

# AGING IN COMMUNITY THEORY OF CHANGE



**ACTIVE PARTNERS**

JHSB  
SCLA

VEQ

JHCP

## RESULTS

### KEY OUTCOMES

SHORT TERM



MID TERM



LONG TERM



#### INCREASED CONNECTEDNESS

Increase by ... the number of seniors who have an effective connection to formal or informal community resources.

**CONNECTEDNESS**  
Seniors and their allies are more aware of formal and informal resources

**CONNECTEDNESS**  
Seniors are more inclined to proactive engagement with a supportive resources

**CONNECTEDNESS**  
Seniors and their allies are connected to the appropriate supportive resources

#### IMPROVED ACCESS

to a wider range of linguistically and culturally adapted services : Increase by ... the number of seniors accessing an effective range of "home-support services" ADL/IADL services (2). Increase by ... the number of seniors living in an appropriate home (3).

**ACCESS**  
Seniors and their allies shared their concerns about existing gaps concerning home-care services and adapted housing

**ACCESS**  
Seniors have access to a wider range of home-care services

**ACCESS**  
Seniors are able to maintain their autonomy and their quality of life at home or in adapted housing

#### REDUCED STRESS

Reduce by... the stress experienced by seniors, their families and caregivers throughout the transitions that seniors face while aging. (Data and Evidence\*)

**STRESS**  
Seniors and their allies are proactive in looking for information about resources available

**STRESS**  
Seniors and their allies understand their options and are able to plan the next steps with confidence

**STRESS**  
Seniors and their allies proactively contact and access the resources they need and trust

## STRATEGIES

Consolidate the effectiveness of partnerships

Update community knowledge based development approach

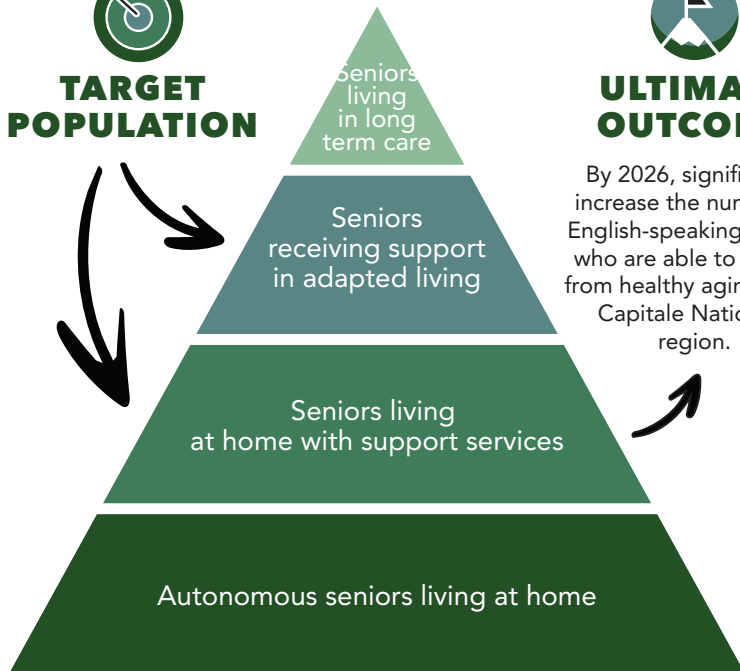
Active Experimentation: Pilot new initiatives and scale up to leverage collective needs to improve our response to individual needs

**TARGET POPULATION**



**ULTIMATE OUTCOME**

By 2026, significantly increase the number of English-speaking seniors who are able to benefit from healthy aging in the Capitale Nationale region.



**ALLIES**

FAMILY • CAREGIVERS • FRIENDS • NEIGHBOURS



**WELLNESS**

COMMUNITY • VOLUNTEERS