

Executive Summary

Canada is experiencing a demographic trend of population aging (Plouffe & Kalache, 2010). Hamilton, Ontario is in line with this trend, with seniors being the fastest growing segment of Hamilton's population. As a result of an aging population, there is an international movement advocating for the creation of agefriendly communities, which provide environments to support the well-being of older residents (WHO, 2007). The well-being of seniors is affected by their ability to retain independence in conducting instrumental activities of daily living (IADL) within their neighbourhoods, such as walking to the store, using public transit, and getting to the doctor (Hodge, 2008). This study evaluated the senior-friendliness of the Macassa and Glenview West neighbourhoods in Hamilton to identify which neighbourhood features are supportive of, and which features pose barriers to, instrumental activities of daily living among seniors.

Research Method

Each neighbourhood was evaluated through observational analyses using a senior-friendly evaluation tool informed by a 2012 study on senior-friendly neighbourhoods in Victoria, British Columbia. The tool was adapted to focus on factors impacting IADL, as described in the existing literature, and factors specific to the Hamilton context, as described in summaries of focus

Recommendations

Based on the findings and analysis, the following recommendations are proposed for Hamilton and for the selected neighbourhoods:

Hamilton