



# Communauté rurale de Cocagne One Page Action Summary

The Wellness Movement is pleased to recognize the Communauté rurale de Cocagne for their **leadership and commitment in becoming an Age-Friendly Community (AFC) where seniors are supported to thrive.**

Here are the steps the Communauté rurale de Cocagne took to become recognized as an Age-Friendly Community, categorized under the 4 basic steps of the World Health Organization (WHO):



**Secure community commitment by having the municipality, rural community or local service district (LSD) officially commit to the AFC approach.**

Age-Friendly Community initiative approved by Municipality in June 2015.



**Establish an Age-Friendly Steering Committee and find support in order to actively engage the community and, in particular, seniors.**

An Age-Friendly Steering Committee was formed in 2015.



**Conduct an Age-Friendly assessment in consultation with the community and seniors.**

Development of the 50+ de Cocagne bilingual survey.

Volunteer distribution of the 50+ de Cocagne bilingual survey/needs assessment.

Université de Moncton compiles surveys and results, December 2015-January 2016.



**Establish a comprehensive action plan, including measures, that responds to the needs identified by seniors in the community.**

Finalization of plan and prioritization of areas of action.

Public presentation of the results of the 50+ de Cocagne bilingual survey in June 2016.

Action Plan

4 priority areas selected for action in September 2016:

*Outdoor Spaces and Buildings*

- Physical activities for active aging
- Accessibility
- More benches for pedestrian areas

*Communication*

- Better diffusion of information

*Social Inclusion*

- More community activities
- Intergenerational social participation

*Affordable Housing*

- Looking at why people can no longer live at home
- What housing options are available for seniors

Resolution of adoption of the action plan by the Municipal Council.

Rendez-vous mieux-être Cocagne.

Formation of an Age-Friendly Implementation Steering Committee.

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