

APPENDIX III

STRATHCONA COUNTY

Seniors Plan Survey

Seniors & Adults 55+

FINAL Report

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By Phil Kreisel, Ph.D.

Corporate Planning & Intergovernmental Affairs

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Banister
Research & Consulting Inc.

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SUMMARY OF FINDINGS

In August 2008, Banister Research & Consulting Inc. was contracted by Family and Community Services, Strathcona County, to analyze results from the Seniors Plan Questionnaire. The intent of the survey was to gather a clear and accurate representation of the needs and strengths of the community's population 55 years of age or older. For the purposes of this report, seniors are defined as individuals 55 years of age or older.

Key Findings:

Issues for Seniors and Sustainability

- ◆ Respondents identified the most important issues facing Strathcona Seniors included access to seniors' housing (65%), access to healthcare (58%), and the rising costs of living relative to fixed incomes (56%).
- ◆ The majority (93%) of seniors agreed that they are confident or physically stable moving around in their home, and that it is easy for them to move around in stores, Strathcona County buildings and other publicly accessible places (85%). Eight in ten (81%) agreed that they are able to get transportation when needed.
- ◆ When asked how Strathcona County should ensure the sustainability of seniors' programs and services, 43% of respondents indicated that programs should target those in need. Just over one-quarter of respondents (26%) mentioned universal programs funded through property taxes, and another 25% mentioned cost recovery for seniors' programs.

Recreation, Leisure and Culture

- ◆ Forty-four percent (45%) of respondents indicated they would prefer attending programs open to the general public. Twenty-four (25%) indicated they would prefer to attend a designated seniors' program in a community facility while 12% indicated they would prefer attending a seniors' centre.
- ◆ Eight out of ten (83%) respondents indicated they had taken part in physical activities in the past year. Seventy-one percent (71%) indicated they had traveled, and 61% indicated they had participated in social activities.
- ◆ While 60% of respondents indicated that cost had not prevented them from participating in recreation and leisure activities, 30% of respondents indicated that it had.
- ◆ In the last year, 35% of respondents indicated they had engaged in mild physical activity and 14% indicated engaging in moderate physical activity daily. Only 3% engaged in vigorous physical activity daily or almost daily. On the flip side, those who rarely or never did physical activity included the following patterns (11% never did mild activity, 29% didn't do moderate activity and 70% did not do any vigorous activity).

Life Long Learning

- ◆ Just over half of respondents (53%) indicated they did not participate in any learning activities. Amongst those that had, respondents indicated they had participated in workshops or courses from a community organization (18%), workshops or courses from the library (9%), or an online or distance learning course (7%).
- ◆ Close to half of respondents (49%) mentioned health and wellness when asked to specify a subject they wanted to learn more about. Housing options were mentioned by 41% of respondents, and computers or the internet was mentioned by 35% of respondents.

Health & Wellness

- ◆ The majority of respondents (82%) felt their overall physical health was good, very good or excellent, while 17% felt their physical health was fair or poor.
- ◆ More than ninety percent of respondents (92%) felt their mental health was good, very good, or excellent.
- ◆ Eight in ten respondents (81%) felt that their physical health was the same or better than it was 12 months ago while 18% of respondents felt it was worse.
- ◆ More than three-quarters of respondents (78%) felt that their mental health was the same as it was a year ago, while fifteen percent (15%) of respondents felt that their mental health was somewhat or much better.
- ◆ More than half of respondents (57%) indicated that they did not have any long term medical conditions that limited their daily activities.
- ◆ Respondents most frequently indicated they did not drink any alcoholic beverages in a typical week (45%), while 27% of respondents reported that they consumed 1 or 2 drinks per week, while 19% consumed between 3 and 7 drinks per week.
- ◆ The majority (81%) of respondents indicated they had not consumed 5 or more drinks on one occasion in the last year.
- ◆ The vast majority (95%) of respondents indicated that they had not used prescription drugs improperly over the past 12 months.
- ◆ Almost all respondents (98%) indicated that they had not used illicit drugs over the past year.
- ◆ When respondents were asked to rate the accessibility of various health services, the majority (95%) indicated that their family doctor was somewhat (39%) or very accessible (56%).

Housing

- ◆ The majority of respondents (90%) indicated they planned to live in Strathcona County throughout their retirement.
- ◆ More than eighty percent (86%) of respondents indicated they owned their home, while 6% rented.
- ◆ When describing their current living arrangement two-thirds (67%) of respondents reported they lived with their partner, and 21% indicated that they live alone.
- ◆ More than two thirds of respondents (69%) indicated they lived in a single detached house, while 15% of respondents indicated they lived in a townhouse or duplex.
- ◆ When asked what type of housing they anticipated living in 10 years from now, 43% of respondents reported they anticipated living in a single detached house, while 17% anticipated living in a townhouse or duplex.
- ◆ When asked in what type of housing respondents anticipated living in 20 years from now, 39% indicated they anticipated living in a supported living facility, lodge, or nursing home.
- ◆ The most frequently mentioned reasons why respondents might consider moving from their current space included that the space would be too difficult to maintain (44%), followed by health concerns (41%) or that the space would be too expensive (28%).
- ◆ When respondents indicated the services that would be, or would have been, the greatest help to allow them to remain in their home longer, close to two-thirds (63%) of respondents mentioned home maintenance, 43% mentioned home support services, and 38% mentioned financial assistance.

Transportation

- ◆ Respondents indicated that they drove themselves (84%) as their main method of transportation.
- ◆ The most frequently mentioned reasons why respondents do not get out was that they prefer to do things at home (39%), health issues (12%), and that it was too expensive (10%).

Accessibility and Information

- ◆ When respondents were asked to identify how they would prefer to get information about resources or activities for older adults and seniors the most frequently mentioned were in the local weekly paper (65%), the daily paper (38%), and through their family doctor (37%).
- ◆ Respondents most frequently indicated they used a computer in the past year for sending email (70%), using the internet (63%), and writing or editing text (41%).



Safety

- ◆ Seven percent (7%) of respondents indicated that they had been the victim of a fraud or scam since turning 55, while 91% had not.
- ◆ Six percent (6%) of respondents felt that someone close to them had been too involved in their decision making since turning 55, while 92% did not.
- ◆ The majority of respondents indicated that they had not been the victim of elder abuse by a health care worker (91%), a family member (90%) or another person in authority (90%).

Financial Security

- ◆ When identifying the financial source that will provide primary funding for their senior years, 34% of respondents mentioned a pension plan from an employer, 28% indicated their savings and investments, and 28% reported federal government benefits.

Employment and Volunteerism

- ◆ Three in ten (31%) respondents indicated they were currently employed (either full-time or part-time), while 64% indicated they were not.
- ◆ When asked when they left or plan to leave the workforce, half (50%) of respondents indicated before age 65, 19% indicated at age 65, while 11% indicated that they will continue to work at their current job after age 65.
- ◆ The most frequently mentioned reason for working, or planning to work after the age of 65 was needing the money (44%), followed by not being ready to leave their job (25%) and wanting to keep busy (22%).

Social Services

- ◆ The majority (82%) of respondents indicated that overall they were “happy” or “very happy,” while 14% indicated they were “unhappy” or “somewhat unhappy.”
- ◆ When asked to indicate which scenarios would have a positive impact on their overall happiness, financial stability (82%), better health (78%), and opportunities to learn new things (75%) were most frequently mentioned.
- ◆ The majority (95%) of respondents indicated they had loving and supportive people in their lives, while another 94% had people that listen and 93% had people to relax or go out and have fun with.
- ◆ Respondents were generally concerned or very concerned about losing mobility (60%), health issues (53%), appropriate housing options (52%), and the death of loved ones (51%).



- ◆ Respondent concerns for the future included staying healthy or the health of a spouse (21%), sufficient income or financing (14%), and the rising cost of living (12%).
- ◆ Respondents most often indicated being able to travel more (21%), close contact with family (20%), and good health or long life (17%), as aspects they were looking forward to in the future.



1.0 STUDY BACKGROUND

In August 2008, Banister Research & Consulting Inc. was contracted by Family and Community Services, Strathcona County to analyze results from the Seniors Plan Questionnaire. The intent of the questionnaire was to gather a clear and accurate representation of the needs and strengths of the community's population 55 years of age or older. For the purposes of this report, seniors are defined as individuals 55 years of age or older.

Specifically, the survey addressed the following areas, specifically as these may apply to seniors:

- ◆ Issues for seniors and the sustainability of seniors programs;
- ◆ Recreation, Leisure and Culture;
- ◆ Health and Wellness;
- ◆ Housing;
- ◆ Transportation;
- ◆ Information and Accessibility;
- ◆ Safety;
- ◆ Financial Security;
- ◆ Employment and Volunteerism
- ◆ Social Services

A review of the methodology associated in the development and implementation of the survey can be found in the section that follows.

2.0 METHODOLOGY

All components of the project were designed and executed in close consultation with Strathcona County (the client). A detailed description of each task of the project is outlined in the remainder of this section.

2.1 Project Initiation and Questionnaire Design

At the outset of the project, all background information relevant to the study was identified and subsequently reviewed by Banister Research. The consulting team familiarized itself with the objectives of the client ensuring a full understanding of the issues and concerns to be addressed in the project. The result of this task was an agreement on the research methodology, a detailed work plan and project initiation.

The survey instrument was designed by the Family and Community Services Department of Strathcona County. It included a mixture of quantitative and qualitative responses to elicit a more in-depth investigation of the issues and concerns pertinent to the Strathcona Seniors Plan. A final copy of the questionnaire can be viewed in Appendix A.

2.2 Survey Population and Data Collection

Strathcona County completed data collection from August 1 to 29, 2008 by making the survey available at County and partner facilities, as well as electronically. To ensure equitable opportunities to participate, facilitated sessions were held at various seniors and care facilities to aid in information gathering. A total of 676 surveys were completed, with results accurate to within $\pm 3.7\%$, 19 times out of 20.¹

¹ The $\pm 3.7\%$ is the *margin of error* associated with this study and refers to the potential percentage spread that exists within the answers to particular questions. This means that an answer could be up to 3.7% higher or lower than what is reported. The basis for this margin of error figure is based on the sample size of seniors who completed the study relative to the total number of seniors (aged 55 or older) who reside throughout the County. Please note that there were no controls put into place pertaining to a representative urban/rural split, nor were there controls put into place with respect to gender.

Other demographic breakdowns from the sample were as follows:

- In terms of completions, 65% of the surveys came from females, while 35% came from males.²
- The majority of completed surveys (81.3%) came from residents living in Sherwood Park.³
- Age groupings from this sample are as follows: 41.3% were 55-64 years of age, 46.8% were 65-79 years of age, and the remaining 11.9% were 80 years or older.⁴
- The majority of respondents to the survey were married (70%). Of the remaining 30%, the majority of these were widowed (18%).
- Most of the survey respondents (75.4%) had lived in their present neighborhood/community for 10 years or more.
- There was a broad range of education categories noted. Just over 25% had high school, while 9.3% had a trade certificate, 18.3% had some post-secondary, and 38.1% completed post-secondary or higher. Just over 9% had completed less than high school.
- In terms of total household income, 47.1% of seniors were living on less than \$50,000 per year; 35.6% had income of between \$50,000 and \$100,000, while 12.1% had income of more than \$100,000.⁵

² Please note that there were no controls put into place pertaining to a representative split with respect to gender. In addition, 12.5% of the completed surveys did not state the gender of the respondent.

³ No controls put into place pertaining pre-determining a representative urban/rural split for this study. Furthermore, location was not noted on 3.7% of the completed surveys.

⁴ There were 3% of respondents who did not indicate their age.

⁵ Overall, there were 21.4% of respondents who did not state their household income.

2.3 Data Analysis and Project Documentation

Strathcona County provided a data file once the interviews were data entered and verified. The lead consultant reviewed the list of different responses to each open-ended or verbatim question in order to establish a code list. To ensure consistency of interpretation, the same team of coders was assigned to the project from start to finish. The coding supervisor verified at least 10% of each coder's work. Once the responses were fully coded and entered into the data file, computer programs were written to check the data for quality and consistency.

Data analysis included cross-tabulation, whereby the frequency and percentage distribution of the results for each question were broken down by respondent characteristics (i.e. age, household income, gender, etc). Statistical analysis included a Z-test to determine if there were significant differences in responses between respondent subgroups. Results were reported as statistically significant at the 95% confidence level.

Tabulations of the detailed data tables have been provided under separate cover. It is important to note that any discrepancies between charts, graphs or tables are due to rounding of the numbers. A profile of the characteristics of respondents is provided in Section 3.10 of this report.

This report provides a detailed description of the findings from the Strathcona County Seniors Plan Survey.

3.0 STUDY FINDINGS

The study results are presented by topic area as addressed in the questionnaire. Generally, the findings are presented in the order that mirrors the questionnaire. Throughout this report, the term significant refers to "statistical significance" which occurs when there is a variation between seniors on the basis of one or more demographic characteristics. Please note that due to the rounding of percentages, the data in some figures and tables may not total to 100%. Furthermore, because of the self-complete format of the survey, not all respondents answered each question. Variations in 'n' have been noted throughout the report.

3.1 Issues for Seniors and Sustainability

When asked to identify the three most important issues facing seniors in Strathcona County from a list of 12 options, the following preferences were identified:

Table 1

% of Respondents	
65	Access to seniors' housing (including seniors' apartments, assisted living, lodges and long term care)
58	Access to health care (physicians, management of chronic conditions, and home care).
56	Rising living costs combined with fixed incomes
31	Availability of personal care and household support (including assistance from family)
20	Transportation
12	Recreation, culture and leisure activities
12	Information on seniors' programs and services
6	Opportunities for social interaction
4	Employment opportunities and barriers due to age discrimination
4	Access to learning opportunities
3	Meaningful volunteer opportunities
2	Elder abuse
4	Other (mentioned by less than 1% of respondents)
7	Don't know / not stated

Significant differences were found among a number of socio-demographic groups identifying the following as an important issue:

Access to health care:

Age

- This was less of an issue among older respondents than it was for younger ones. More specifically, this was more important to adults aged 55-64 (59%) and adults 65-79 (61%) than it was for respondents 80 years of age and older (45%).

Marital Status

- 63% of respondents who were married or living common law felt this was more important compared to 50% of those widowed, divorced, separated or never married

Income Level

- Those with household income less than \$50,000 put a lower importance on this item (52%) compared to those in higher income brackets (65% importance of those in the \$50-\$99.9 income bracket and 61% of those earning more that \$100,000).

