age-friendly peterborough

2025 IMPACT REPORT



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EXECUTIVE SUMMARY

The Peterborough/Nogojiwanong region is home to one of the **highest proportions** of residents aged 65 and older in Canada. As our population continues to age, building on the strong foundation already in place to support older adults and creating communities where people can live healthy, active, connected and meaningful lives is more important than ever.

It was clear throughout the survey responses that **affordability** is key to whether an older adult is able to get their needs met. It really is the lynchpin to accessing adequate housing, aging in place, accessible transportation and staying active and connected.



The 2025 Age-friendly Peterborough Impact Report survey collected information from 42 area organizations and businesses and provided hundreds of examples of programs, services, partnerships and initiatives that are contributing to a vibrant and diverse landscape of opportunities and supports for older adults across our region.

The responses demonstrate the breadth of work already underway and the many ways organizations, businesses and community members are contributing to an increasingly age-friendly Peterborough/Nogojiwanong.

Two themes stand out in particular: the growing number of collaborations and partnerships across organizations and sectors, and the willingness to adapt and respond to an ever-changing landscape of needs.

Together, these strengths demonstrate a community that is building on what already exists while continuing to find new ways to respond to the experiences and concerns of older adults.

The people and organizations that contribute to the age-friendly work in this region are committed to innovate and adapt based on the needs of the people they serve.

BASIC NEEDS

The largest number of survey responses were under Basic Needs, in particular those around **Aging in Place** (24 responses) and **Health Care** (23 responses). System navigation, home care, health education, rehabilitation and connection to health services were also among the top answers.

This shows a strong alignment with what Canadians have stated in studies like the *Aging Canada 2040 Report.

Organizations locally are responding. There is extensive work happening to help people remain safely at home, find the services they need, access financial supports and health care.

Housing

Survey responses highlighted efforts to increase access to affordable, accessible and sustainable housing for older adults.

Organizations are assisting older adults with housing searches, applications for: subsidies, repairs and eviction prevention. Others are helping older adults navigate systems and providing supports to ensure they remain safely housed.

Respondents also described advocacy and partnerships to promote a range of attainable housing options and greater accessibility.

Supports such as home care, dementia services and system navigation are helping older adults remain safely in their homes and communities, making existing housing a more viable option as needs change.

*https://www.csagroup.org/article/public-policy/aging-canada-2040-policy-implications-of-demographic-change

- 6345 Older Adults supported to stay in their homes through Community Care's programs
- To date - 500+ Single Senior Women able maintain housing through shared accommodations (Senior Women Living Together)
- Abbeyfield Lakefield received site approval for a 19-unit build
- 681 Monaghan opened - 53 units with accessible and affordable units
- 57 seniors moved into RGI Housing in the region



While housing affordability remains a significant concern in Peterborough, multiple organizations identified that they have actively assisted people with housing assistance like completing application forms for housing and utility assistance, in particular for those who are low income.

Aging in Place

The survey is a snapshot of the various ways service providers in Peterborough are working to help older adults age in place - staying in their homes and communities, so they can live as independently as possible for as long as possible.

92% Of Canadians 45+ stated they wanted to age in place

Aging Canada 2040 Report - 2024 Study
https://www.csagroup.org/article/public-policy/aging-canada-2040-policy-implications-of-demographic-change/



- 100+ attended a free bone health and exercise information sessions and 90 older adults participated in Seniors Motion & Mobility offered through Trent Health in Motion
- 52,233 meals delivered through Community Care's Meals on Wheels program
- Numerous workshops and education sessions presented at Seniors Active Living Centres and libraries throughout the region, in particular the City of Peterborough, Havelock, and Selwyn Townships
- Virtual and drop in food literacy programs included older adults, and NORCS. Content included emergency preparedness and hot weather considerations, which can support aging in place

Services and supports range from home care, transportation, meals, maintenance and caregiver respite to exercise, falls prevention, health promotion, system navigation and emergency preparedness.

