



A Place to Belong as We Age

What aging well can look like when community comes together

Thank you to our partners

Thank you to the many partners who are helping make Alberta one of the best places in the world to grow older. Healthy Aging Alberta's work is powered by United Way of Calgary and Area and generously supported by the Alberta Government and the Waltons Trust. Through their investments, we are helping communities develop, test, and strengthen community-based approaches that support older adults to age well.

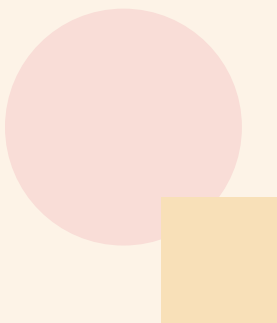
Our funded community partners are at the heart of this work. Through their dedication, wisdom, care, and lived experience, they bring programs to life and support older adults in essential ways across the province.

We are also grateful to PolicyWise for Children & Families for their thoughtful collection and analysis of program data, helping us understand our impact and continue learning and improving together.



About our data collection

This report shares highlights from Healthy Aging Alberta's Assisted Transportation, Social Prescribing, and Community Supports programs. The data comes from participant surveys, service records, feedback from program staff, and various forms of stakeholder engagement, which reflect the experiences of those who chose to share information. Because not all participants complete follow-ups, and data collection can vary across communities, the results are not meant to represent all participants or the broader population. If you have any questions about the data or what it means, please email us at info@healthyagingalberta.ca. We'd be happy to connect.



Aging well looks different for everyone

Across Alberta, older adults are navigating many different stages of aging. Some are active and independent. Others are managing health concerns, fixed incomes, or living alone. Where you live and what supports are available nearby can make a big difference in how easy it is to age well.

In some communities, services are well-connected. In others, supports may be limited, delivered differently, or still emerging.

Healthy Aging Alberta is working alongside communities to strengthen and grow these supports. So, no matter where someone lives, they have the pathways to age with dignity, connection, and choice.



Meet Jean

Jean is 74 and lives alone in 'Prairie Ridge', a small rural community in central Alberta. Her town is one of many communities working to build stronger supports for older adults.

She's lived here most of her life. Her neighbours know her, and she values her independence, but, like many older adults, things have become harder over time.

Jean lives on a modest income. She no longer drives, and public transportation isn't available in her town. Lately, she's been feeling more tired, more isolated, and a bit overwhelmed as she manages everything on her own.

When she starts experiencing shortness of breath and joint pain, she knows it's time to see her doctor.

Jean is a fictional character, inspired by common experiences reflected in Healthy Aging Alberta's program data. Her story helps bring to life what can happen when community-based services are connected and working together.

Getting to care: Assisted Transportation

When Jean needs to see her doctor, her first concern isn't the appointment—it's how to get there.

In Prairie Ridge, a local, subsidized assisted transportation program helps fill that gap. A volunteer driver picks her up, helps her into the vehicle, and makes sure she gets to her appointment and back home safely.

Not every community has access to transportation supports like this, and programs can look different depending on local capacity and resources. But where they exist, they play a critical role in helping older adults stay connected to essential care and friends and family.

For Jean, this ride means access, dignity, and the ability to keep living in the place she calls home.



Getting there changes everything: Assisted Transportation supports healthcare, connection, and independence

All data is cumulative from
October 2023 to September 2025.
Source: Healthy Aging Alberta's Assisted
Transportation Program: Year 3 Data Analysis
by PolicyWise for Children & Families

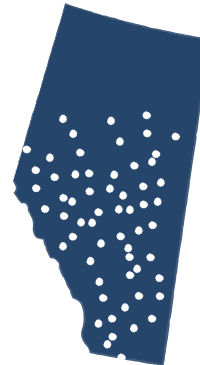
TRANSPORTATION IN ACTION



2,710
older
Albertans
served



19,718
total rides provided



**19 funded
community
organizations**
providing service across
65 communities

\$2.9M invested
in community programs
with support from the
Alberta Government*

MAKING TRANSPORTATION ACCESSIBLE

Subsidies and accessible options help
ensure transportation is not limited by
income or physical ability.

**15 riders
per month**
(on average) use walkers,
wheelchairs, or other
mobility aids



**2,685
subsidies**
provided totaling
\$140,396

*Between October 2023 and March 2026.

“ This program has given me back my independence. I felt celebrated and connected again, being able to attend the Calgary Philharmonic, where I got recognized and acknowledged from the stage for my 97th birthday, and then could meet with my family for a meal. I feel so special and alive again.”

- Older adult rider, a local Assisted Transportation program



WHAT GETTING THERE MAKES POSSIBLE

Transportation does more than move people from place to place.