Rising living costs combined with relatively fixed incomes:

Age

- The importance of this item became lower as the resident aged. In terms of age groupings, this was more important to adults aged 55-64 (64%) and adults 65-79 (53%) than it was for respondents 80 years of age and older (46%).

Education level

- 59% of those with less that a postgraduate or doctoral education felt this was more important than 42% of those having post graduate or doctoral education

Recreation, Culture and Leisure Opportunities

Income level

- Those with household income less than \$50,000 put a lower importance on this item (9%) compared to those in higher income brackets (18% importance of those in the \$50-\$99.9 income bracket and 19% of those earning more that \$100,000).

Information on Seniors Programs

Income level

- Those with household income less than \$50,000 put a higher importance on this item (16%) compared to those in higher income brackets (9% importance of those in the \$50-\$99.9 income bracket and 8% of those earning more that \$100,000).

When asked to rate their opinion on issues facing our aging population on a scale ranging from strongly agree to strongly disagree, out of 676 respondents the following results were obtained:

Table 2

Statement	% Agree	% Disagree	% Not Stated
I am confident/physically stable moving around in my home	93	4	3
It is easy for me to move around in stores, Strathcona County buildings and other publicly accessible places	85	11	4
I am able to get transportation when needed	81	11	8
There are meaningful volunteer opportunities for seniors in Strathcona County	80	8	12
Overall, Strathcona County is a senior friendly community	77	17	6
It is easy for me to meet monthly expenses	69	29	2
I am comfortable using a computer	68	27	5
My retirement finances are/will be adequate	60	37	3
I feel valued by the community for my skills, talents and knowledge	58	30	12
I am concerned about being targeted by a scam, fraud or being taken advantage of financially	55	41	4
I am well prepared for all aspects of retirement	54	40	6
I feel safe walking alone in my neighborhood after dark	47	50	3
There are meaningful employment opportunities for seniors in Strathcona County	43	38	19
There are enough affordable housing options for seniors in Strathcona County	12	81	7

In looking at selected items from another perspective:

- 4 out of 5 respondents felt there are **not enough affordable housing options** for seniors
- 1 in 2 respondents **do not feel safe** walking alone in their neighbourhood at night
- 37% and 40% respectively **do not feel** their retirement finance will be adequate and **do not feel** that they are well prepared for all aspects of retirement
- Nearly 1 in 3 **do not** find it easy to meet monthly expenses

- Close to 1 in 5 **do not** agree Strathcona is a Senior Friendly community
- 1 in 10 **do not** find it easy to move around in public places or to find transportation when needed

Significant variations were present on agreement levels for a number of issues on the basis of demographics. The most prevalent issues, and differences associated with demographic characteristics, were seen with issues with finance, perceptions of affordable housing, feeling safe and using a computer. For the remaining issues, demographic characteristics were not factors in distinguishing perceptions toward those issues asked in Table 2.

Agreement with aspects of finance:

Age:

- **73%** of the 55 to 64 age group agreed with the statement, *It is easy to meet household expenses*, compared with **66%** of those aged 65 to 79 and **82%** of those aged 80 or older. However, it can be seen here that age was not a large factor affecting this perception.
- **55%** of the 55 to 64 age group and **56%** of those aged 65 to 79 agreed with the statement, *I am prepared for all aspects of retirement*, compared with **71%** of those aged 80 or older.
- **51%** of the 55 to 64 age group agreed with the statement, *I am concerned with being targeted with a scam, fraud or getting taken advantage of financially*, compared with **63%** of those aged 65 to 79 and **62%** of those aged 80 or older. This is becoming more of a concern as the resident ages.

Marital Status:

- **74%** of those married or common law agreed with the statement, *It is easy to meet household expenses*, compared to **60%** of the not married group.
- **65%** of those married or common law agreed with the statement, *My retirement finances are/will be adequate*, compared to **54%** of the not married group.
- **60%** of those married or common law agreed with the statement, *I am prepared for all aspects of retirement*, compared to **51%** of the not married group.

Highest level of education:

- **89%** of those who had completed post secondary education agreed with the statement, *It is easy to meet household expenses*, compared to **59%** who had completed high school.

Household Income:



- **55%** of those earning less than \$50,000 a year agreed with the statement, *It is easy to meet household expenses*, compared with **85%** of those in the \$50-99.9 K bracket and **94%** of those earning \$100,000 or more.
- **55%** of those earning less than \$50,000 a year agreed with the statement, *My retirement finances are/will be adequate*, compared with **74%** of those in the \$50-99.9 K bracket and **83%** of those earning \$100,000 or more.
- **44%** of those earning less than \$50,000 a year agreed with the statement, *I am prepared for all aspects of retirement*, compared with **67%** of those in the \$50-99.9 K bracket and **74%** of those earning \$100,000 or more.
- **66%** of those earning less than \$50,000 a year agreed with the statement, *I am concerned with being targeted with a scam, fraud or getting taken advantage of financially*, compared with **51%** of those in the \$50-99.9 K bracket and **35%** of those earning \$100,000 or more.

Gender was not a factor associated with perceptions associated with financial or retirement preparation issues.

There are enough affordable housing option for seniors in Strathcona County:

Gender:

- **17%** of males agreed with this compared with **10%** of females.

Household Income:

- **11%** of those earning less than \$50,000 a year agreed with this compared with **15%** of those in the \$50-99.9 K bracket and **21%** of those earning \$100,000 or more. While the agreement with this statement increases moderately with household income, it is still something that is seen as a problem across all income groups.

One's age and marital status were not factors associated with perceptions toward affordable housing.

Feel safe walking alone in their neighbourhood after dark:

Age: **51%** of respondents aged 79 or younger felt safe compared to **36%** of those aged 80 or older.

Gender: **62%** of males felt safe compared to **39%** of females.

Marital Status: **54%** of those married or living common law felt safe compared to **32%** of the non married groups.

Level of Education: Perceptions of feeling safe generally increased as the level of education increased.

Household Income: **39%** of those with a household income under \$50,000 felt safe compared to **57%** of those in the \$50-99.9 K bracket and **71%** of those earning \$100,000 or more.

They are comfortable using a computer:

Age: **85%** of respondents aged 55 to 64 and **68%** of those aged 65-79 were comfortable using a computer compared with **42%** of those aged 80 or older.

Gender: No differences.

Marital Status: **78%** of those married or living common law felt this way compared to **57%** of the non married groups.

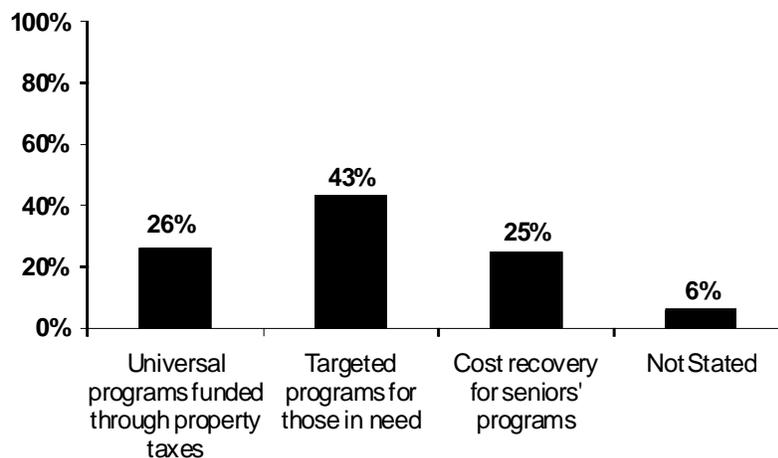
Level of Education: Perceptions of being comfortable using a computer increased as the level of education increased.

Household Income: Perceptions of being comfortable using a computer increased as the level of household increased.

When asked how Strathcona County should ensure the sustainability of seniors' programs and services, the following overall results are shown in Figure 1.

Figure 1

How should Strathcona County ensure the sustainability of seniors' programs and services?



n=676

With respect to the *universal programs funded through property taxes* option:

- This was strongest amongst those aged 55-64 (33%), and decreased as the age of the resident increased (25% among those aged 65-9 and 23% among those aged 80 or older).
- The popularity of this option increased as household income increased (23% from those earning less than \$50K, 31% from those earning \$50-99.9K and 39% from those earning \$100K or more).
- This option generally increased as education increased.
- No differences were seen for marital status or gender.

With respect to the *targeted programs for those in need* option:

- This was strongest amongst those aged 80 or older (52%) and favoured by 45% of those younger than 80.
- No differences were seen for household income, marital status, gender or education.

With respect to the *cost recovery for seniors' program* option:

- The popularity of this option decreased as household income increased (30% from those earning less than \$50K, 25% from those earning \$50-99.9K and 11% from those earning \$100K or more).
- More females (31%) than males (19%) favoured this option.
- No differences were seen for age, marital status or education.

3.2 Activities for Seniors

Respondents were asked to indicate their preference for formal leisure activities. 676 responses were received. Results are shown in Table 3 below.

Table 3

What is your preference for “formal” leisure activities?	
	Percent of Respondents
Attend a program open to general public	45
Attend a designated seniors’ program in community facility	25
Go to seniors’ centre	12
None of the above	18

With respect to the *attending a program open to the general public* option:

- This was strongest amongst those aged 55-64 (33%), and decreased as the age of the resident increased (25% among those aged 65-9 and 23% among those aged 80 or older).
- The popularity of this option increased as household income increased (23% from those earning less than \$50K, 31% from those earning \$50-99.9K and 39% from those earning \$100K or more).
- This option generally increased as education increased.
- No differences were seen for marital status or gender.

With respect to the *attending a designated seniors' program in a community facility* option:

- More females (27%) than males (16%) favoured this option.
- The popularity of this option was higher among those earning less than \$50K (29%) than it was among individuals in the higher earning categories (22% from those earning \$50-99.9K and 20% from those earning \$100K or more).
- No distinguishing patterns were seen for age, marital status or education.

With respect to the *going to a seniors' centre* option:

- The popularity of this option was higher among those earning less than \$50K (13%) than it was among individuals in the higher earning categories (9% from those earning \$50-99.9K and 5% from those earning \$100K or more). However, it was not a strong choice among any of the income categories compared to the other options.
- In terms of one's education, the appeal of this option decreased as one's education increased.
- No distinguishing patterns were seen for gender, age or marital status.

Respondents were asked to identify activities they had done in the past year. Table 4 shows the percentage of respondents reporting each activity.

Table 4

What activities have you done in past year?	
	Percent of Respondents*
Physical activities (e.g. played a sport, walked)	83
Travelled	71
Social activities (e.g. danced, played cards, pot luck)	61
Cultural activities (e.g. attended a museum or play)	56
Used library (e.g. read, computer, workshop)	56
Spiritual Activities (e.g. attended a religious service)	49
Volunteered	44
Outdoor activities (e.g. camped, hiked)	43
Arts and crafts (e.g. painted, scrapbooked)	34
Other (multiple suggestions mentioned by less than 2% of respondents)	9

*Respondents were allowed to indicate multiple choices for this question. There were 2% of respondents who did not indicate any choices for this question)

There were a number of patterns seen on the basis of demographic characteristics for several of the activity participation items.

With respect to participation in *physical activities*:

- ◆ Participation decreased as the age of the respondents increased (91% from those aged 55-64; 83% from those aged 65 to 79; and 65% from respondents 80 years or older);
- ◆ Respondents that were married or common law had higher participation rates (88%) than those widowed, divorced, separated or never married (77%);
- ◆ In terms of education, respondents that had done some form of education since high school had higher participation in physical activities than those who had less than high school or completed high school);
- ◆ Respondents with a household income less than \$50,000 per year had lower participation rates (77%) than individuals in the higher earning categories (90% from those earning \$50-99.9K and 91% from those earning \$100K or more).
- ◆ No differences were seen for gender.

With respect to those who *travelled* in the last year:

- ◆ Participation decreased as the age of the respondents increased (80% from those aged 55-64; 72% from those aged 65 to 79; and 47% from respondents 80 years or older);
- ◆ Respondents that were married or common law had higher participation rates (78%) than those widowed, divorced, separated or never married (60%);
- ◆ In terms of education, traveling increased as the level of education increased;
- ◆ Respondents with a household income less than \$50,000 per year had lower participation rates (63%) than individuals in the higher earning categories (79% from those earning \$50-99.9K and 86% from those earning \$100K or more).
- ◆ No differences were seen for gender.

With respect to those who participated in *social activities* in the last year:

- ◆ There was a higher participation among female respondents (65%) compared to males (56%).
- ◆ No differences were seen for any other demographic characteristic.

With respect to those who participated in *cultural activities* in the last year:

- ◆ Participation decreased as the age of the respondents increased (68% from those aged 55-64; 53% from those aged 65 to 79; and 36% from respondents 80 years or older);

- ◆ Respondents that were married or common law had higher participation rates (62%) than those widowed, divorced, separated or never married (45%);
- ◆ In terms of education, participation in cultural activities increased as the level of education increased;
- ◆ Respondents with a household income less than \$50,000 per year had lower participation rates (44%) than individuals in the higher earning categories (70% from those earning \$50-99.9K and 78% from those earning \$100K or more).
- ◆ No differences were seen for gender.

With respect to those used the *library* in the last year:

- ◆ Participation decreased as the age of the respondents increased (62% from those aged 55-64; 55% from those aged 65 to 79; and 44% from respondents 80 years or older);
- ◆ In terms of education, the use of the library increased as the level of education increased;
- ◆ No differences were seen for gender, marital status or household income.

With respect to those who did formal *volunteering* in the last year:

- ◆ Participation decreased as the age of the respondents increased (50% from those aged 55-64; 43% from those aged 65 to 79; and 30% from respondents 80 years or older);
- ◆ Respondents that were married or common law had higher participation rates (47%) than those widowed, divorced, separated or never married (38%);
- ◆ In terms of education, participation in cultural activities increased as the level of education increased;
- ◆ Respondents with a household income less than \$50,000 per year had lower participation rates (31%) than individuals in the higher earning categories (51% from those earning \$50-99.9K and 52% from those earning \$100K or more).
- ◆ No differences were seen for gender.