Organizations are also investing in new approaches to aging in place, including ways to deliver services in Naturally Occurring Retirement Communities (NORCs), rural communities, and to those who have difficulty leaving their homes.

Multiple organizations cited different types of exercise and falls prevention programs that were being offered at low to no cost and were tailored to assist people to engage in functional, everyday movements to increase their mobility, strength and confidence in daily life.

In addition to care delivered closer to home, caregiver education, support and access to respite care were also identified as important to enabling older adults to remain at home longer.

The survey cited more than **22 references** to collaborations, partnerships and referral processes, reinforcing the willingness of organizations and businesses—including private home care providers—to work together to provide the supports older adults need to age in place.

As our population continues to age, these partnerships will be more important than ever to help people manage increasingly complex situations and ensure our community can respond in ways that provide as much choice and dignity as possible.

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Health Care

Survey responses show a broad range of healthcare and wellness efforts supporting older adults, including primary and specialized care, health education, rehabilitation, mental health and palliative supports, chronic disease management, caregiver education and system navigation.

A key theme is the growing emphasis on **coordinated, community-based care**.

Organizations are partnering across healthcare, community and social service sectors to improve access and connect older adults with the supports they need. Preventative health, exercise and wellness programming are increasingly being delivered in community settings, while initiatives such as PRHC at Home, remote monitoring and Community Paramedics bring preventative and responsive care into people's homes.

Examples of initiatives strengthened through interdisciplinary partnerships include PRHC's Reactivation Unit, the GAIN and PASE clinics' collaboration with the Alzheimer Society for the Older Adult Advocate initiative, and Peterborough Community Health Centre's partnership with Trent University and Community Care outreach services in Ennismore, Havelock and Hiawatha First Nation. These are just a few examples identified through the survey responses, but they highlight how collaboration across organizations can maximize support for people experiencing complex health challenges and barriers to accessing care.

In our region, healthcare is increasingly meeting people where they are—in their communities. Expanded primary care, preventive health care, specialized clinics, rehabilitation, home-based care and more health partners supporting system navigation are helping more older adults access the care and supports they need.



- VON added an additional 125 spaces per week to Adult Day Programs
- Ontario Health atHome Self Management provides multiple workshops to help people cope with chronic conditions
- Seniors Active Living Centres across the region offered multiple health focused workshops and education sessions.
- Community Paramedics expanded their roster and the CP @ Clinics to bring 276 new patients into their program.
- Vison Loss Rehabilitation - Completed assessments and provided orientation and mobility training to support safe, independent travel at home and in the community.
- PRHC received recognition as an IHI Age-Friendly Health System - Committed to Care Status

Basic Income

The survey responses show a strong focus on reducing financial barriers for older adults through free and low-cost programs, subsidies, fee waivers and assistance applying for government benefits and financial supports. Organizations are helping older adults navigate programs such as CPP/OAS/GIS, disability benefits, property tax relief, utility assistance and funding for assistive devices.

While affordability is increasingly a concern for most older adults, the survey demonstrates that providers are addressing it in practical ways through things like; low-cost meals and recreation opportunities, transportation assistance, free tax clinics, fraud prevention and support with medication, food and home adaptation costs.

The biggest takeaway from these responses is that while organizations, for the most part aren't providing income, they're doing everything they can to reduce the financial burden of aging and helping older adults access income and benefits they may already be entitled to.



- Peterborough Community Health Centre assists people to access benefits via assessments and forms completion
- Alzheimer Society provides information about benefits or credits available to people upon a Dementia diagnosis
- The City of Peterborough and all of the lower-tier municipalities in Peterborough County offer Low-Income tax relief programs for seniors and those with disabilities

Unmet Needs

Affordable housing and **adequate income** were identified and examples of rising rents, food and utility costs cited as highly problematic for those on fixed incomes.

Transportation was another major concern, and vital to being able to access healthcare, food, activities and generally participate in the community.

Access to health care, family doctors, specialists, and affordable home-based supports were also frequently cited.

Caregiver respite was identified as an urgent gap, as caregivers are attempting to provide adequate care to keep loved ones at home, often with very few breaks or reprieve. Caregiving for those experiencing Dementia was of particular concern.

