



Family Ties Seniors Policy

“Aging is not lost youth but a new stage of opportunity and strength”

Betty Friedan

Seniors are becoming increasingly implicated in the Family Ties family and programming. Through recent funding from New Horizons Family Ties has had the opportunity to create a social space for seniors while offering them specific programs and activities based on their interests. These programs have allowed seniors to meet and make new friends, build self-confidence, reignite a sense of purpose, share their skills and talents as well as the chance to try new things.

It is important to Family Ties to continue to support seniors to remain socially connected and engaged in their community. Family Ties has created this *Seniors Policy* to ensure seniors feel safe, supported and valued.

Goals and Objectives

1. Increase awareness and understanding of aging issues and the needs of seniors in our community.
2. Increase opportunities for seniors to remain active and healthy and continue to grow and learn.
3. Increase our ability to offer services and activities targeting the needs of seniors within our community.
4. To seek funding to offer programs and services for seniors.
5. To partner with other local agencies and groups to improve the lives of seniors in our community.

Seniors attending Family Ties programs, activities and events can expect the following:

- All new participants will receive an orientation: tour of building, introduction to staff and information on programming.

- Important and relevant information for seniors will be shared through a variety of mediums: Facebook, email, pamphlet, phone calls, focus or conversation groups etc.
- Seniors will be encouraged and supported to access other necessary community services that will allow them to remain, healthy, safe and independent.
- The needs and values of seniors will be respected.
- Seniors will be encouraged to share and be acknowledged for their skills and contributions.
- Seniors will be involved in information sharing, consultation and evaluation of seniors programs and activities.
- Physical and social barriers to participation will be addressed and supported when needed and as possible.
- Volunteer opportunities will be presented.
- Intergenerational activities will be presented.

Family Ties will continue to work to create a more accessible and user friendly space for our seniors.

Family Ties will build on past successful initiatives and develop new programs and services that provide on-going support to meet the needs of our seniors.

“You are never too old to set another goal or to dream a new dream.”

C.S. Lewis