



Creating Age-Friendly Volunteer Programs

Thursday
November 18, 2021
10:00 am - 11:30 am
On-line via Zoom

Volunteering is a good way to stay socially active, meet new people and participate in your community.

Opportunities for social participation, community engagement, and connecting with others are critical for our physical, mental and emotional well-being. These opportunities should be accessible and reflect the diverse interests and needs of older adults in our community. Good health and social connections all impact our overall quality of life. Civic engagement and volunteering provide meaningful roles for older adults as community leaders, mentors, and volunteers.

Age-Friendly communities foster: active aging, safety and security, independence, lifelong learning, community participation, inclusive neighbourhoods with a sense of belonging, intergenerational relationships, and respect for culture and diversity.

This session will address:

- The importance of providing a range of flexible options for older adults to contribute, and how to respond to transitions in life
- Understanding the emotional and physical barriers, including ageism, that older adults may face, reducing their participation in community life
- The need to ensure that all opportunities for volunteering and community contributions are age-friendly.



Presenter:

HEATHER THOMPSON

Director of Age-Friendly Initiatives
at Community Development Halton



Fee: **\$15 Members; \$25 Non-Members**

Registration at cdhalton.ca/events

Limited spots. Please register by **Tuesday November 16**. Zoom virtual event link will be sent to the email provided in the registration, one day before the workshop.

Any questions? Call 1 (855) 395-8807 ext. 2 or email hejohnson@cdhalton.ca