With respect to those who participated in *outdoor activities* in the last year:

- ◆ There was a higher participation among male respondents (47%) compared to females (38%).
- ◆ Participation decreased as the age of the respondents increased (60% from those aged 55-64; 34% from those aged 65 to 79; and 24% from respondents 80 years or older);
- ◆ Respondents that were married or common law had higher participation rates (50%) than those widowed, divorced, separated or never married (27%);
- ◆ In terms of education, participation in outdoor activities generally increased as the level of education increased;

- ◆ Respondents with a household income less than \$50,000 per year had lower participation rates (30%) than individuals in the higher earning categories (58% from those earning \$50-99.9K and 54% from those earning \$100K or more).

With respect to those who participated in *arts and crafts activities* in the last year:

- ◆ There was a higher participation among female respondents (45%) compared to males (16%).
- ◆ No differences were seen for any other demographic characteristic.

There were no variations in *spiritual activities* on the basis of any demographic characteristic.

Next, respondents were asked to identify any learning opportunities they attended in the past year. Although 53% of respondents indicated that had not participated in any learning activities, 18% reported attending a workshop or course from a community organization, 9% reported attending a workshop or course from the library, and 7% indicated they had attended an online or distance learning course.

Table 5

What learning opportunities have you attended in the past year?	
	Percent of Respondents* (n=676)
I did not participate in any learning opportunity	53
Workshop/course from a community organization	18
Workshop/course from the library	9
Online or distance learning course	7
On-campus learning through continuing education	5
On-campus learning through a college or university	5
Other (mentioned by less than 3% of respondents)	11

*Respondents were allowed to indicate multiple choices for this question. There were 8% of respondents who did not indicate any choices for this question.

With respect to those who did not participate in any *learning opportunity*:

- ◆ More males chose not to participate (60%) than females (50%).
- ◆ Choosing not to participate increased as the age of the respondent increased.
- ◆ In terms of education, choosing not to participate in a learning opportunity decreased as one's education increased

- ◆ In terms of household income, choosing not to participate in a learning opportunity decreased as one's income increased.
- ◆ No differences were seen for marital status.

With respect to those who *took a course/workshop from different sources* in the last year, the following trends were consistent:

- ◆ Participation decreased as the age of the respondents increased;
- ◆ In terms of education, participation increased as the level of education increased;
- ◆ In terms of household income, taking a course/workshop increased as one's income increased.

Respondents were asked to indicate what they would like to learn more about. It can be seen in Table 6 that nearly half of respondents (49%) mentioned health and wellness. In addition, housing options were mentioned by 41% of respondents, followed by computers or the internet (35%), travelling (33%), dealing with government documents (31%), and recreation and leisure (28%). See Table 6, below, for responses mentioned by at least 9% of respondents.

Table 6

What would you like to learn more about?	
	Percent of Respondents* (n=676)
Health and wellness	49
Housing options	41
Computers/internet	35
Traveling	33
Dealing with government documents	31
Recreation and leisure	28
Estate planning and wills	23
Personal safety	23
Nutrition and meal planning	19
Decision making when alone	17
Retirement planning	17
Financial planning and budgeting	15
Arts and crafts	15
Driving skills	9
Languages	9
Other (mentioned by less than 1% of respondents)	2

*Respondents were allowed to indicate multiple choices for this question. There were 9% of respondents who did not indicate any choices for this question)

The following trends were seen with each of the following based on demographic comparisons:

Gender:

- ◆ More males were interested in learning more about *recreation and leisure* (34%) than females;
- ◆ More females were interested in learning more about *arts and crafts, housing options, decision making when alone* and *personal safety* than males.

Age: This was a factor that influenced interest on a number of items.

- ◆ Interest declined as one grew older for *retirement planning, recreation and leisure, housing options, financial planning and budgeting, estate planning and wills, dealing with government documents, travelling* and *languages*.
- ◆ Respondents in the 65-79 age group had a heightened interest in learning more about *computers/internet* than any other age category.
- ◆ *Personal safety* was a topic that had a larger interest among those 80 and older compared to younger respondents.

Marital Status:

- ◆ Those who were married or common law were more interested in *retirement planning, estate planning and wills* and *travelling* than those who were widowed, divorced, separated or never married.

Household Income:

- ◆ Interest increased as one's household income increased in the topics *retirement planning, estate planning and wills* and *travelling*.
- ◆ Interest decreased as one's household income increased in the topics *decision making when alone*, and *personal safety*.

Education:

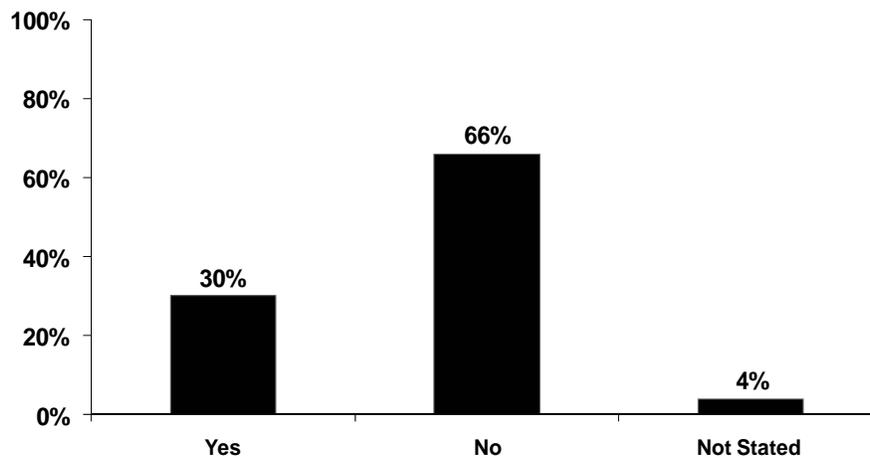
- ◆ Interest increased as one's level of education increased in learning more *languages*.



As illustrated in Figure 2 below, thirty percent (30%) of respondents indicated that cost had prevented them from participating in recreation and leisure activities, while 66% indicated that it had not.

Figure 2

Has cost prevented you from participating in recreation and leisure activities?



n=676

Those significantly more likely to indicate that cost had prevented them from participating in recreation/leisure activities included the following

- ◆ More female respondents (33%) than males (25%) felt this way
- ◆ More respondents widowed, divorced, separated or never married felt this way (37%) compared to 28% of those that were married or common law; and
- ◆ Costs preventing participation decreased sharply as household income increased (43% among those earning less than \$50,000 per year; 24% among those earning \$50-99.9K and 7% from those earning \$100K or more).

Table 7 displays how often respondents reported engaging in various types of physical activity. In terms of daily or almost daily activities, 35% of respondents reported engaging in mild activity, 17% reported engaging in moderate activity while only 3% reported engaging in vigorous activities.

Table 7

How often do you engage in each of the following? ⁶				
Percent of Respondents (n=676)	Daily or almost daily	4-6 times/week	1-3 times/week	Rarely or Never
	Mild Activity (e.g. slow walking, bowling)	35	16	39
Moderate activity (e.g. brisk walking, bicycling)	17	18	36	29
Vigorous activity (e.g. jogging, aerobics, dancing)	3	6	22	70

No significant differences among any demographic characteristic was found for those participating in *mild physical activity*. The following trends, however, were noted for *moderate* and *vigorous activity*:

Age:

- ◆ Participation in both moderate and vigorous activity declined as respondents grew older (e.g. 80% of those aged 55-64 did regular moderate activity, compared to 68% by those 65-79 and 39% by those aged 80 or older). A reduced but similar trend was seen for the vigorous activity item.

Marital Status:

- ◆ Participation in both moderate and vigorous activity was greater among those who were married or common law compared to those who were widowed, divorced, separated or never married.

Household Income:

- ◆ Participation in both moderate and vigorous activity increased as one's household income increased.

⁶ This table excludes respondents who did not state an answer – 18% for *mild activity*; 18% for *moderate activity* and 32% for *vigorous activity*

Education:

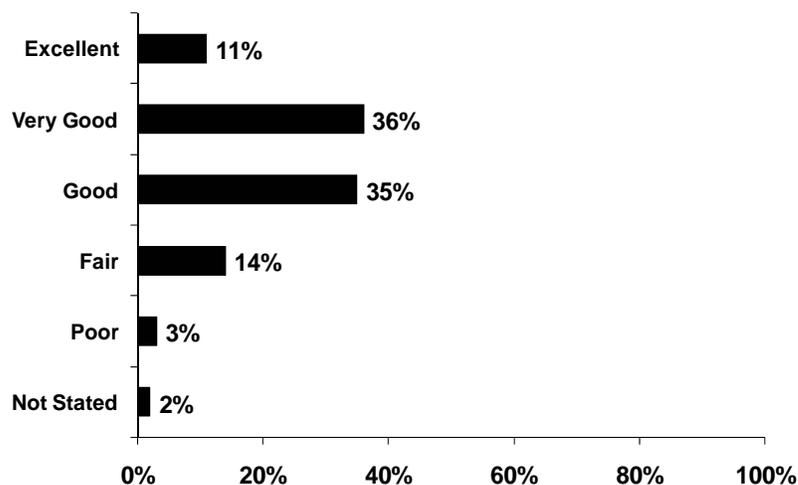
- ◆ Participation in both moderate and vigorous activity generally increased as one's level of education increased.

3.3 Health, Lifestyle, and Healthcare

When asked to rate their overall physical health, 81% of respondents felt it was good, very good or excellent, while 17% felt their physical health was fair or poor.

Figure 3

In general, how would you rate your overall physical health?



n=676

Those significantly more likely to rate their physical health as good, very good, or excellent included the following trends:

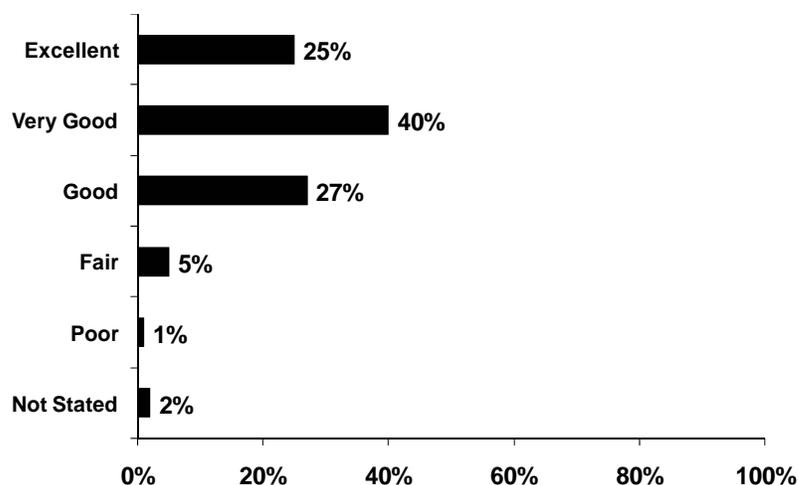
- ◆ Respondents aged 55-64 had better ratings of their physical health (88%) than older respondents (79%).
- ◆ More respondents who were married or common law married had better ratings of their physical health (86%) than those who were widowed, divorced, separated or never married (76%).
- ◆ Perceptions toward good physical health increased as household income increased (71% among those earning less than \$50,000 per year; 92% among those earning \$50-99.9K and 94% from those earning \$100K or more).

- ◆ Perceptions toward good physical health increased as the level of education increased.
- ◆ No differences were seen for gender.

As illustrated in Figure 4, 93% of respondents felt their mental health was good, very good, or excellent, while 6% felt that it was fair or poor.

Figure 4

In general, how would you rate your overall mental health?



n=676

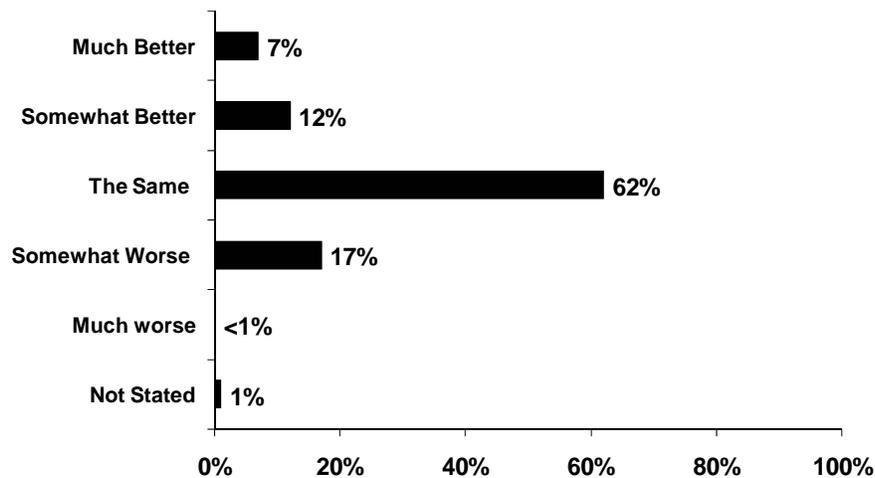
Those significantly more likely to rate their mental health as good, very good, or excellent included the following trends:

- ◆ More respondents who were married or common law married had better ratings of their mental health (97%) than those who were widowed, divorced, separated or never married (89%).
- ◆ Perceptions toward good mental health increased as household income increased (90% among those earning less than \$50,000 per year; 97% among those earning \$50-99.9K and 100% from those earning \$100K or more).
- ◆ No differences were seen for gender, age or education.

Eight in ten (81%) respondents felt that their physical health was the same, somewhat or much better than it was 12 months ago, while 18% of respondents felt that their physical health was somewhat or much worse than it was one year ago.

Figure 5

**Compared to a year ago, would you say
your physical health is:**



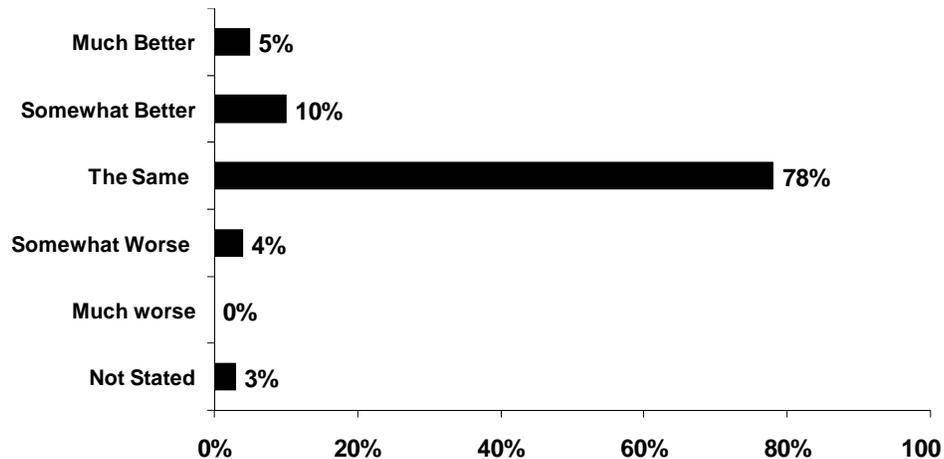
n=676

There were no significant differences seen in this item for any of the demographic characteristics, with the exception of age, where it was found that 89% of those aged 55-64 were significantly more likely to rate their physical health as the same or better than the previous year compared to 76% of those aged 65-79 and 79% of those aged 80 or older.

