

Slide 1

LIVING. REFINED.

Seniors United Now

March 15, 2016



STRATHCONA
COUNTY

Slide 2



Topics

- Overview
- Priorities
- Accessible public transit
- Affordable housing
- Connections
- Wellness
- Questions

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We will take some time today, to talk about what is currently being offered right here in the County. We will about the need to keep pace with our aging population.

- Overview
- Priorities
- Accessible public transit
- Affordable housing
- Connections
- Wellness
- Questions



Overview

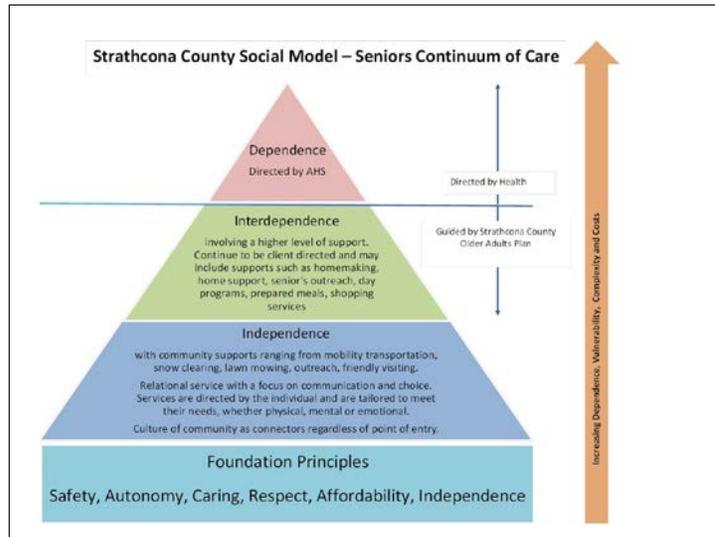
- Seniors (65+) are the fastest growing age group:
 - 13,010 seniors in Strathcona County (2015 municipal census)
 - 16.5% increase since 2012
- By 2031:
 - Number of seniors in Strathcona County is expected to double
 - 1 in 5 residents will be aged 65 years or older.

We all know that we are experiencing an ever increasing aging population, more than ever before. Seniors make up the fastest growing age group.

By 2031, we can expect to see double the amount of seniors than we had in 2011. By 2030, we can expect to see 1 in every 5 people will be over the age of 65. While this is a wonderful sign of improved health outcomes and overall longevity success, it also poses some real challenges with respect to the pace at which services will need to either be developed or expanded to meet the need.

- Seniors (65+) are the fastest growing age group:
 - 13,010 seniors in Strathcona County (2015 municipal census)
 - 16.5% increase since 2012
- By 2031:
 - Number of seniors in Strathcona County is expected to double
 - Seniors will outnumber children and youth in our community for the first time.
 - 1 in 5 residents will be aged 65 years or older.

Slide 4



What we know

- Our goal is to help enable seniors to live independently.
- Demand for services will continue to grow:
 - Transportation
 - Healthcare
 - Housing
 - Home support services

(2014 Community Social Profile, Strathcona County)



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- Our goal is to help enable seniors to live independently.
 - Demand for services will continue to grow:
 - Transportation
 - Healthcare
 - Housing
 - Home support services
- (2014 Community Social Profile, Strathcona County)

Planning for success

2015 areas of focus for seniors:

- Gathering spaces
- Supporting connections
- Effective communication and information
- Accessible transportation

Community Living Advisory Committee will work with Council to identify ways to enhance community life in Strathcona County.



The Older Adults Plan was developed in 2009 to plan for the current and future needs of seniors, resulting in 15 goals and 65 strategies.

The collective efforts of Strathcona County's commitment to being an age-friendly community was recognized by the Province of Alberta. We are proud to have been the first community in Alberta to be recognized for this important work.