STAYING MOBILE

A range of efforts to help older adults get around safely and independently across the region were highlighted in the responses. This includes accessible transportation, public transit, active transportation, accessible infrastructure, and programs that build confidence in walking, cycling and using transit.

Organizations are working together to improve accessibility and create more age-friendly spaces, from accessible transit stops, sidewalks and trails to community facilities, parks and public spaces. Partnerships are helping older adults access the information they need to build the skills and confidence to use different modes of transportation like public transit.

There is also consensus that more needs to be done to accomodate the transportation needs of people in our region, in particular those in the County, and those who need to access specialists in other centres like Durham or the GTA.



A key message from the survey is that staying mobile is about more than transportation—it is about **maintaining independence, accessing health care and essential services and staying connected to the community.**

- Curve Lake First Nation purchased a an accessible van for it's members
- The Gardens of Peterborough have accessible vans, taxis and busses for residents.
- Selwyn township promotes the Link bus service
- Ptbo Transit consults with volunteers and the Council for Persons with Disabilities as part of it's transit planning
- The Mount Community Centre incorporates access to public transportation into planning for future housing projects
- Community Care provides low-cost transportation to those in various areas of the region for those with and without accessibility needs

Transportation

Survey responses show practical action to address transportation barriers, including accessible vehicles, rides and help navigating available programs. **Community Care provided 30,687 drives in 2025–26**, including transportation to medical appointments.

Organizations and municipalities are also advocating for more accessible transit and incorporating transportation into housing and community planning.

Active Transportation

Efforts to make walking, wheeling and cycling safer, more accessible and more appealing to older adults were indicated throughout the responses.

Programs such as **Shifting Gears** and **Ride with Me** are building confidence and skills, while partnerships with B!KE and GreenUP provide opportunities for older adults to learn, participate and stay active. So too efforts by groups like Tandem Eyes that offer tandem bicycle experiences for those experiencing partial or full blindness in our region.

Infrastructure improvements—including accessible trails, lighting, benches, pedestrian signals and safer crossings—are also making it easier for older adults to move around the community safely and with confidence.



- Shifting gears created two new workshops specifically for seniors: Freedom Beyond the Car and Introduction to Bike Riding for Seniors
- The Rotary Trail received lighting, accessible seating pads and signage, as well as improved crossings and pedestrian signals.
- GAIN & PASE shared seniors' care space used Code Plus guidance to support senior-friendly hospital design

Infrastructure

Organizations across the region continued to invest in safer, more accessible and age-friendly spaces. Improvements included accessible transit stops, lighting, seating, signage, parks and recreation facilities, along with renovations and new spaces incorporating universal and age-friendly design.

Accessibility programs like those through the Council for Persons with Disabilities and Vision Loss Rehabilitation Canada also helped businesses and municipalities identify and address barriers through improved physical spaces, communications and planning.

Connected Communities

Across the region, organizations continued to build stronger connections among older adults, service providers and the broader community. Partnerships across health, housing, recreation and community services helped improve access to supports, while volunteer opportunities, outreach, social gatherings and community events created opportunities for participation and connection.

New initiatives, including community hubs, housing partnerships and coordinated referral pathways, are also helping build a more connected system of support for older adults.

Unmet Needs

Key gaps identified include **affordable and accessible transportation, food affordability and security, accessible buildings and public infrastructure, and affordable housing option**s. Respondents also noted the need for more social and volunteer opportunities, technology support, and amenities such as benches, rest areas and public washrooms. Community Care is the only low cost provider of transportation services throughout this region. The demand for this service is higher than they have capacity for, and more volunteer drivers are needed.



LEARNING & CONTRIBUTING

The survey highlights a broad range of opportunities for older adults to continue learning, stay active and contribute their skills and experience. Organizations expanded access to technology/digital literacy training and support, offered diverse recreation and lifelong learning programs, and created meaningful volunteer and employment opportunities.

Together, these efforts support older adults in remaining connected, engaged and active participants in their communities.