The largest proportion of respondents (78%) felt that their mental health was the same as it was one year ago. Fifteen percent (15%) of respondents felt that their mental health was somewhat or much better, and 5% felt that it was somewhat or much worse than a year ago. There were no significant differences seen in this item for any of the demographic characteristics.

Figure 6

Compared to a year ago, would you say your mental health is:

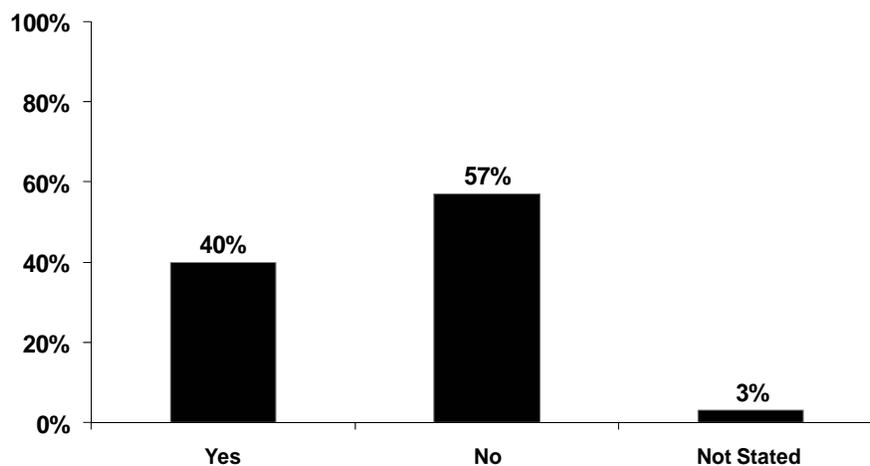


n=676

It can be seen in Figure 7 that more than half of respondents (57%) indicated that they did not have any long term medical conditions that limited their daily activities, while 40% indicated they did.

Figure 7

Do you have one or more long term medical conditions that limit your daily activities?



n=676

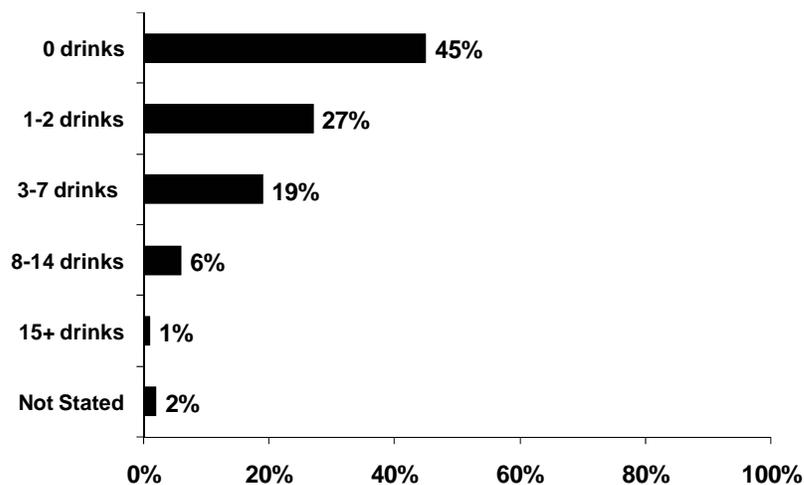
Respondent subgroups significantly more likely to indicate that they have long term medical conditions that limit their daily activities included the following:

- ◆ This increased as the age of the respondent increased;
- ◆ Female respondents (44%) compared to males (34%);
- ◆ Respondents widowed, divorced, separated or never married (48%) compared to that were married or common law (38%);
- ◆ There was a substantial higher percentage of respondents earning less than \$50,000 who felt this way (54%) compared to those earning more (29%);
- ◆ Those with less than high school seemed to have more long term medical conditions compared to those with higher levels of education.

Next, respondents were asked to specify the number of alcoholic beverages they drink in a typical week. Forty-five percent (45%) of respondents indicated they did not drink alcoholic beverages, while 27% reported they typically had 1 to 2 drinks, and 19% indicated they usually consumed between 3 and 7 drinks per week.

Figure 8

Over the course of typical week, how many alcoholic beverages do you drink?



n=676

With respect to those who indicated that they did not drink any alcoholic beverages, the following trends were seen:

- ◆ More females (54%) stated this compared to males (30%).
- ◆ The propensity not to drink any alcoholic beverages increased as the age of the respondents increased (40% of those aged 55-64 did regular moderate activity, compared to 48% by those 65-79 and 58% by those aged 80 or older).
- ◆ The propensity not to drink any alcoholic beverages decreased as household income of respondents increased (59% among those earning less than \$50,000 per year; 33% among those earning \$50-99.9K and 29% from those earning \$100K or more).
- ◆ A smaller percentage respondents who were married or common law stated that they did not drink any alcoholic beverages (40%) than those who were widowed, divorced, separated or never married (62%).
- ◆ The propensity not to drink any alcoholic beverages decreased as one's highest level of education increased.

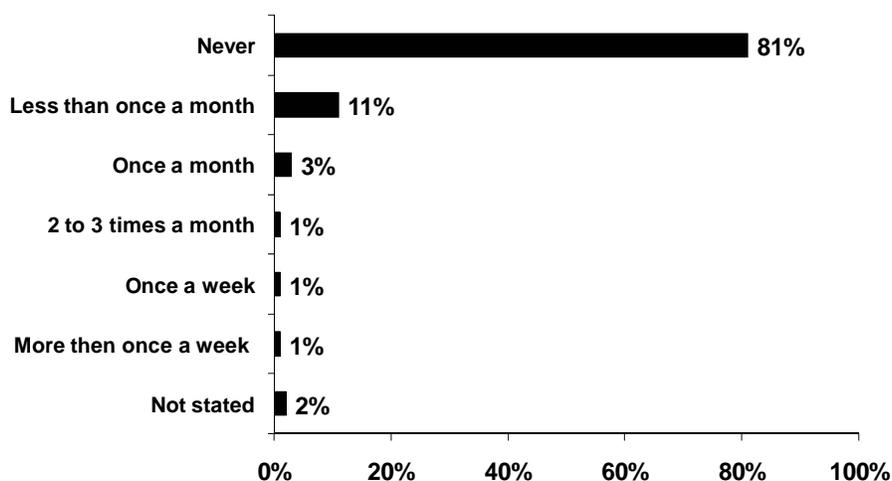
With respect to those who indicated that they drank anywhere from 1 to 7 alcoholic beverages a week, the following significant trends were seen:

- ◆ More males (57%) stated this compared to females (41%).
- ◆ The percentage of respondents who consumed this amount moderately decreased as the age of the respondents increased (52% of those aged 55-64 did regular moderate activity, compared to 46% by those 65-79 and 34% by those aged 80 or older).
- ◆ A higher percentage of married or common law followed this pattern of consumption (52%) compared to those who were widowed, divorced, separated or never married (43%).
- ◆ The propensity to drink 1-7 alcoholic beverages a week increased moderately as one's highest level of education increased.
- ◆ No distinguishable patterns were seen on the basis of income.

As illustrated in Figure 9, below, the majority of respondents (81%) indicated they had not consumed 5 or more drinks on one occasion in the past 12 months.

Figure 9

How often in past 12 months have you had 5 or more drinks on one occasion?



n=676

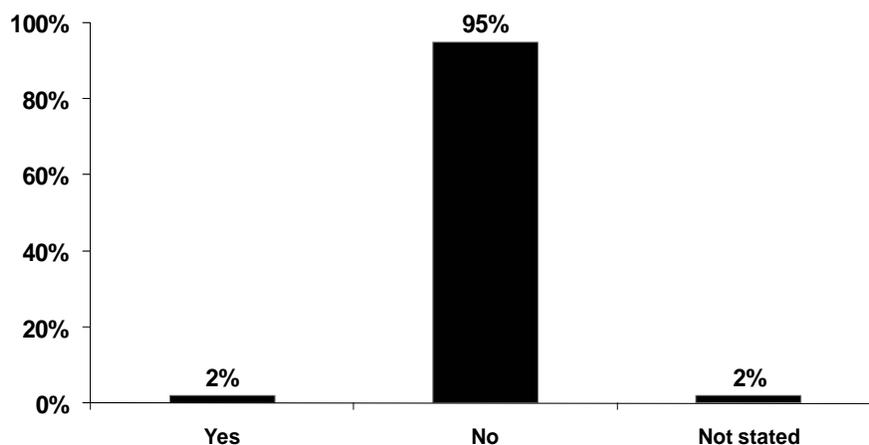
With respect to this question, the following significant trends were seen:

- ◆ A slightly higher percentage of males (26%) admitted to having more than 5 drinks on one (or more) occasions compared to females (12%).
- ◆ The percentage of respondents who did this decreased as the age of the respondents increased (25% of those aged 55-64 did regular moderate activity, compared to 12% by those 65-79 and 9% by those aged 80 or older).
- ◆ In general, having more than 5 drinks on one (or more) occasions moderately increased as household income of respondents increased (11% among those earning less than \$50,000 per year; 26% among those earning \$50 or more).
- ◆ No distinguishable patterns were seen on the basis of marital status or education.

The majority of respondents (95%) indicated that they had not used prescription drugs improperly over the past 12 months. There were no variations in this pattern with respect to any demographic grouping.

Figure 10

In past 12 months, have you used prescription drugs improperly?

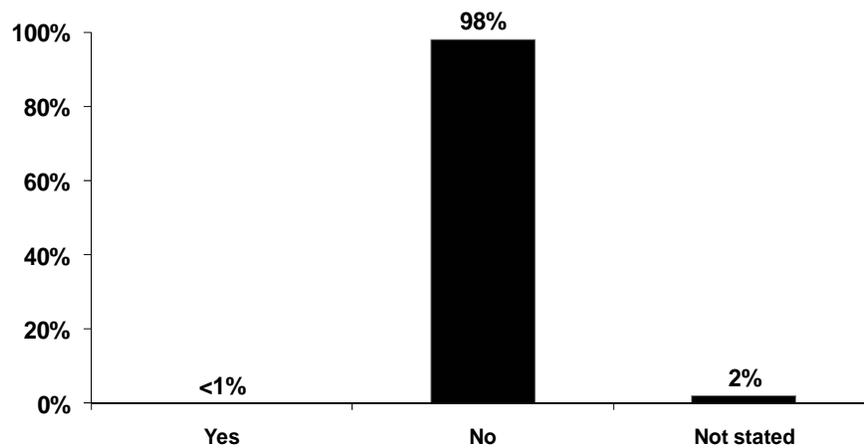


n=676

The vast majority (98%) of respondents indicated that they had not used illicit drugs over the past 12 months. There were no variations in this pattern with respect to any demographic grouping.

Figure 11

In past 12 months, have you used illicit drugs?



n=676

Next, respondents were asked to rate the accessibility of various health services, if they had used them. Overall, the majority of respondents (95%) indicated that their family doctor was somewhat (39%) or very accessible (56%). Sixty-six percent of respondents reported that additional specialists were somewhat (48%) or very accessible (18%). It is important to note that smaller proportions of respondents accessed the other health services listed as depicted in Table 8 below.

Table 8

The Accessibility of Various Health Services⁷				
	Percent of Respondents (n=676)			
	Very Accessible	Somewhat Accessible	Not Accessible	Have not Accessed
Your family doctor	56	39	3	2
Medical Specialists	18	48	7	27
In-home care such as nursing and physiotherapy	10	9	1	80
Mental health services	5	8	2	85
Chronic care for long-term illness or disabilities	5	6	2	87
Caregiver supports such as respite, education and training	3	7	1	89
In-home supports such as homemaking and meal preparation	3	6	1	90

No varying patterns for any demographic variables were seen for access to one's family doctor or for medical specialists. The following demographic patterns were seen with respect to breakdowns associated with accessibility to the other medical services:

- ◆ Perceptions of the different medical services being very or somewhat accessible generally increased as the age of the respondent increased. This was particularly the case for the in home care such as nursing and physiotherapy.
- ◆ Overall, the percentage of respondents who indicated that they did not access medical services increased as one's household income increased.
- ◆ The percentage of respondents who were widowed, divorced, separated or never married accessed medical services more often than those who were married or common law.

⁷ This table excludes respondents who did not state an answer – 5% for *family doctor*; 14% for *medical specialists* and anywhere from 20-23% for the remaining categories.

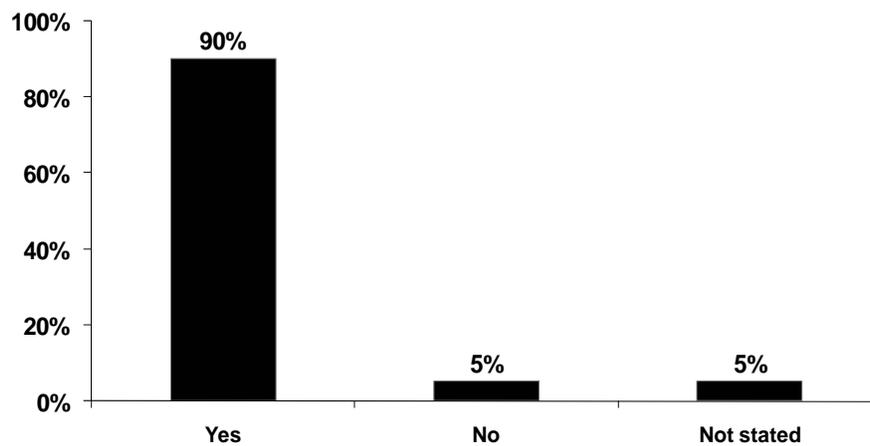
- ◆ No distinguishable or consistent patterns with respect to access were seen on the basis of gender or education for any of these medical services.

