



City of Beresford One Page Action Summary

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

Here are the steps the City of Beresford 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.

In November 2013, a resolution was passed for the Age-Friendly Initiative.



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

Also in November 2013, the resolution established an age-friendly planning committee.



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

Services and activities already available were identified in November 2013 and the public was consulted through an age-friendly survey.

The City uses various methods to communicate on age-friendly matters, including the city newsletter, website and social media.



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

The age-friendly survey led to the creation of a specific action plan with a timetable that was presented to and adopted by the Town of Beresford on March 24, 2014.

Projects completed to date include:

- Telephone directory for seniors
- Increased accessibility to public buildings for persons with reduced mobility
- Solar lights in walking trails
- Public toilets open on the beach from May to October
- Space reserved in the municipal bulletin
- Identification of previously under-recognized senior volunteers
- Community gardens adapted for the needs of senior residents, including portable raised beds
- Collaboration with institutions, schools, and social clubs to give workshops or courses for seniors on computer science and other topics

Ongoing projects include:

- An exercise park for seniors
- Emergency program for vulnerable seniors
- Transportation and travel program
- Continued collaboration with community partners e.g. MACS-NB
- Regular follow-up and meetings of the age-friendly committee members

NEW BRUNSWICK
AGE-FRIENDLY
COMMUNITY

THE wellness
MOVEMENT



COMMUNAUTÉ-AMIE
DES AÎNÉS DU
NOUVEAU-BRUNSWICK

le MOUVEMENT...
mieux-être

New Brunswick
Nouveau Brunswick