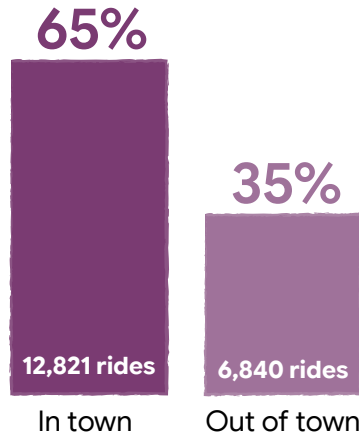
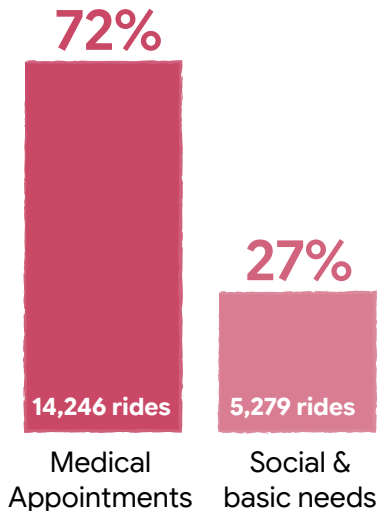
It helps older adults:

- ✓ Attend medical appointments consistently
- ✓ Pick up groceries and prescriptions
- ✓ Stay connected to friends, family, and community
- ✓ Feel confident and independent

Accessible transportation is a foundation for aging well in our own communities.

WHERE RIDERS NEEDED TO GO

Many rides support more than one need or can have more than one stop. For example, a medical appointment might be followed by a stop at the grocery store.



CLOSE TO HOME AND BEYOND

Whether travelling within the community or to larger centres, transportation bridges service gaps.

A new kind of support: **Social Prescribing**

At her appointment, Jean's doctor looks beyond her immediate medical needs.

Because Prairie Ridge has a Social Prescribing program, the doctor can connect Jean with a Link Worker—someone who can help her navigate non-medical supports, such as food security and social connection programs—in her community.

In many parts of Alberta, social prescribing is still developing or not yet available. Healthy Aging Alberta works with communities to explore how these models can grow in ways that fit local realities.

Finding the right fit: Meeting a Link Worker

Jean meets with her Link Worker at a familiar community space. Together, they talk about what's been hardest lately.

She shares that she's:

- Struggling with mobility around her home.
- Feeling lonely since a close friend moved away.
- Unsure where to turn for help that fits her budget.

The Link Worker helps her explore options that feel realistic and respectful of her independence.

This kind of one-on-one support doesn't look the same everywhere. In some communities, similar roles may be offered through different organizations or informally through trusted local partners. What matters is the shared goal: **helping people find the right support, in the right place, at the right time, in ways that feel respectful and personal.**



Care that connects: How Social Prescribing is bridging healthcare and community

All data is cumulative from December 2022 to September 2025.

Source: Healthy Aging Alberta's Social Prescribing Program for Older Adults: Annual Evaluation Report – Year 3 by PolicyWise for Children & Families.

A GROWING PROVINCIAL MODEL

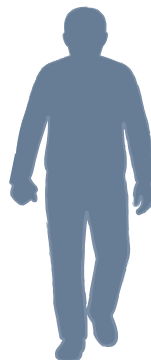


5,170 social prescriptions

received from healthcare professionals

3,590 older adults

supported by social prescribing staff across Alberta

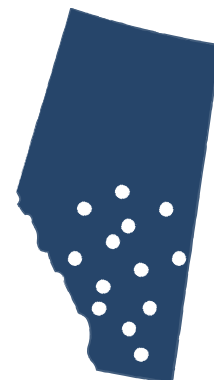


\$2.2M invested

in community programs with support from Waltons Trust*

13 communities

implementing social prescribing programs



385 regulated healthcare professionals

providing social prescriptions on average each quarter



WHAT IT MEANS FOR OLDER ADULTS

54% reported increased awareness of services

39% reported improved mental health

47% reported improved access to services

32% reported greater contentment with social connections

Progress may be gradual, but increased stability and connection represent meaningful change.

**Between December 2022 and September 2025. Outputs and outcomes reflected are representative of broader investment in social prescribing provincially in addition to funding that flows through HAA.*

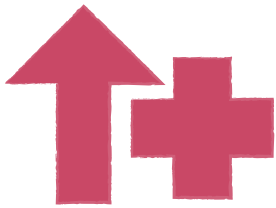
“Most of the seniors now, with our presence and our support, they are no longer missing their appointments, and they are happy about that...we have actually assisted them to reduce the number of times they have been to the emergency at the hospital.”

- Link Worker



WHAT WE'VE LEARNED SO FAR

- ✓ Stability can be a meaningful outcome. For older adults facing chronic or complex challenges, preventing decline matters.
- ✓ Social prescribing strengthens healthcare capacity when roles are clear and collaborative.
- ✓ Urban and rural programs require flexibility to reflect different realities and service gaps.
- ✓ Strong referral pathways and shared language across sectors improve system coordination.
- ✓ As the model grows, better cost information and stronger data sharing across sectors will help guide long-term planning.