3.4 Living Arrangements and Housing

The majority of respondents (90%) indicated they planned to live in Strathcona County throughout their retirement.

Figure 12

Do you plan to live in Strathcona County throughout your retirement?

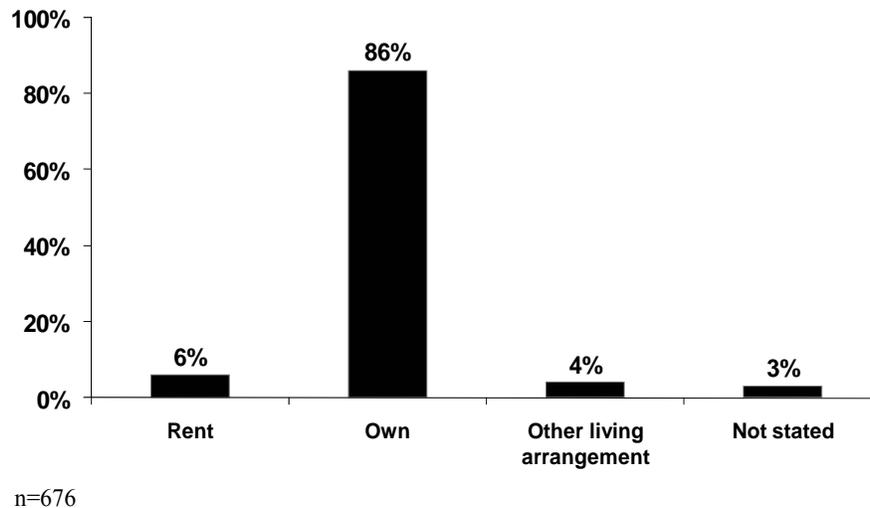


n=676

When asked about home ownership, 86% of respondents indicated they owned their home, while 6% rented, and 4% had another type of living arrangement.

Figure 13

Do you currently rent or own your home?



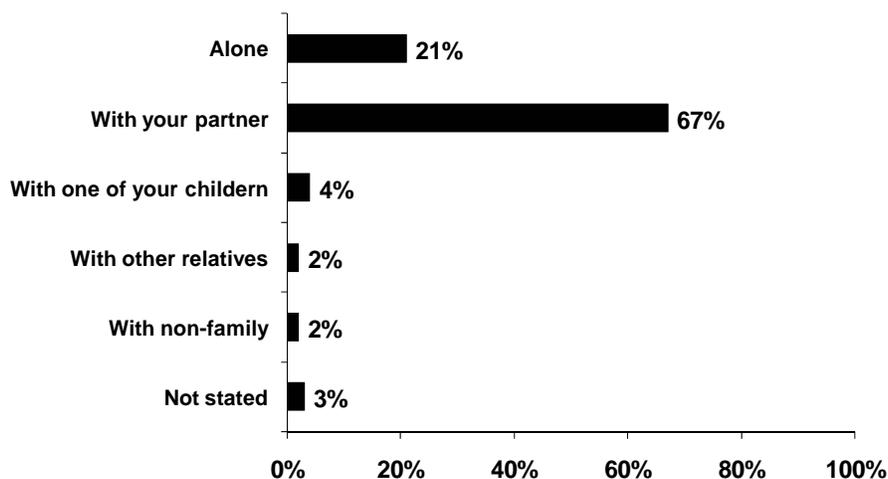
The following demographic patterns were seen with respect to breakdowns associated with ownership status:

- ◆ Ownership became less predominant as the age of respondents increased (95% of those aged 55-64, compared to 91% by those 65-79 and 61% by those aged 80 or older).
- ◆ Overall, the percentage of respondents who indicated that they did not access medical services increased as one's household income increased.
- ◆ 76% of respondents who were widowed, divorced, separated or never married owned their home; however, almost all respondents who were married or common law did (95%).

Next, respondents were asked to describe their current living arrangement. Two-thirds of respondents (67%) reported that they lived with their partner, while 21% indicated that they lived alone. A smaller proportion of respondents indicated that they lived with a child (4%), with other relatives (2%), or with non-family (2%).

Figure 14

What best describes your current living arrangement?



n=676

A subsequent analysis of this item on the basis of demographic characteristics revealed the following trends:

- ◆ Considerably more females live alone (30%) compared to men (7%).
- ◆ Living alone increases as the age of respondents increased (11% of those aged 55-64, compared to 26% by those 65-79 and 48% by those aged 80 or older).
- ◆ Living alone decreases as the household income of respondents increased (37% among those earning less than \$50,000 per year; 13% among those earning \$50-99.9K; and 3% among those earning \$100,000 or more).
- ◆ 75% of respondents who were widowed, divorced, separated or never married owned their home; however, very few respondents who were married or common law lived alone (1%).
- ◆ No consistent patterns were seen with level of education.

Table 9 looks at respondents' current housing as well as the type of housing they anticipate they'll have in 10 years and 20 years from now.

- In terms of current housing, the largest proportion of respondents (69%) indicated they lived in a single detached house. Fifteen percent of respondents indicated they lived in a townhouse or duplex, while 8% lived in an apartment and 5% lived in a supported living facility, lodge, or nursing home.
- Within the next 10 years, 43% indicated they anticipated living in a single detached house. The next most popular forms of housing were split between townhouses or duplexes (17%), apartments (16%) and a supported living facility, lodge, or a nursing home (16%).
- Within the next 20 years, the majority of respondents felt that they would be living in a supported living facility, lodge, or a nursing home (39%). The next most popular forms of housing were split between apartments (16%), single detached houses (15%) and townhouses or duplexes (12%).

Table 9

Current and Future type of home			
	Current	In 10 Years	In 20 Years
	%	%	%
Single detached house	69	43	15
Townhouse or duplex	15	17	12
Apartment	8	16	16
Supported living facility, lodge, nursing home	5	16	39
Mobile home	2	1	1
Separate suite in a house	--	<1	<1
Other	1	2	7
Not stated	2	6	11

In terms of trending, it can be seen that over the course of 20 years, respondents are leaning toward the supported living, lodge or nursing home as the most viable option. It can also be seen that there was less interest in a single detached home, likely due to potential problems with upkeep and accessibility (if the current home had stairs, etc.) and size. This is explored more with the housing related items in Table 7.

Respondents were asked to identify any reasons for why they might consider moving from their current home. As seen in Table 10, the main reasons noted were that the *space would be too difficult to maintain* (44%) and *health concerns* (41%). Twenty-eight percent of respondents indicated that staying in their current home would be *too expensive*, 24% reported that the *large size of their home* might motivate them to move in the future, while 14% felt they'd have to make "senior friendly" modifications to the dwelling.

Table 10

Reasons for moving from current home*	Total %	Type of Current Dwelling			
		Single Family Dwelling %	Townhouse /Duplex %	Apartment %	Supported Living, Lodge, Nursing Home %
Space too difficult to maintain	44	56	21	18	3
Health concerns	41	40	47	55	39
Too expensive	28	29	35	22	7
Space too big	24	31	15	4	0
Needs "senior friendly" modifications	14	15	15	8	3
To be closer to services	9	11	5	2	0
To be closer to family	8	7	8	4	13
Moving out of town to retire	3	4	3	0	0

*Respondents were allowed to indicate multiple choices for this question. Seven percent of respondents did not indicate any choices for this question.

It can also be seen from this table that many of the reasons are dependent on the type of dwelling that residents are currently living in. The size of the space/space being difficult to maintain were strongly associated with *single family dwellings*. Health concerns were a strong reason for changing dwellings.⁸

A further analysis of variations based on demographics revealed that the space being difficult to maintain become more prominent as the age of the respondent increased, though it should be

⁸ While not specifically stated, the movement within the supported living/lodge/nursing home option likely implies a movement from a partial support to a full support option.

noted that the majority of residents aged 80 or older were living in smaller dwellings or were already in senior type housing.

When asked to indicate the services that would be, or would have been, the greatest help to remain in their home longer, home maintenance, including yard work, snow shovelling, and general repairs (63%) was most frequently mentioned by respondents. It was considerably higher among those living in a single family dwelling compared to other types of accommodation. Higher proportions of respondents also indicated that home support services including light housekeeping and meal preparation (43%), and financial assistance (38%) and other home care services (31%) would have helped them remain in their home longer.

Table 11

Services that might help to remain in one's home longer*	Total %	Type of Current Dwelling			
		Single Family Dwelling %	Townhouse /Duplex %	Apartment %	Supported Living, Lodge, Nursing Home %
Home maintenance (yard work, snow shovelling, repairs)	63	85	31	23	8
Home support services (light housekeeping, meal preparation)	43	42	62	29	15
Financial assistance (grants, rebates)	38	45	38	32	23
Home care services (nursing, physiotherapy, bathing, dressing)	31	30	43	16	31
Home modifications (main floor laundry, handrails, ramps)	24	19	29	19	0
Meals on Wheels	15	21	21	10	0

*Respondents were allowed to indicate multiple choices for this question. Fifteen percent of respondents did not indicate any choices for this question.

3.5 Transportation

Respondents were asked to indicate the type of transportation they used most often. The majority of respondents indicated that they drove themselves (84%), while 9% indicated that they were driven by a friend or family member. This latter reason became more predominate as the age of respondent increased (4% by those aged 55-64; 8% by those aged 65-79 and 28% by those aged 80 or older).

Table 12

What type of transportation do you use most often?*	
	Percent of Respondents (n=676)
Drive yourself	84
Family or friends drives	9
Walk	2
Strathcona County Transit	2
Taxi	1
Strathcona County Accessible Transit	1
Bicycle	<1
Electric scooter	<1
Other (mentioned by less than 1% of respondents)	1

*10% of respondents did not answer this question.

When asked to identify the main reason that preventing them from going out, the majority of respondents indicated they preferred to do things at home (39%). Other reasons included health issues (12%), the expense of going out (10%), and no one to go with (10%).

Table 13

When you do not get out, what is the main reason?	
	Percent of Respondents (n=676)
Prefer to do things at home	39
Health issues	12
Too expensive	10
No one to go with	10
Inconvenient public transit	5
Don't like asking for a ride	4
No longer driving	4
Other	16

*24% of respondents did not answer this question.

While gender and education did not factor into any significant trending, variations were seen on the basis of the following demographic comparisons:

Age:

- ◆ *Preferring to do things at home* was a reason that decreased as the age of the respondent increased (48% by those aged 55-64, compared to 34% by those 65-79 and 35% by those aged 80 or older).
- ◆ *Health issues* was a reason that moderately increased as the age of the respondent increased (10% by those aged 55-64, compared to 14% by those 65-79 and 18% by those aged 80 or older).

Marital Status:

- ◆ *Preferring to do things at home* was a reason given by those who were married or common law (45%) compared to those who were widowed, divorced, separated or never married (26%).
- ◆ *No one to go with* was a reason given by those who were widowed, divorced, separated or never married (15%) more often than those who were married or common law (7%).

Household Income:

- ◆ *Preferring to do things at home* was a reason that increased as the household income of the respondent increased (31% among those earning less than \$50,000 per year; 41% among those earning \$50-99.9K and 62% from those earning \$100K or more).
- ◆ *Too expensive* was a reason that decreased as the household income of the respondent increased (16% among those earning less than \$50,000 per year; 7% among those earning \$50-99.9K and 2% from those earning \$100K or more).

3.6 Information Access

Table 14 presents a breakdown of the different sources respondents could use to get information about resources and activities for older adults and seniors. A variety of sources were mentioned, though the most frequently mentioned included the local weekly paper (65%), the daily paper (38%), their family doctor (37%), seniors' publications (35%) and the Strathcona County Recreation Guide (35%).

Table 14

Where would you prefer to get information about resources or activities for older adults and seniors?	
	Percent of Respondents (n=676)*
Local weekly paper	65
Daily paper	38
Family doctor	37
Seniors publications	35
Strathcona Country Recreation Guide	35
Seniors Directory	30
Strathcona library	27
Local health unit	27
Seniors information and referral line	27
Strathcona County Family and Community Services	25
Seniors' organization/club	25
Strathcona county website	25
Church	22
Information and volunteer centre for Strathcona County	21
Capital Health link line	21
Information fair	12
Any other sources (mentioned by less than 2% of respondents)	6

*Respondents were allowed to indicate multiple choices for this question. Four percent of respondents did not indicate any choices for this question.

The majority of respondents (77%) made use of a computer in some form or another.⁹ As presented in Table 15 below, the majority used a computer in the past year for sending email (70%), and for accessing the internet (63%). Forty-one percent of respondents used a computer for writing or editing text (41%), 38% reported they played games, 24% indicated they used a computer for their job in the past year and 16% used it for reading information from a DVD or CD.

Table 15

If you have used a computer in the past year, what did you use it for?	
	Percent of Respondents (n=676)*
Email	70
Internet	63
Writing/editing text	41
Playing games	38
For my job	24
Reading info on DVD or CD	16

*Respondents were allowed to indicate multiple choices for this question. 7% of respondents did not answer this question

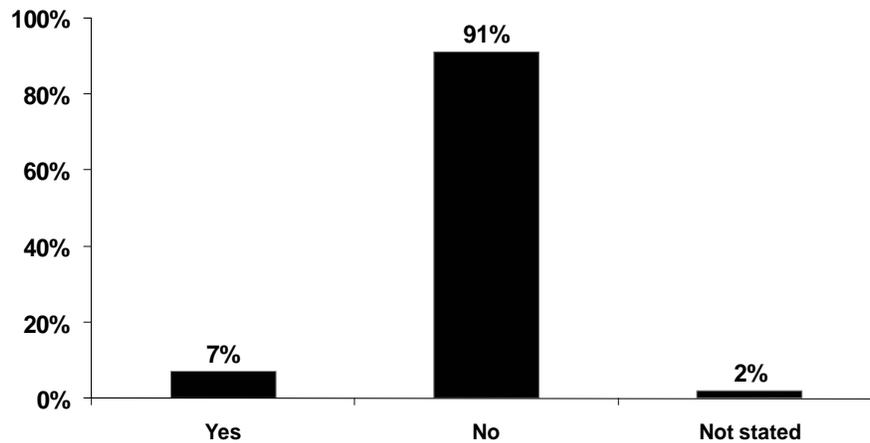
⁹ Of the 23%, 16% did not use a computer, while an additional 7% did not answer the question.