Slide 7



Our priorities

Social



Community-wide Priority Areas

- Helping, caring and safe community
- Healthy and active community

➔ Prioritized Strategic Goal

- Build strong neighbourhoods/ communities to support the diverse needs of our residents
- Provide a climate of safety for individuals in homes, neighbourhoods and public places
- Facilities and activities are available, accessible and used by residents

In support of the Older Adults Plan, the Seniors Advisory Committee has been very active. The Committee's Chair, Marcus Schwabe, presented to our Priorities Committee this past January about their activities in 2015. Highlights include the provincial launch of Seniors Week, the Seniors Transportation Forum and the Active Living Conference. Their focus was on four key areas:

- Gathering spaces
- Supporting connections for isolated seniors
- Effective communication and information
- Accessible transportation

Marcus Schwabe is now a member of the new Community Living Advisory Committee that will work with Council members to enhance overall community life (social and cultural) in Strathcona County. The Seniors Advisory Committee has recommended that a sub-committee be created under the Community Living Advisory Committee with representatives aged 55+ who will continue to present needs and concerns specific to the seniors population.

Accessible public transit

What we've heard:
The transition from driver to passenger is a very difficult reality for many seniors.



The Seniors Advisory Committee's recent report indicated that the transition from driver to passenger is very difficult reality for many seniors.

Accessible public transit

What we're doing:

- Educating about existing Strathcona County Transit options:
 - Senior's Transportation Forum
 - New transit marketing plan focused on senior needs.
- Moving towards 100% accessibility
 - 100% low-floor fleet in service by 2017
 - Updating bus shelters
- Mobility Bus



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Here's what we're doing to support the transition:

- Educating about existing Strathcona County Transit options
 - Senior's Transportation Forum: Last year, Strathcona County hosted the first transportation forum, right here at Bethel church. We had information about transportation options, including subsidies, that are available in Strathcona County. I'm pleased to share the Transportation Working Group are planning a transportation information series this year, to be delivered in late spring/early summer.
 - Developing a new Transit marketing plan focused on senior needs
- Moving towards 100% accessibility
 - 100% low-floor fleet in service by 2017.
 - Updating bus shelters to offer protection from the weather elements. 37 new/upgraded bus shelters in 2015. 50 more to come.
 - As a side note, as I'm sure most of you are aware, the Transit Mobility Bus offers door to door pick-up and drop-off for passengers who, due to a physical or functional limitations, cannot use fixed-route service. (over 19,600 trips in 2015). And I've been told that our operators safely navigated nearly 305,000 km last year – with only one minor incident. This is a great accomplishment considering the extreme road conditions the operators travel in rural and urban environments, that includes the City of Edmonton.

Accessible public transit

What we're doing:

- Reviewing fare structure
- Developing 'travel training' program to match seniors with a volunteer
- Participating in the provincial transit engagement www.alberta.ca/provincial-transit-engagement.cfm



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- Reviewing fare structure – Strathcona County Transit is currently nearing the completion of its fare strategy review, which included public consultation opportunities in 2014/15. This includes reviewing existing fares for seniors including the annual pass and the off-peak local pass. **Transit is expected to come forward with their recommendations to Council this spring.**
- Developing 'travel training' program to match seniors with a volunteer. Transit is working on a travel training program that will assist senior in learning how to use transit by pairing them with a member of our Transit staff or a Transit-trained volunteer. We are expecting to launch this program in late 2016 or early 2017.
- This month, the Government of Alberta announced its plans to seek public input on the future of public transit across the province – including rural transit service. I encourage you to share your feedback via the online public survey, which is open until April 29. In the meantime, members of our Council will be meeting with the Minister of Transportation to share our views.

Affordable housing

What we've heard:

- More specialized buildings will be needed, or additional accessible housing built, that allow seniors to age in place.
- Housing affordability is an issue.