Technology

As more essential information, applications, forms and services—including government and health care—move online, digital skills and access to technology have become increasingly important to participating fully in community life.

Throughout the region, organizations, in particular Libraries, are helping older adults build confidence and independence through technology training, one-on-one support, device lending and accessible digital tools. These efforts reduce barriers to accessing essential services, staying connected and informed, and participating in health, learning and community opportunities.

Recreation

Across Peterborough and the surrounding County, a wide range of recreation opportunities are helping older adults stay active, engaged and connected. Fitness programs, walking groups, arts and crafts, music, games, outings and social events provide opportunities to maintain physical and mental well-being, build relationships and reduce social isolation.

Programs are increasingly being adapted to different abilities and interests, with accessible and intergenerational opportunities helping older adults remain connected to their communities and participate in activities that support healthy aging.

- 835 volunteers contributed 85,166 hours through Community Care.
- 45+ recreation programs offered at Mapleridge in 2025.
- 50+ adults received one-on-one technology training at the Peterborough Public Library.
- 8 Minds in Motion sessions weekly across the region.
- Growing opportunities for lifelong learning, volunteering and skill-sharing.
- Multiple recreation programs being offered through PRHC and PCHC

Lifelong Learning

Older adults are being supported to stay engaged, connected and active through opportunities to learn new skills, participate in recreation, volunteer and contribute to their communities in every corner of this area.

Programs are helping reduce barriers to digital access, support physical and mental well-being, strengthen social connections and provide meaningful opportunities for older adults to share their skills and experience.

The strong contribution of older adult volunteers, alongside diverse learning and recreation opportunities, highlights the important role older adults play in building vibrant, connected communities.

Volunteerism

Volunteerism remains a cornerstone of community, with older adults contributing their skills, experience and time through programs, events, leadership and peer support. These opportunities bring generations together to meet community needs.

In 2025–26, Community Care Peterborough's 835 volunteers contributed more than 85,000 hours—the equivalent of 46.8 full-time staff.

Across the region, volunteer opportunities keep older adults connected, active and engaged, while recruitment, matching and recognition efforts strengthen participation.

Employment

Organizations across the region continue to support inclusive employment opportunities for older adults through equitable hiring practices, flexible work options and opportunities to remain engaged in community leadership.

Selwyn Township, for example, has recruited older adults in recreation and fire services, while organizations such as PCHC and HCWC emphasize inclusive and age-friendly employment practices.

At the same time, survey responses indicate that employment is a less prominent area for many older adults, particularly as a large proportion of those served are retired and 75+.

72% Of fully retired Canadians who volunteer reported higher life satisfaction compared to those who don't volunteer – Stats Canada – Formal volunteering by retired Canadians 2023

Unmet Needs

For many organizations, employment is less relevant as most members are retired, particularly those aged 75 and older.

Survey responses identified a need for greater digital literacy support and more opportunities for recreation and social connection, including dances, sing-alongs and communal meals that provide welcoming, low-stakes opportunities to connect with others.

Nationally: nearly 1 in 4 seniors wanted more opportunities to participate*
Locally: Peterborough/Nogojiwanong has a broad network of organizations creating those opportunities and reducing as many barriers to participation as possible

* *Statistics Canada, Canadian Health Survey on Seniors, 2019-2020. Nearby one in four seniors reported wanting to participate in more social, recreational or group activities

BUILDING RELATIONSHIPS

Across Peterborough/Nogojiwanong, organizations continue to strengthen relationships and build more connected, inclusive communities for older adults.

Community partnerships support coordinated programs, referrals, outreach, health and safety initiatives, and new approaches to addressing complex needs, while community hubs and shared initiatives help bring services closer to where people live.

Intergenerational programs create opportunities for older adults to share their knowledge, skills and experiences with younger generations, while inclusive recreation, accessible programming and opportunities for participation help foster belonging. New collaborative initiatives, including the Older Adult Advocate pilot addressing elder abuse, demonstrate the value of organizations working together to respond to emerging needs and strengthen the community-wide support system for older adults.