3.7 Seniors' Safety

Next, respondents were asked a series of questions regarding safety. Most of the respondents (91%) indicated that they had not been the victim of a fraud or scam since turning 55. No differences were seen for any demographic variable.

Figure 15

Since turning 55, have you been the victim of a fraud, scam or been taken advantage of financially?

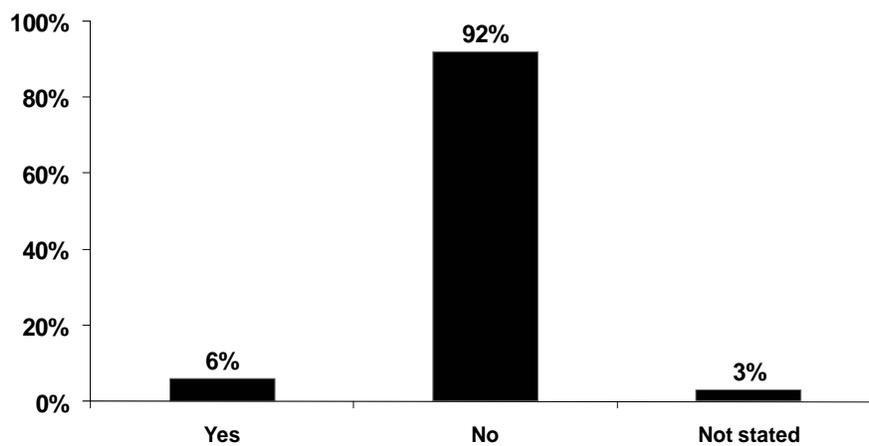


n=676

Most of the respondents (92%) indicated that did not feel that someone close to them had been too involved in their decision making since they had turned 55. No differences were seen for any demographic variable.

Figure 16

Since turning 55, have you ever felt that someone close to you was too involved in your decision making?



n=676

Respondents were asked if they had experienced elder abuse (including neglect, verbal, emotional, sexual or family abuse) since turning 55. The majority of respondents indicated that they had not been the victim of elder abuse by a health care worker (91%), a family member (90%), or another person in authority (90%). No differences were seen for any demographic variable.

Table 16

Have you experienced elder abuse since turning 55?			
	Percent of Respondents (n=676)		
	No	Yes	Not stated
By a family member	90	5	5
By a health care worker	91	2	7
By another person in authority	90	2	7

3.8 Seniors' Employment and Retirement

When asked to identify the single financial source that will provide primary funding for their senior years (65 years and older), 34% of respondents mentioned a pension plan from an employer. Among the remaining respondents, 28% reported that they would rely on their savings and investments, and another 28% of respondents reported that federal government benefits would be their primary source of funding.

Table 17

What single financial source will provide the primary funding for your senior years (age 65 or older)?	
	Percent of Respondents (n=676)
Pension plan from employer	34
My savings and investments	28
Federal government benefits (Canada Pension Plan, Guaranteed Income Supplement)	28
Equity in the property they own	3
Wages earned from continuing to work	3
Provincial government financial assistance programs	2
Other (mentioned by less than 1% of respondents)	2

15% of respondents did not answer this question

With respect to this question, the following significant trends were seen:

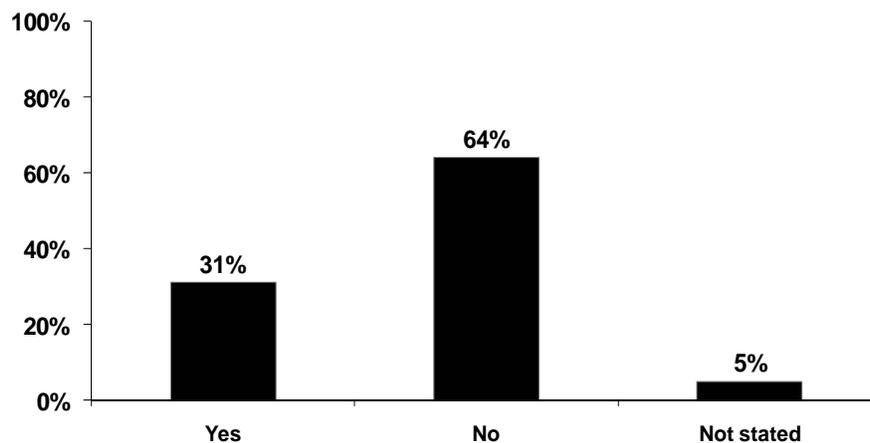
- ◆ A higher percentage of males (49%) indicated that they were utilizing a pension plan compared to 26% of females. The reverse pattern was seen with respect to federal government benefits, as more females relied on this (34%) compare to males (18%).
- ◆ The percentage of respondents who relied on federal government benefits increased as the age of the respondents increased (16% of those aged 55-64 compared to 36% by those 65-79 and 43% by those aged 80 or older).
- ◆ The percentage of respondents who relied on personal savings moderately decreased as the age of the respondents increased (34% of those aged 55-64 compared to 23% by those 65-79 and 20% by those aged 80 or older).
- ◆ The percentage of respondents who relied on personal savings increased as household income of the respondents increased (18% of those earning less than \$50,000 compared to 32% by those earning \$50-99.9K and 41% by those earning \$100,000 or more).
- ◆ The percentage of respondents who relied on federal government benefits decreased as household income of the respondents increased (45% of those earning less than \$50,000 compared to 13% by those earning \$50-99.9K and 7% by those earning \$100,000 or more).

- ◆ A higher percentage of those who were married or common law indicated that they were utilizing a pension plan (31%) compared to 19% of those widowed, divorced, separated or never married. Considerably more widowed, divorced, separated or never married relied on Federal Government benefits (41%) compared to those who were married or common law (22%).
- ◆ In general, the percentage of respondents relying on a pension plan from their employer or workplace increased as the level of education increased.

When asked if they were currently employed (either full-time or part-time) nearly one-third (31%) of respondents indicated they were, while 64% indicated they were not. Not surprisingly, full/part-time employment drops considerably as the age of respondent increases.

Figure 17

Are you currently employed either full-time or part-time?

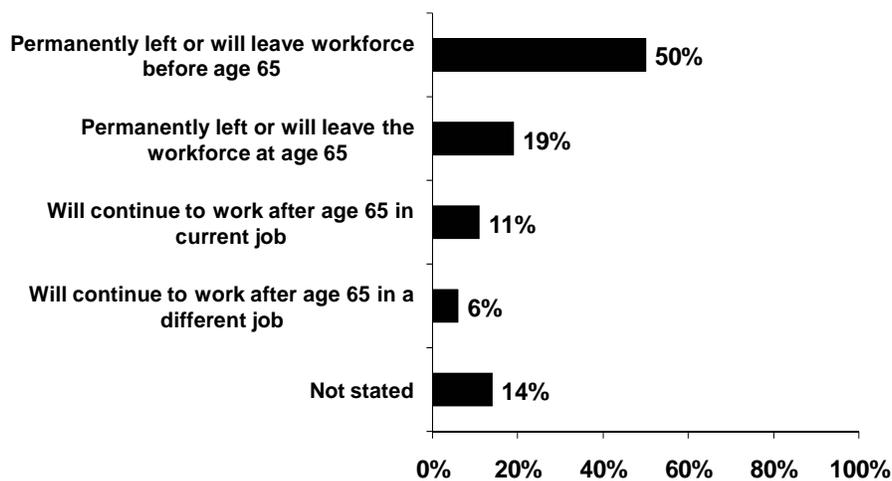


n=676

Next, respondents were asked to identify which statements best described their retirement plan. Half of the respondents (50%) indicated they either left or will leave the workforce before the age of 65. Nineteen percent indicated they permanently left or will leave the workforce **at age 65**, while 11% indicated that they will continue to work in their current job **after age 65**. Six-percent indicated that they will continue to work after **age 65** in a different job.

Figure 18

Which of the following best describes your work and retirement plan?



n=676

Those respondents who were either working or planned to work after the age of 65 were asked to indicate the primary reason for doing so. Of these people, the most frequently mentioned reason was that they needed the money (44%), followed by and that they aren't ready to leave their job (25%) or wanting to keep busy (22%).

Table 18

If you are over 65 and working, or plan to work after age 65, what is/would be the primary reason?	
	Percent of Respondents (n=676)
Need the money	44
Enjoy job/career and not ready to leave	25
Want to keep busy	22
Want to maximize my pension	5

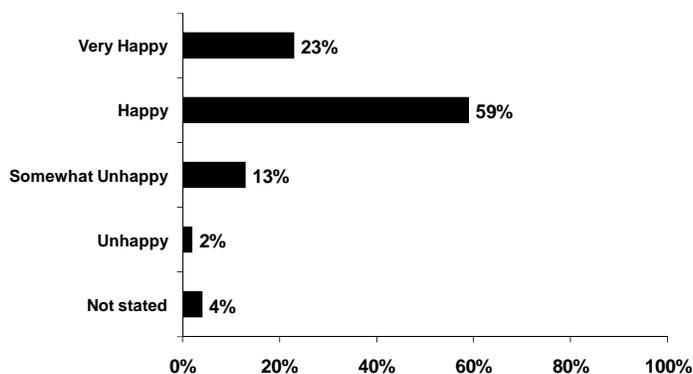
A further analysis revealed that considerably more females (53%) compared to males (39%) were working because they *needed the money*. More males indicated they continued to work because they wanted to keep busy (28%) or enjoyed their job (33%) compared to females (16% for both reasons). No differences were seen with any other demographics.

3.9 Social Support and Feelings About Aging

Respondents were also asked to describe their overall happiness at the time of the survey. As illustrated in Figure 19, below, the majority (82%) of respondents indicated they were “happy” or “very happy,” while 14% indicated they were “unhappy” or “somewhat unhappy.”

Figure 19

How would you describe your overall happiness at this time?



n=676

With respect to this question, the following significant trends were seen:

- ◆ The percentage of respondents who described themselves as *happy or very happy* increased as household income of the respondents increased (79% of those earning less than \$50,000 compared to 86% by those earning \$50-99.9K and 90% by those earning \$100,000 or more).
- ◆ The percentage of married or common law respondents who described themselves as *happy or very happy* was higher (86%) than those who were widowed, divorced, separated or never married (75%);

The respondents were further asked to indicate the impact that several items would have on their overall happiness. The items that the highest proportion of respondents felt would have a positive impact included:

- ◆ Financial stability (82%);
- ◆ Better health (66.7%);
- ◆ Opportunities to learn new things (75%);
- ◆ More opportunities to socialize (70%); and
- ◆ Opportunities to make a difference (68%).

Figure 20

**Impact various items would have on the overall
happiness of seniors
(Some or great impact)**

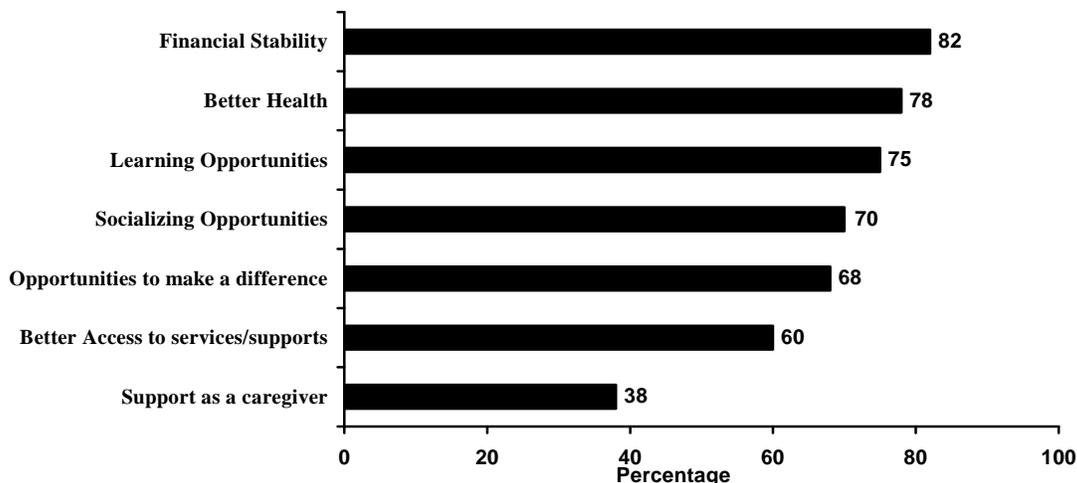


Table 19, below, summarizes the impact that each of the seven items would have on the overall happiness of respondents.¹⁰

Table 19

What impact would each of the following have on your overall happiness?*				
Percent of Respondents (n=676)	%	%	%	%
	Great impact	Some Impact	Little Impact	No Impact
Financial stability	47	34	15	7
Better health	45	33	15	7
Opportunities to learn new things	24	51	17	8
More opportunities to socialize	22	48	22	9
Opportunities to make a difference	22	45	23	9
Better access to services and supports	19	40	23	17
Support for me as a caregiver	13	25	26	36

*Percentages add up to 100% by rows.

While education did not factor into any significant trending, variations were seen on the basis of the following demographic comparisons with respect to having a combined great/some impact on one's happiness:

Gender:

- ◆ *Financial stability, more opportunities to socialize, better access to services and supports and support for me as a caregiver* were all reasons that resonated higher with females (86%, 73%, 65% and 42%, respectively) than with males (75%, 64%, 52% and 30%, respectively).

Age:

- ◆ *Opportunities to learn new things* was a reason that decreased as the age of the respondent increased (83% by those aged 55-64, compared to 69% by those 65-79 and 54% by those aged 80 or older).

Marital Status:

- ◆ *More opportunities to socialize* was a reason that resonated higher with those who were widowed, divorced, separated or never married (74%) compared to those who were married or common law (68%).

¹⁰ It should be noted that there were a sizable percentage of respondents who did not provide an answer to one or more of these items. The percentage of those *not responding* ranged from 16% to 27%.

Household Income:

- ◆ *Financial stability* was a reason that decreased as the household income of the respondent increased (89% among those earning less than \$50,000 per year; 76% among those earning \$50-99.9K and 80% from those earning \$100K or more), in part because those in higher income brackets already had financial stability (as opposed to wanting it).
- ◆ *Better access to services and supports* was a reason that decreased as the household income of the respondent increased (71% among those earning less than \$50,000 per year; 53% among those earning \$50-99.9K and 49% from those earning \$100K or more), in part because those in higher income brackets already felt this was possible (as opposed to wanting it).