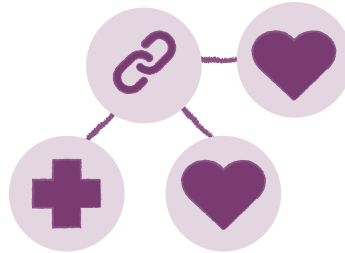
STRENGTHENING HEALTHCARE CAPACITY

95% say the service met their patients' needs

54% spend less time addressing non-medical needs

60% report fewer repeat appointments for some patients

Social prescribing allows healthcare providers to focus on clinical care while Link Workers address social and practical needs.



COMMUNITIES WORKING BETTER TOGETHER

87% report more streamlined service delivery

87% report improved referral pathways for older adults

83% report stronger relationships between community partners

Social prescribing strengthens collaboration between healthcare and community organizations.

Strengthening daily life: **Community Supports**

Through this conversation, Jean is connected to a couple of Community Supports programs that offer light home help once a week and a local seniors' group that meets for coffee and other fun activities.

Community Supports are often shaped by local strengths, volunteers, nonprofits, and informal networks working together. Some communities may offer a wide range of services, while others are expanding supports step by step.

For Jean, these supports help her feel connected and confident managing daily life.



Support close to home: Community Supports helping older adults age in place

All data is cumulative from November 2022 to September 2025.

Source: Healthy Aging Alberta's Provincial Community Supports Program: Interim Report (Nov 2025) by PolicyWise for Children & Families

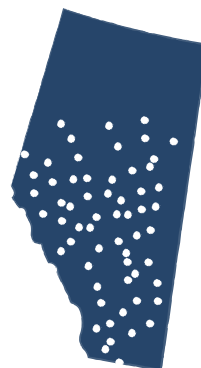
COMMUNITY SUPPORTS IN ACTION

Local organizations are delivering practical and social supports across urban, rural, and remote communities.



21,122 older adults served

Older adults accessed community supports **81,577 times**



27 funded organizations supporting **100** communities across Alberta

\$6.4M invested in community programs with support from the Alberta Government*

WHAT SUPPORT LOOKS LIKE

Top 3 services accessed:



29% System Navigation & Supported Referral



18% Meal Preparation & Delivery

15% Social Connection Programming



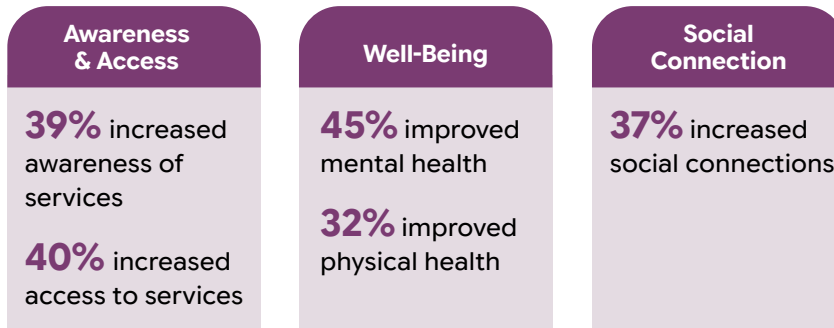
Support ranges from practical daily needs to trusted conversations and community connections.

* Between November 2022 and March 2027.

“One of the most significant positive outcomes is that senior-serving partners have a clear point of contact when an older adult requires support to age in community. Our project has helped streamline referrals and strengthen inter-agency collaboration, making it easier for organizations to know who to call and how to respond effectively.”

- Funded community partner

WHAT IT MEANS FOR OLDER ADULTS



For many older adults, maintaining stability and preventing decline represent meaningful progress.



CONNECTION OPENS DOORS

- Group programs, shared meals, cultural gatherings, and trusted relationships often become entry points to broader services.
- Connection builds trust, leading to referrals and stability.

ACCESS MAKES PARTICIPATION POSSIBLE

- Transportation, navigation assistance, and caregiver support remove barriers that prevent older adults from participating in community life.
- Navigation and trusted staff help older adults complete applications, access benefits, and connect to additional services.

WHAT WE'VE LEARNED SO FAR



Every community is different, and supports are shaped to fit local needs.

- ✓ Social activities often open the door to other kinds of help.
- ✓ Programs that reflect people's language and culture help build trust and inclusion.
- ✓ Rides and one-on-one guidance make it easier to access support.
- ✓ Aging in place is made possible when connection and accessibility work together.



The future of aging well, together

For Jean, support showed up as a ride, a conversation, and a connection to her community. For Alberta, it shows what aging well can look like when communities lead the way.

Across the province, older adults have unique needs, and communities are at different stages in developing or expanding supports such as Assisted Transportation, Social Prescribing, and Community Supports.

But aging well isn't a single service or solution. It's the result of communities being equipped to respond thoughtfully, locally, and together.

Jean's story shows what becomes possible when support is close to home, easy to navigate, and built around real life. It may not yet be the reality for every older adult in Alberta—but it's the future we're working toward.

