

Building Blocks

What is it?

This section looks at the three building blocks of an age friendly community. Each of the three building block links contains:

- a brief description of the building block
- reflective questions that can help your group identify the strengths of your community and where the gaps might be
- additional tips and strategies that will help you answer the reflective questions

Why Use Reflective Questions?

- Creating an age friendly community is more complex than checking off items from a checklist so a more holistic and reflective approach is needed
- Reflective questions allow for deeper thinking to occur
- The process of collectively working through reflective questions allows for relationships to build through developing a shared understanding of multiple of perspectives
- This format also helps the focus to not only be on the end results or outcomes, but also on the process

Key Points When Using Reflective Questions:

- The reflective questions are the starting point, not the ending point to becoming more age friendly
- You don't need to answer all of the questions immediately - break the sections up!
- Avoid answering these questions with simple yes/no responses and recognize the variety of perspectives sitting at your table - do all of

these individuals have the same information and the same perspective that have?

- Be sure to make notes along the way - What are your strengths? What are the areas that may need improvements? What areas have not been addressed at all? These notes will help with identifying your short, mid, and long-term goals for your community

Tools and Resources:

- Building Block Dialogue Starter
- Facilitating a World Café
- SWOT Analysis Using the Building Blocks
- Reflecting on the Process and Outcomes (coming soon)
- Identifying and Mobilizing Community Sector Partners
- Ideas for Capturing Stories
- Using Photovoice
- Tips for Facilitating Focus Groups
- Tips for Developing Questionnaires
- Haliburton Aging Well Questionnaire