Respondents were asked to indicate if they had people in their lives that provide different types of support. The majority of respondents (95%) indicated they had loving and supportive people, while 93% had people to relax or go out and have fun with, and another 94% had people to listen when they need to talk. A smaller proportion of respondents (88%) had people to provide advice or connect them with the right information or to give a helping hand with meals or chores or (82%).

Table 20

Is there a person or people in your life...?		
	% Yes	% No
To be loving and supportive	95	5
To listen when you need to talk	94	6
To relax or go out and have fun with	93	7
To provide advice or connect you with the right information	88	12
To give a helping hand with things like meals or chores	82	18

While age and education did not factor into any significant trending, variations were seen on the basis of the following demographic comparisons with respect to the following:

Gender:

- ◆ More females (88%) than males (80%) reported that they *had a person in their life that could give a helping hand with things*.

Marital Status:

- ◆ From a statistical perspective, a higher proportion of those who were married or common law had more people in their lives for all of the different potential connections noted in Table 22 compared to those who were widowed, divorced, separated or never married.

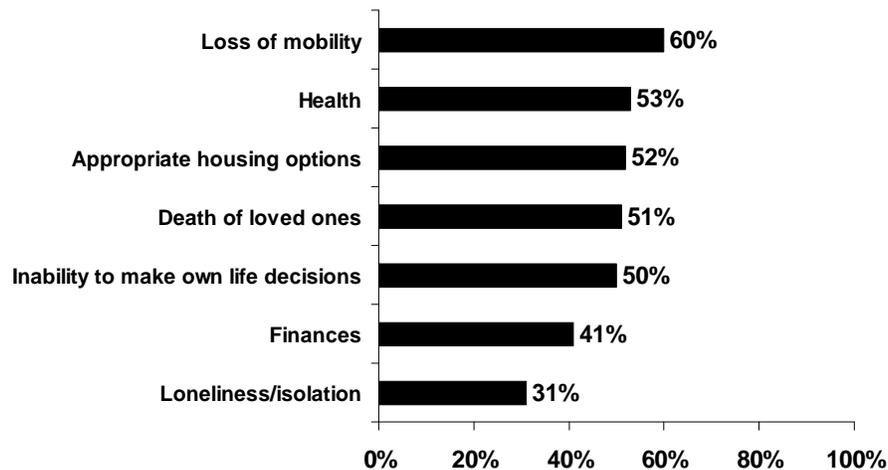
Household Income:

- ◆ *Having a person in their life that could give a helping hand with things increased as the household income of the respondent increased (75% among those earning less than \$50,000 per year; 86% among those earning \$50-99.9K and 91% from those earning \$100K or more).*
- ◆ *Having someone in their life to relax or go out and have fun with increased as the household income of the respondent increased (88% among those earning less than \$50,000 per year; 94% among those earning \$50-99.9K and 100% from those earning \$100K or more).*

Respondents were asked to indicate how concerned they were about several factors associated with aging. As shown in Figure 21, the highest proportion of respondents were concerned or very concerned about losing mobility (60%), health issues (53%), appropriate housing options (52%), and the death of loved ones (51%). A smaller proportion of respondents were concerned about finances (41%) and loneliness or isolation (31%).

Figure 21¹¹

Concern with Various Aspects of Aging
(Concerned or very concerned)



n=676

¹¹ This figure has not been adjusted with respect to those respondents who did not state a response for this question.

Table 21 below summarizes the levels of concern reported by respondents for the various aspects of aging.¹²

Table 21

How concerned are you about the following aspects of aging?				
	% Very Concerned	% Concerned	% Somewhat Concerned	% Not Concerned
Loss of mobility/ freedom	35	31	28	6
Health	25	31	40	4
Appropriate housing options	27	30	29	13
Death of loved ones	26	32	32	10
Inability to make own life decisions	28	28	28	17
Finances	20	24	40	16
Loneliness/isolation	10	25	32	33

While one’s education and age did not factor into any significant trending, variations were seen on the basis of the following demographic comparisons with respect to the following:

Gender:

- ◆ More females (38%) reported that they were more concerned with *coping with loneliness/isolation* than males (28%).

Marital Status:

- ◆ From a statistical perspective, a higher proportion of those who were widowed, divorced, separated or never married had greater concerns with *finances* (53%) and *loneliness/isolation* (42%) compared to those who were married or common law (41% and 31%, respectively).

Household Income:

- ◆ Several patterns were seen with respect to one’s household income as it pertains to aspects of aging. In all cases, it was found that concerns with the following items were higher among those earning less than \$50,000 per year compared to those in higher income brackets. Furthermore, the more money one had, the less concerned they were with aspects of aging. Significant differences were found with respect to *health*, *finances*, *loneliness/isolation* and *inability to make own life decisions*.

¹² It should be noted that there was a range of respondents who did not provide an answer to one or more of these items. The percentage of those *not responding* ranged from 5% to 12%.

- ◆ *Having someone in their life to relax or go out and have fun with* increased as the household income of the respondent increased (88% among those earning less than \$50,000 per year; 94% among those earning \$50-99.9K and 100% from those earning \$100K or more).

It was also found that there were no differences seen with respect concerns with loneliness or isolation between residents who lived in Sherwood Park with those who lived in rural parts of Strathcona County.

When asked to identify what concerned them most about their future, respondents most frequently mentioned staying healthy or the health of a spouse (21%). Fourteen percent (14%) of respondents mentioned concerns regarding sufficient income or financing (14%), the rising cost of living (12%), and affordable, quality, or independent seniors' housing (10%). See Table 22, below.

Table 22

What concerns you most about your future?	
	Percent of Respondents (n=676)
Staying healthy / health of spouse	21
Sufficient income / more funding / rebates to seniors / pension	14
Rising cost of living / utilities / tax	12
Affordable / quality / independent seniors' housing	10
Independence / ability to maintain current lifestyle	7
Access to proper healthcare / number of doctors / healthcare benefits	6
Becoming dependent on someone / being able to care for self / being a burden	3
Scared of being alone / having nobody to look after them	3
Loss of a spouse / how to cope with loss of spouse	2
Affordable / accessible transportation for seniors	2
Cuts to seniors' benefits by government	2
Staying active / better access / more seniors activities / seniors recreation centre	2
Other (mentioned by less than 2% of respondents)	20
Don't know / not stated	32

Finally, respondents were asked what they looked forward to most in the future. Twenty-one percent (21%) of respondents mentioned being able to travel more, while 20% mentioned close contact with family, 17% mentioned good health or long life, and 11% of respondents mentioned they were looking forward to socializing with friends. See Table 23, below.

Table 23

What do you look forward to most in the future?	
	Percent of Respondents (n=676)
To travel more	21
Close contact with family / kids / grandchildren / spend quality time	20
Good health / improving health / long life	17
Socializing / visiting with old friends / make new friends	11
To be retired / freedom to do as please / fewer schedules / less stress	7
Having time for / enjoying hobbies / activities / arts and cultural activities	6
Active life / going to Millennium Place / outdoor activities / golf	6
Being self reliant / staying in own home	6
Happiness / continuing a good life	5
Volunteering in the community / helping others	4
Being able to afford what is needed / costs for seniors is too high	4
Growing old with spouse	3
To learn new things / going back to school	3
Other (mentioned by less than 2% of respondents)	18
Don't know / not stated	34

3.10 Demographics

The following table provides the original demographic profile of respondents surveyed. For comparative purposes, some groupings were done within the various demographic categories and recalculations were done to remove the “not stated” from comparative analysis in other parts of this report

Table 24 Demographic Profile of Survey Respondents

% of Respondents (n=676)	
Gender	
Male	31
Female	57
Not stated	12
Age	
55 to 59 years	16
60 to 64 years	24
65 to 69 years	21
70 to 74 years	15
75 to 79 years	9
80 to 84 years	7
85 years and older	5
Not stated	3
Marital Status	
Married	67
Widowed	17
Common law	1
Divorced or separated	8
Never married	2
Not Stated	4
Household Income	
Less than \$20,000	7
\$20,000 to \$29,000	10
\$30,000 to \$39,000	9
\$40,000 to \$49,000	11
\$50,000 to \$59,000	9
\$60,000 to \$69,000	9
\$70,000 to \$79,000	6
\$80,000 to \$89,000	5
\$90,000 to \$99,999	4
Less than \$100,000	10
Not stated	21

Level of Education	
Less than high school	9
High school or equivalent	24
Apprenticeship or trade certificate	9
Some post secondary	17
Completed post secondary	26
Post graduate or doctorate	10
Not Stated	6
Residence in Strathcona County	
Sherwood Park	78
Rural residential acreage	13
Rural hamlet	2
Farm/other rural residential	3
Not stated	4
Residence in Community	
Less than 1 year	2
1 to 5 years	11
5 to 10 years	11
10 to 20 years	18
Over 20 years	55
Not stated	3

Appendix – Survey Instrument



Take part in our **Seniors Plan Questionnaire**



We really need your input in planning for seniors' needs now and in the future. With the growing population and complexity of issues, this questionnaire will help Strathcona County plan for the next 15+ years.

Your participation will help ensure a clear and accurate representation of the needs and strengths of the community's population age 55+. **Your responses, along with results from focus groups and round tables, will be used to develop a comprehensive Older Adult and Seniors Plan.**

Please complete **one** questionnaire and return it to one of the following locations by August 29, 2008:

Glen Allan Recreation Complex
Heartland Hall Contact Office
Information and Volunteer Centre
for Strathcona County
Kinsmen Leisure Centre

Millennium Place
Sherwood Park 55 Plus Club
Strathcona County Family and
Community Services
Strathcona County Library

All responses will be confidential and all reporting will be done by grouping. No individual information will be released. If a question does not apply to your situation, please move onto the next. There are no right or wrong answers.



The questionnaire, and more information about the Seniors Plan, is also available online at **www.strathcona.ab.ca**

Information: 780-464-4044

Email: info@strathcona.ab.ca

Thank you for your participation!

Strathcona
County
FAMILY & COMMUNITY
SERVICES
www.strathcona.ab.ca

Privacy Statement: This personal information is protected by the provisions of the Freedom of Information and protection of Privacy Act (FOIP). Information collected will be reported in aggregate form and will not identify you or any of your family members individually. The exception will be if you choose to fill in your name and contact information which will be used only to contact you regarding further input into the Seniors Plan. The information collected will be used to inform the development of a Seniors Plan for Strathcona County. If you have any questions about the collection and use of your information, contact the Coordinator of Community and Social Development, Strathcona County Family & Community Services at 780-464-4044.

Strathcona County Seniors & Adults 55+ Questionnaire

A. What are the most important issues facing seniors in Strathcona County?

Check your top three choices.

- 1 Access to seniors' housing, including seniors' apartments, assisted living, lodges, and long term care
- 2 Access to health care such as physicians, management of chronic conditions, home care
- 3 Access to learning opportunities
- 4 Meaningful volunteer opportunities
- 5 Recreation, culture, and leisure activities.
- 6 Employment opportunities and barriers due to age discrimination
- 7 Transportation
- 8 Elder abuse
- 9 Information on seniors' programs and services
- 10 Opportunities for social interaction
- 11 Availability of personal care and household support (e.g. housekeeping, meals, maintenance, snow shoveling) including assistance from family members
- 12 Rising living costs combined with relatively fixed incomes
- 13 Other _____

B. The following section asks your opinion on a variety of issues facing our aging population.

Please indicate your level of agreement with the following statements.

	Strongly Agree	Somewhat Agree	Somewhat Disagree	Strongly Disagree
It is easy for me to meet monthly expenses	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
My retirement finances are/will be adequate	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
I am well prepared for all aspects of retirement.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
There are enough affordable housing options for seniors in Strathcona County	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
I feel safe walking alone in my neighbourhood after dark	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
I am concerned about being targeted by a scam, fraud or being taken advantage of financially	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

	Strongly Agree	Somewhat Agree	Somewhat Disagree	Strongly Disagree
There are meaningful employment opportunities for seniors in Strathcona County	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
There are meaningful volunteer opportunities for seniors in Strathcona County	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
I am comfortable using a computer	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
I feel valued by the community for my skills, talents and knowledge	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
It is easy for me to move around in stores, Strathcona County buildings and other publicly accessible places	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
I am confident/physically stable moving around in my home	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
I am able to get transportation when needed	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Overall, Strathcona County is a senior friendly community	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

C. How should Strathcona County ensure the sustainability of seniors' programs and services?
Please check only one option.

- 1 Universal programs funded through property taxes
- 2 Targeted programs for those in need
- 3 Cost recovery for seniors' programs

Please tell us about your activities in the community and what would interest you.

A. What is your preference for "formal" leisure activities? **Please check only one option.**

- 1 Go to a seniors' centre
- 2 Attend a designated seniors' program in a community facility
- 3 Attend a program open to the general public
- 4 None of the above

B. What activities have you done in the past year? **Please check all that apply.**

- 1 Arts and crafts (e.g. painted, scrapbooked)
- 2 Physical activities (e.g. played a sport, walked)
- 3 Spiritual activities (e.g. attended a religious service)
- 4 Cultural activities (e.g. attended a museum or play)
- 5 Social activities (e.g. danced, played cards, pot luck)
- 6 Used library (e.g. read, computer, workshop)
- 7 Outdoor activities (e.g. camped, hiked)
- 8 Volunteered
- 9 Travelled
- 10 Other _____

C. What learning opportunities have you attended in the past year? **Please check all that apply.**

- 1 Workshop/course from a community organization
- 2 Workshop/course from the library
- 3 Online or distance learning course
- 4 On-campus learning through a college or university
- 5 On-campus learning through continuing education
- 6 I did not participate in any learning opportunity
- 7 Other _____

D. What would you like to learn more about? **Please check all that apply.**

- | | | |
|---|---|--|
| <input type="checkbox"/> 1 Retirement planning | <input type="checkbox"/> 7 Financial planning and budgeting | <input type="checkbox"/> 12 Personal safety |
| <input type="checkbox"/> 2 Recreation and leisure | <input type="checkbox"/> 8 Decision making when alone | <input type="checkbox"/> 13 Travelling |
| <input type="checkbox"/> 3 Health and wellness | <input type="checkbox"/> 9 Nutrition and meal planning | <input type="checkbox"/> 14 Driving skills |
| <input type="checkbox"/> 4 Arts and crafts | <input type="checkbox"/> 10 Estate planning and wills | <input type="checkbox"/> 15 Languages |
| <input type="checkbox"/> 5 Housing options | <input type="checkbox"/> 11 Dealing with government documents | <input type="checkbox"/> 16 Computers/internet |
| <input type="checkbox"/> 6 Other _____ | | |

E. Has cost prevented you from participating in recreation/leisure activities?

- 1 Yes 2 No

F. How often do you engage in **each** of the following ?

	Rarely or never	1-3 times/week	4-6 times/week	Daily or almost daily
Mild activity (e.g. slow walking, bowling)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Moderate activity (e.g. brisk walking, bicycling)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Vigorous activity (e.g. jogging, aerobic dancing)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

The following questions ask about your health, lifestyle and health care.