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What we've heard

- More specialized buildings will be needed, or additional accessible housing built that allow seniors to age in place.
- Housing affordability is an issue for seniors who do not own their own homes or those who rely exclusively on government pensions. According to the Strathcona County 2012 municipal census, nearly 40% of senior households have incomes less than \$40,000 annually, underscoring the need for affordable housing options. **(see if we have 2015 census numbers from Phil)**

Housing options include lodges, senior self-contained apartments and affordable community housing.



Affordable housing	
Lodges (monthly cost range: \$1,114-\$2,101)	
o Clover Bar Lodge	75 units
o Silver Birch Lodge	100 units
o Dr. Turner Lodge	90 units
	265 Lodge Units
Seniors Self Contained Apartments (geared to low income)	
- Lakeside Legion Manor	81 units
- Kiwanis Apple Blossom Manor	20 units
- Josephburg Homestead Place	8 units
- Dr. T.W.E. Henry House	32 units
- Fort Lions Haven	20 units
	161 Apartments
Affordable Housing (monthly cost range \$760-\$960)	
❖ Silver Birch Manor	60 units
❖ Silver Birch Court	69 units
	129 Affordable
Housing Units	
Source: Heartland Housing Foundation	
	

The Heartland Housing Foundation was established by Ministerial Order as of January 1, 2013. It is the amalgamation of Pioneer Housing Foundation, Fort Foundation, & Fort Lions Haven Foundation.

The Heartland Housing Foundation is responsible for affordable housing in the Strathcona County and the City of Fort Saskatchewan.

Clover Bar Lodge and Silver Birch properties and buildings are owned by Pioneer Not for Profit Company 9, of which Strathcona County is the only shareholder.

Dr. Turner Lodge is owned by the GoA and operated by Heartland Housing through a Ministerial Order.

Seniors Self Contained apartments are owned by the GoA and operated by Heartland Housing through a Ministerial Order.

Lodges are intended to serve low income seniors.

Self Contained Apartments are rented to low income seniors and rent is adjusted to income.

Silver Birch Manor is senior apartments, rent adjusted to income.

Silver Birch Court is for all ages and is rent geared to income.

Silver Birch Court is affordable housing that serves AISH clients in specifically designed one bedroom suites, the remaining suites are 1/2/3 bedrooms .

Silver Birch Court clients are supported by programs offered by FCS.

Affordable housing

- **Lodges** – No Vacancies
 - Clover Bar Lodge – 31 singles/5 couples
 - Silver Birch Lodge – 100 singles / 14 couples
 - Dr. Turner Lodge – 39 singles / 5 Couples
- **Apartments** – No Vacancies
 - Silver Birch Manor – 78 singles / 23 couples
 - Silver Birch Court – 42
- **Seniors Self Contained**
 - Apple Blossom Manor – 39 singles / No Vacancy
 - Lakeside Legion – 37 singles / Vacancy - 2
 - Fort Lions Haven – 11 singles/No Vacancy
 - Homestead Place – 3 singles / No Vacancy
 - T.W.E. Henry House – 10 singles / Vacancy – 2

* Apartment Vacancy – reflects apartments are being updated following a move out.

Source: Heartland Housing Foundation



Affordable housing

What we're doing:

- Mayor's Task Force on Community Housing implementation.
- Strathcona County approved loan of \$22.5 million for Heartland Housing to proceed with final phase of building at Silver Birch site.
 - Construction begins fall 2016, completion early 2018
 - Once complete, there will be 94 additional units.



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Seniors United Now was part of consultations (over 100 participants) with the Mayor's Task Force on Community Housing.

The following five principles of report were presented to Council:

- Housing principles tie into the County's vision, mission and strategic plan (including looking into the County creating and hosting of a non-market Housing Registry that could also include a roommate registry)
- Housing is a community issue that requires active partnerships
- Strathcona County supports the entire continuum of housing
- Access to public transportation is a key attribute of community housing locations
- Strathcona County will work with regional neighbours and other orders of gov't to encourage innovation in housing types and locations.