Community Collaboration

Community collaboration is demonstrated throughout the survey, with a total of 66 examples of organizations working together to expand programs, improve awareness, make referrals and connect older adults to services and supports.

Collaborations recognize that older adults often need services and programs across sectors and organizations, and that no single organization can meet every need. By understanding their respective roles and areas of expertise, organizations can work together to connect services and provide more holistic, coordinated support for older adults.

They are helping to bring services closer to where people live through community hubs, NORCs, outreach and shared programming.

- Stronger community partnerships and coordinated supports
- Intergenerational connections through mentoring, programs and volunteering
- Enhanced safety initiatives, including emergency preparedness and elder abuse supports
- Seniors Safety Roundtable brings all safety partners together to identify gaps and ways to address them
- Community hubs and shared initiatives bringing services closer to older adults
- 30+ Fraud presentations completed by Peterborough Police Service





Inclusion of Older Adults

Inclusion efforts across the region focus on reducing barriers and creating welcoming, accessible opportunities for older adults to participate and feel connected.

Organizations are adapting programs to different abilities, cultures and needs, while expanding accessible recreation, volunteer opportunities, support groups and community programming.

Partnerships and initiatives that address accessibility, cultural inclusion and discrimination further support a community where older adults can remain active, valued and included.

Safety

Safety initiatives across the region focus on prevention, preparedness, education and coordinated responses to help older adults remain safe and independent.

Organizations are providing information on falls, fraud, driving, internet safety, health and emergency preparedness, while partnerships with police, health and community agencies strengthen local supports.

The new Older Adult Advocate pilot is an important example of this collaborative approach, helping address gaps in responses to elder abuse and providing older adults with a more coordinated, person-centred response

in 2024 Canadians 60+ lost 179 Million to fraud

Older adults are disproportionately targeted by fraud. In 2024, Canadians aged 60+ accounted for 23.4% of reported fraud victims and lost at least $179 million to fraud.

https://www.canada.ca/en/employment-social-development/corporate/reports/committe-binders/2025-oct-28-huma-mclean.html?utm_source=chatgpt.com

Unmet Needs

The main unmet needs identified were greater access and flexibility for working older adults, including evening and weekend programs, as well as more one-on-one support with technology and transportation.

Broader concerns included **affordable transportation and food, access to primary care, and affordable housing.**

BUILDING ON OUR COLLECTIVE IMPACT

The 2025 Impact Report provides a snapshot of the many ways organizations across Peterborough/Nogojiwanong are working to create an age-friendly community.

From supporting basic needs and helping older adults remain mobile, to strengthening relationships and creating opportunities to learn, contribute and stay connected, the survey shows a strong and growing network of programs, services, partnerships, collaborations and community initiatives.

The responses from **42 organizations** demonstrate the depth of commitment across our region. They also highlight an important theme: age-friendly work is not the responsibility of any one organization. Rather, it is built through collaboration, shared knowledge, creativity and a willingness to adapt as the needs of older adults' change.

At the same time, this report reflects the experiences and perspectives of organizations supporting older adults—not older adults themselves.

The findings provide valuable insight into the services being offered, the progress being made and the gaps that organizations are seeing in their communities.

They should be viewed alongside the voices and lived experiences of older adults as we continue to identify priorities and shape future action.

There is much to celebrate, and there is still work to do. The ongoing needs identified throughout the report—including **affordable housing and transportation, access to healthcare, affordability, accessibility, digital literacy, social connection and caregiver support**—remind us that building an age-friendly community is ongoing and takes time.

That is abundantly clear when we consider where we started in this journey, so many years ago. AFP started with a small group of people idenifying the need for more supports and services for those people in our community who are aging. It has evolved to nearly 200 groups and people working toward a community where everyone has the opportunity to age well and how they want to.

THANK YOU

Thank you to the organizations that took the time to share their work, their insights and their commitment to older adults.

The work you do everyday helps older adults navigate lifes challenges, make it easier to access information, recreation, health care, and stay connected to their communities.



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