, they shop, they use services (which employ people), and they pay taxes. They also volunteer; in fact, many organizations would be hard pressed to function without their older volunteers. Seniors make more per capita charitable contributions than any other age group. Seniors babysit, they look after grandchildren, they do housework, home maintenance and yard work – not just for themselves, but for others as well. They provide transportation or run errands for others. They provide emotional support and friendship, like the senior who visits a house-bound friend to make sure that everything is alright. Seniors provide care for spouses or friends. Think of the wife who takes on more and more responsibilities in and outside the home as her husband starts to get frail. She may not think of herself as a caregiver, but without her, what would happen to him? Who would get the groceries, run errands, do the cooking, or take him to medical appointments?

This diversity 'snapshot' is intended to help you learn more about the people in our community who risk exclusion. Each snapshot is about a specific group, but there is diversity within each group. As such, these snapshots are not all encompassing, they are rather a jumping off point for discussion.

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AGEISM

Ageism is discrimination on the basis of age that:

- Makes assumptions about capacity.
- Removes decision-making processes.
- Ignores an older person's known wishes.
- Treats the older adult as a child.

LOCAL RESOURCES FOR SENIORS

- **Outreach Services:** Community & Family Services, upstairs at 627 Patricia Street in Jasper. Elevator accessible. Or call 780-852-2100
- **Housing, assisted living placement:** Evergreens Foundation. Toll free calls: 1-877-265-5444.
- **Alberta Supports:** Upstairs at 627 Patricia Street in Jasper. Or call 780-852-6292.
- **Cottage Medical Clinic:** 780-852-4885
- **Continuing Care Access:** Home care, aids to daily living, palliative care, rehabilitation services, designated living options and long term care. 1-855-371-4122

ACTIVITIES & CLUBS

Find the Seniors Calendar created by COS in the Fitzhugh newspaper each Thursday.

Jasper has many clubs, organizations and activities for seniors to engage in, including:

- Aquafit
- Seniors Exercise
- Knitting Circle
- Seniors Curling
- Bridge
- Coffee groups
- Community Dinners
- Movie matinees

ACKNOWLEDGEMENTS

City of St. Albert | Canadian Centre for Diversity & Inclusion
Equity & Inclusion Lens Handbook - City of Ottawa and CAWI