I can tell you that Council was very impressed with the report, and has asked Administration to prepare an implementation plan that will be presented to Council on April 26.

Strathcona County approved a loan of \$22.5 million to the Heartland Housing Foundation to proceed with the final phase of building on the Silver Birch site. This will provide for more lodge rooms that will be for low income seniors on the ground floor.

At Silver Birch Site we have the following:

currently 100 lodge units, with the expansion we will have 128 lodge units.

Silver Birch Manor has 60 senior apartments – 52 (1 bedroom) and 8 (2 bedroom)

Silver Birch Court – 69 units – 2- (1 bedroom) 22 Accessible (1 bedroom), 30 – (2 bedroom) 15 (3 bedroom)

Silver Birch Expansion will add 66 lodge apartments. 60 (1 bedroom) and 6 (2 bedroom)

The new expansion will have lodge apartments which will provide two meals a day, housekeeping, laundry services available for personal laundry, lifestyle/recreational programs, 24 hour security and staff on site. We know that there are many seniors who due to their income are not eligible to obtain occupancy in the lodge and yet do

not have sufficient funds to pay for a private option. The new expansion is to address this market demand.

Projected time line is to start construction fall of 2016 with completion in early 2018

Heartland Housing Foundation has identified that Clover Bar Lodge requires replacement as the building in some sections is over 40 years old, rooms are small and the building systems are wearing out. They have identified this need in their capital plan to government. The County has agreed to provide land, should a capital project be approved for Clover Bar Lodge by the department .



Connections

What we've heard:

- A stronger sense of community is built through positive relationships.

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What we've heard

A stronger sense of community is built through positive relationships (goal 4 of FCS business plan)



Connections

What we're doing:

- Home Support Services
- Seniors Outreach Program
- Seniors Resource Directory
- Seniors Education
- Snow Busters & Lawn Busters (100 senior households)
- Volunteer opportunities: www.strathcona.ca/volunteer
www.ivcstrathcona.org
- Library outreach services

We provide a variety of direct services for seniors who face challenges in their daily lives. Our services are always client-centered and voluntary, free and offered based on the needs of individual clients.

Home Support – provides in-home health and support services to residents who have health-related difficulties. Services include personal care assistance, treatments/medications, caregiver relief and light housekeeping. The services are contracted through Alberta Health Services or fees are based on net family income.

Seniors Outreach – Assists seniors and their families to maintain wellness and independence and improve their quality of life. The worker meets with senior (65+) in their home to provide ongoing emotional supports, advocacy and referrals to community resources. They assist with areas such as grief and loss, family relationships, life transitions, finances, transportation and housing. Includes a **Friendly Visitor Program** (Matches seniors with volunteers for social visits to reduce isolation and create community connections).

Seniors Resource Directory – available through Family and Community Services

Seniors Education – A variety of courses and information that meet seniors' needs and address current trends.

Snow and Lawn Busters – Matches seniors with volunteers to assist with snow removal and lawn maintenance. Helps seniors remain in their homes safely. (Single - \$25, 8000 and Couple \$41, 900).

Volunteer opportunities - Volunteer opportunities. Eg: Citizens On Patrol www.strathcona.ca/volunteer . Golf marshal program at Broadmoor Golf Course, as well a number of senior volunteers which provided RCMP with well over 20,000 hours of volunteer hours. The Information and Volunteer Centre also provides an array of volunteer opportunities covering a wide range of interests.

Strathcona County Library provides numerous activities, programs and supports for seniors, including:

Outreach service to deliver library materials to seniors in their homes.

Outreach staff and the bookmobile visit a number of seniors residences to provide access to library materials.

The Library provides the Unlimited program. Isolated seniors enjoy an educational program and they have a regular gathering place, where they can make connections with other seniors. Our partners are the Family and Community Services Department and the Community Adult Learning and Literacy Society (CALLS).



