



Welcoming & Inclusive Communities  
*Together we shine*

## “It Starts with Me”

*Communities are strongest when they bring together a diverse set of voices, perspectives and backgrounds. (St. Albert Social Master Plan)*

\*Throughout the year, we will be featuring a series of ‘**snapshots**’ intended to help you learn more about the people in our community and workforce who risk exclusion.

*The Snapshots are to help you learn more about the people in our community and workforce who risk exclusion. Each snapshot is about a specific group, but there is diversity within each one of these groups. As our awareness campaign progresses, more snapshots will be added.*

*These Snapshots are not all-encompassing and may not include all people who risk exclusion. How a group of people identify themselves will expand far beyond a snapshot. Also, each of us could identify with more than one group, and our individual personalities make each person unique.*

## Aging

St. Albert is a diverse community. According to the [2016 St. Albert Census](#):

- 16.17% of the population is above the age of 65
- The proportion of older adults aged 65+ is the fastest growing section of the population
- St. Albert has a larger proportion of seniors than the provincial average: 11.9% of the Albertan population is 65 and older

## How can I be an ally?

An ally is a person who supports an individual or group to be treated equitably and fairly. It includes taking action to ensure everyone has equal access to resources and benefits.

**Recognize the contributions that older adults make to our society.**

- 32.4% of Canadians aged 65 and over volunteer.
- In 2013, older Canadians contributed 47% of all charitable donations.
- Older adults are more likely to be providing help than to be receiving it. This help can be in the form of caregiving, social support, and donating money to family, friends, or neighbours.

## Take a stand against ageism

Ageism is the discrimination older adults face based on their age. An ageist society views older adults as a burden and overlooks their contributions. An ageist society isn't an inclusive society.

**Respect the autonomy of older adults.** Involve them in decision-making processes, consider their years of experience, and speak to them as you would to any other adult.

### Local resources to share with people you encounter at work, at play, or in your neighbourhood:

- The **St. Albert Seniors Association** offers activities, classes and information sessions, volunteer opportunities, and transportation services for people aged 50 and older.
- The **St. Albert Public Library**'s services and programs include assistive services for visual and hearing impairment, the Homebound Service for people who are unable to leave their home for more than three months due to a disability, and the Seniors Book Club.
- Alberta Health Services' **Community Care Access** provides health and support services to help people remain safe and independent in their own homes.
- **Stop Abuse in Families (SAIF)** provides services to clients that are experiencing abuse, including individual counselling and support groups. The Elder Abuse Resource Coordinator at SAIF can assist with elder abuse concerns.
- **The Community Information and Volunteer Centre** answers questions about available services and organizations, and connects volunteers with organizations in need.

## To Learn More:

- Alberta Human Rights To learn more about Protected Areas and Grounds under the Alberta Human Rights Act including disability: [http://www.albertahumanrights.ab.ca/HR\\_in\\_AB\\_audio6.asp](http://www.albertahumanrights.ab.ca/HR_in_AB_audio6.asp)
- Community & Social Development, City of St. Albert – [Diversity and Inclusion](#)

Acknowledgements:

[Equity & Inclusion Lens Handbook](#) - City of Ottawa and CAWI