- | | | | | | |
|---|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|
| | Excellent | Very
Good | Good | Fair | Poor |
| A. In general, how would you rate your overall physical health ? | <input type="checkbox"/> ₁ | <input type="checkbox"/> ₂ | <input type="checkbox"/> ₃ | <input type="checkbox"/> ₄ | <input type="checkbox"/> ₅ |
| B. In general, how would you rate your overall mental health ? | <input type="checkbox"/> ₁ | <input type="checkbox"/> ₂ | <input type="checkbox"/> ₃ | <input type="checkbox"/> ₄ | <input type="checkbox"/> ₅ |
| | Much
Better | Somewhat
Better | The
Same | Somewhat
Worse | Much
Worse |
| C. Compared to a year ago, would you say your physical health is: | <input type="checkbox"/> ₁ | <input type="checkbox"/> ₂ | <input type="checkbox"/> ₃ | <input type="checkbox"/> ₄ | <input type="checkbox"/> ₅ |
| D. Compared to a year ago, would you say your mental health is: | <input type="checkbox"/> ₁ | <input type="checkbox"/> ₂ | <input type="checkbox"/> ₃ | <input type="checkbox"/> ₄ | <input type="checkbox"/> ₅ |
| E. Do you have one or more long term medical conditions that limit your daily activities? | | | | | |
| <input type="checkbox"/> ₁ Yes <input type="checkbox"/> ₂ No | | | | | |
| F. Over the course of a typical week , how many alcoholic beverages (that is, beer, wine or spirits) do you drink? | | | | | |
| 0 drinks | 1-2 drinks | 3-7 drinks | 8-14 drinks | 15+ drinks | |
| <input type="checkbox"/> ₁ | <input type="checkbox"/> ₂ | <input type="checkbox"/> ₃ | <input type="checkbox"/> ₄ | <input type="checkbox"/> ₅ | |
| G. How often in the past 12 months have you had 5 or more drinks on one occasion? | | | | | |
| Never | Less than
once a month | Once a month | 2 to 3 times
a month | Once a week | More than
Once a week |
| <input type="checkbox"/> ₁ | <input type="checkbox"/> ₂ | <input type="checkbox"/> ₃ | <input type="checkbox"/> ₄ | <input type="checkbox"/> ₅ | <input type="checkbox"/> ₆ |
| H. In the past 12 months, have you used prescription drugs improperly (e.g. took a higher dosage or took for reason other than prescribed)? | | | | | |
| <input type="checkbox"/> ₁ Yes <input type="checkbox"/> ₂ No | | | | | |
| I. In the past 12 months, have you used illicit drugs? | | | | | |
| <input type="checkbox"/> ₁ Yes <input type="checkbox"/> ₂ No | | | | | |

E. Taking into consideration your future health, finances and lifestyle, what type of housing do you anticipate living in **ten (10) years from now**?

- | | |
|---|--|
| <input type="checkbox"/> 1 Single detached house | <input type="checkbox"/> 5 Mobile home |
| <input type="checkbox"/> 2 Townhouse or duplex (condo or freehold) | <input type="checkbox"/> 6 Separate suite in a house |
| <input type="checkbox"/> 3 Apartment (or apartment style condo) | <input type="checkbox"/> 7 Other |
| <input type="checkbox"/> 4 Supported living facility, lodge, nursing home | |

F. Taking into consideration your future health, finances and lifestyle, what type of housing do you anticipate living in **twenty (20) years from now**?

- | | |
|---|--|
| <input type="checkbox"/> 1 Single detached house | <input type="checkbox"/> 5 Mobile home |
| <input type="checkbox"/> 2 Townhouse or duplex (condo or freehold) | <input type="checkbox"/> 6 Separate suite in a house |
| <input type="checkbox"/> 3 Apartment (or apartment style condo) | <input type="checkbox"/> 7 Other |
| <input type="checkbox"/> 4 Supported living facility, lodge, nursing home | |

G. What are some reasons you may consider moving from your current home?
Please check all that apply.

- | | |
|--|---|
| <input type="checkbox"/> 1 Too expensive | <input type="checkbox"/> 6 Health concerns |
| <input type="checkbox"/> 2 Needs "senior friendly" modifications | <input type="checkbox"/> 7 To be closer to family |
| <input type="checkbox"/> 3 Space too big | <input type="checkbox"/> 8 To be closer to services |
| <input type="checkbox"/> 4 Space too difficult to maintain | <input type="checkbox"/> 9 Moving out of town to retire |
| <input type="checkbox"/> 5 Other _____ | |

H. What services would be, or would have been, the greatest help for you to remain in your home longer? **Please check all that apply.**

- | |
|---|
| <input type="checkbox"/> 1 Home Care Services (nursing, physiotherapy, bathing, dressing, etc.) |
| <input type="checkbox"/> 2 Home Support Services (light housekeeping, meal preparation, etc.) |
| <input type="checkbox"/> 3 Home Maintenance (yard work, snow shovelling, repairs, etc.) |
| <input type="checkbox"/> 4 Meals on Wheels |
| <input type="checkbox"/> 5 Home Modifications (main floor laundry, handrails, ramps, etc.) |
| <input type="checkbox"/> 6 Financial assistance (e.g. grants, rebates, etc.) |
| <input type="checkbox"/> 7 Other _____ |

The following questions deal with transportation.

A. What type of transportation do you use **most often**? **Please check only one answer.**

- | | |
|--|--|
| <input type="checkbox"/> 1 Drive yourself | <input type="checkbox"/> 6 Electric scooter |
| <input type="checkbox"/> 2 Family or friend drives | <input type="checkbox"/> 7 Taxi |
| <input type="checkbox"/> 3 Volunteer driver | <input type="checkbox"/> 8 Strathcona County Transit |
| <input type="checkbox"/> 4 Walk | <input type="checkbox"/> 9 Strathcona County Accessible Transit (S.C.A.T.) |
| <input type="checkbox"/> 5 Bicycle | <input type="checkbox"/> 10 Other _____ |

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B. When you do not get out, what is the **main** reason? **Please check only one answer.**

- | | |
|---|--|
| <input type="checkbox"/> 1 Don't like asking for a ride | <input type="checkbox"/> 5 Inconvenient public transit |
| <input type="checkbox"/> 2 Health issues | <input type="checkbox"/> 6 It's too expensive |
| <input type="checkbox"/> 3 No longer driving | <input type="checkbox"/> 7 No one to go with |
| <input type="checkbox"/> 4 Prefer to do things at home | <input type="checkbox"/> 8 Other _____ |

We would like to know how you find your information.

A. Where would you prefer to get information about resources/activities for older adults and seniors? **Please check all that apply.**

- 1 Family doctor
- 2 Local health unit
- 3 Strathcona County Family and Community Services
- 4 Seniors' organization/club
- 5 Strathcona County Library
- 6 Information and Volunteer Centre for Strathcona County
- 7 Church
- 8 Strathcona County Recreation Guide
- 9 Seniors' publications (e.g. Sage)
- 10 Daily paper
- 11 Local weekly paper
- 12 Capital Health Link Line
- 13 Seniors' Information and Referral Line
- 14 Strathcona County website
- 15 Seniors' directory
- 16 Information fair
- 17 Any other sources _____

B. If you have used a computer in the past year, what did you use it for?
Please check all that apply.

- | | |
|---|--|
| <input type="checkbox"/> 1 Email | <input type="checkbox"/> 5 Internet |
| <input type="checkbox"/> 2 Playing Games | <input type="checkbox"/> 6 Reading info on DVD or CD |
| <input type="checkbox"/> 3 Writing/editing text | <input type="checkbox"/> 7 I did not use a computer |
| <input type="checkbox"/> 4 For your job | |

The following questions concern seniors' safety.

A. Since turning 55, have you been the victim of a fraud, scam or been taken advantage of financially?

- 1 Yes 2 No

B. Since turning 55, have you ever felt that someone close to you was too involved in your decision making?

₁ Yes ₂ No

C. Elder abuse includes verbal, emotional, sexual, and financial abuse as well as neglect. Since turning 55, have you ever experienced abuse by:

A family member	<input type="checkbox"/> ₁ Yes	<input type="checkbox"/> ₂ No
A health care worker	<input type="checkbox"/> ₁ Yes	<input type="checkbox"/> ₂ No
Another person in authority	<input type="checkbox"/> ₁ Yes	<input type="checkbox"/> ₂ No

The following questions are about employment and retirement.

A. What **single** financial source will provide the **primary** funding for your senior years (65+)?
Please check only one answer.

- ₁ My savings and investments (e.g. RRSPs, T-bills, stocks/bonds, etc)
- ₂ The pension plan from my employer or workplace
- ₃ The equity in the property I own
- ₄ Money from family members, relatives, etc.
- ₅ Wages earned from continuing to work
- ₆ Federal government benefits (e.g. Canada Pension Plan, Guaranteed Income Supplement)
- ₇ Provincial government financial assistance programs
- ₈ Other

B. Are you currently employed either full time or part time?

₁ Yes ₂ No

C. Which of the following best describes your work and retirement plan?

- ₁ I permanently left or will leave the workforce **before age 65**
- ₂ I permanently left or will leave the workforce **at age 65**
- ₃ I will continue to work **after age 65** in my current job
- ₄ I will continue to work **after age 65** in a different job

D. If you are over 65 and working, or plan to work after age 65, what is/would be the primary reason? **Please check only one answer.**

- 1 I need the money
- 2 I want to keep busy
- 3 I enjoy my job/career and am not ready to leave it
- 4 I want to maximize my pension
- 5 I will not be working after the age of 65
- 6 Other: _____

The following questions are about your social supports and feelings toward aging.

A. How would you describe your overall happiness at this time?

- | | | | |
|----------------------------|----------------------------|----------------------------|----------------------------|
| Very Happy | Happy | Somewhat Unhappy | Unhappy |
| <input type="checkbox"/> 1 | <input type="checkbox"/> 2 | <input type="checkbox"/> 3 | <input type="checkbox"/> 4 |

B. What impact would the following have on your overall happiness?

	Great Impact	Some Impact	Little Impact	No Impact
More opportunities to socialize	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Better health	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Financial stability	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Opportunities to make a difference	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Opportunities to learn new things	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Support for me as a caregiver	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Better access to services and supports	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

C. Is there a person or people in your life:

- | | | |
|---|--------------------------------|-------------------------------|
| To give a helping hand with things like meals or chores | <input type="checkbox"/> 1 Yes | <input type="checkbox"/> 2 No |
| To listen when you need to talk | <input type="checkbox"/> 1 Yes | <input type="checkbox"/> 2 No |
| To be loving and supportive | <input type="checkbox"/> 1 Yes | <input type="checkbox"/> 2 No |
| To relax or go out and have fun with | <input type="checkbox"/> 1 Yes | <input type="checkbox"/> 2 No |
| To provide advice or connect you with the right information | <input type="checkbox"/> 1 Yes | <input type="checkbox"/> 2 No |

D. How **concerned** are you about the following aspects of aging?

	Not Concerned	Somewhat Concerned	Concerned	Very Concerned
Health	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Finances	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Loneliness/isolation	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Death of loved ones	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Loss of mobility/freedom	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Inability to make own life decisions	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
Appropriate housing options	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

E. In the space below, please describe what **concerns you most** about your future.

F. In the space below, please describe what you **look forward to most** in the future.

The following information allows us to better understand and compare your answers to others.

A. Please indicate your age.

- ₁ 55 to 59 ₃ 65 to 69 ₅ 75 to 79 ₇ 85+
₂ 60 to 64 ₄ 70 to 74 ₆ 80 to 84

B. What is your gender? ₁ Male ₂ Female

C. What is your current marital status?

- ₁ Married ₃ Common Law ₅ Never Married
₂ Widowed ₄ Divorced/Separated

D. Where do you live in Strathcona County?

- ₁ Sherwood Park ₃ Rural hamlet
₂ Rural residential acreage ₄ Farm/other rural residential

E. How long have you lived in your neighbourhood or community?

- ₁ Less than 1 year ₃ 5 to 10 years ₅ over 20 years
₂ 1 to 5 years ₄ 10 to 20 years

F. What is your highest level of education?

- ₁ Less than high school ₄ Some post secondary
₂ High school or equivalent ₅ Completed post secondary
₃ Apprenticeship or trade certificate ₆ Post Graduate or Doctorate

G. What is your total household income before taxes?

- ₁ <20,000 ₅ \$50,000-\$59,999 ₈ \$80,000-\$89,999
₂ \$20,000-\$29,999 ₆ \$60,000-\$69,999 ₉ \$90,000-\$99,999
₃ \$30,000-\$39,999 ₇ \$70,000-\$79,999 ₁₀ >\$100,000
₄ \$40,000-\$49,999

H. Please provide your postal code.

Thank you for your input in the Strathcona County Seniors and Adult 55+ questionnaire.

Please use the reverse page to provide any additional feedback you feel would be helpful.

Additional Comments

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Are you interested in giving more input?

Please provide the following information **only** if you would like to be involved in a **round table discussion** in late September, 2008. This will be a half-day session to explore seniors' issues in greater detail.

All survey responses will be recorded separately and remain confidential.

Name: _____
Telephone: _____ Email: _____
Address: _____

Providing personal information is voluntary but all information provided will be protected according to the Freedom of Information and Protection of Privacy Act (FOIP). If you have provided any personal information, it will be retained for one year and it will only be used to invite you to participate in future discussion groups. If you have any question about the collection and use of the information, please contact the Coordinator of Community and Social Development, at 780-464-4044.