Connections

What we're doing:

- Counselling
- Recreation Access Program
- Seniors' Week Celebration (June 9)
- Active Living Conference (2017)

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- **Counselling** – Offered on a sliding fee scale
- **Recreation Access Program** – Free drop-in activities and registered programs at a 75% discount. (Single – net 20,160 and Couple net 24,536).
- On June 9, we are celebrating the 30th anniversary of Seniors' Week with a free breakfast celebration that will recognize the important contributions of seniors in our community.
- Active Living conference is a bi-annual conference for men and women 55+ to learn new topics and connect with others. The 2017 conference will make the 5th anniversary for this event in Strathcona County

A slide titled "Wellness" with a decorative graphic at the bottom left consisting of overlapping blue, green, and yellow shapes. The text on the slide is as follows:

Wellness

What we've heard:
Importance of seniors having meaningful opportunities to participate fully in the community as they age.

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In its January 2016 report to Priorities Committee, the Seniors Advisory Committee discussed the importance of seniors having meaningful opportunities to participate fully in our community as they age. Older adults span two generations, and their strengths, needs and interests are diverse.

A rectangular slide with a white background and a decorative bottom border of overlapping green and blue shapes. The word "Wellness" is centered at the top in blue. Below it, the heading "What we're doing:" is in bold black. A bulleted list follows, with the second item containing a blue hyperlink. The Strathcona County logo is in the bottom right corner.

Wellness

What we're doing:

- Accessible recreation spaces
- Senior specific fitness programming
strathcona.ca/recreation
- Senior specific fire and fall prevention training
- Fraud prevention and elder abuse supports
- Chef's Choice frozen meal program

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What we're doing

Accessible recreation space

The newly renovated GARC will offer a new fitness space for seniors programming with a greater emphasis on adaptable equipment for the older adult, as well as people with special needs. There will also be a curling club and lounge where seniors can meet to socialize. Ardrossan Recreation Complex has age-friendly social and leisure activities, including drop-in Pickleball. The facility is expected to be fully operational by September, 2016.

Emerald Hills Leisure Centre, scheduled to open this summer, features a warm pool with adjustable depth swimming pool. There is also a 6-lane, 25 metre lap pool, whirlpool, steamroom and accessible changerooms.

Senior-specific fitness programming: including senior fitness days, FAB fitness and beyond classes for all workout levels, senior recreation skate. Visit www.strathcona.ca/recreation for more info

Senior-specific fire prevention training: Regular SCES Fire Prevention, Emergency Preparedness, and FireSmart programs are adapted and tailored to address specific concerns of seniors; e.g. mobility and other health issues, multi-story/multi-tenant. Programs are designed to raise awareness of general fire prevention activities in the home/community including home escape planning and if required, shelter-in-place. Residents are also encouraged to develop plans that suit their individual and unique situations.

RCMP

The Community Policing Unit members provide regular presentations to seniors groups on current Frauds and Scams occurring in the area. We have also reached out with numerous presentations on Elder Abuse. We also support the Wise Owl program, which is now back up and running available for our seniors in Strathcona County.

Chef's Choice frozen meal program

Information and Volunteer Centre, in partnership with Edmonton Meals on Wheels, offers the Chef's Choice frozen meal program. Prepared by Red Seal chef at Meals on Wheels Edmonton production facility, Chef's Choice provides a variety of freshly cooked, healthy meal combinations. In 2015, IVC provided 4,500 inexpensive, nutritionally balanced meals to County residents. Over 90% of customers are seniors.

Questions?

Mayor and Council
780-464-8000 strathcona.ca/council

County resources:

- Family and Community Services
780-464-4044 strathcona.ca/fcs
- Recreation, Parks and Culture
780-467-2211 strathcona.ca/recreation
- Transit
780-464-7433 strathcona.ca/transit



The logo for Strathcona County, featuring a stylized green and blue wave graphic to the left of the text "STRATHCONA COUNTY".

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