

## APPENDIX I

### MEMBERS OF THE OLDER ADULT STEERING COMMITTEE

Catriona Gunn-Graham	Coordinator, Community and Social Development	Family and Community Services
Rene Robertson-Potisk	Social Development Liaison	Family and Community Services
Heide Blackmore	Supervisor, Adult Services	Strathcona County Library
Iain Bushell	Deputy Fire Chief, Human Resources & Finance	Emergency Services
Lisa Gerard	Public Health Nurse	Alberta Health Services
Dawn Green	Traffic Safety Liaison Officer	Corporate Planning and Intergovernmental Affairs
Kik Konski	Executive Director	Information and Volunteer Centre
Don Moulds	Executive Director	Pioneer Housing Foundation
Joyce Perkins	Acting Manager, Land Use Bylaw Review	Planning and Development Services
Lindsey Radford	Assistant Transit Planner	Strathcona County Transit
Thelma Scammell	Coordinator	Communications
Terry Skidnuk	Older Adult Recreation Programmer	Recreation, Parks and Culture



**APPENDIX II**

**MEMBERS OF THE  
STRATHCONA COUNTY  
SENIORS ADVISORY COMMITTEE  
2008**

Members of the Strathcona County Seniors Advisory Committee are residents of Strathcona County, aged 55 years or older, representing both the rural and urban population.

Bruce Atchison

Herb Belcourt

Sharon Bunnin

Jack Lukey

Heinz Melle

Donald Moulds

Bev Young

Councillor Victor Bidzinski

Councillor Roxanne Carr



## **APPENDIX III**

# **STRATHCONA COUNTY**

**Seniors Plan Survey**

**Seniors & Adults 55+**

## **SUMMARY REPORT**

**March 2009**

**By Phil Kreisel, Ph.D.**

**Corporate Planning & Intergovernmental Affairs**



**Research & Consulting Inc.**

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## SUMMARY OF FINDINGS

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In August 2008, Banister Research & Consulting Inc. was contracted by Strathcona County Family and Community Services to analyze results from the Seniors Plan Survey. 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.

The survey addressed the following areas:

- 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

### **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.

## **KEY FINDINGS**

### **1. 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.

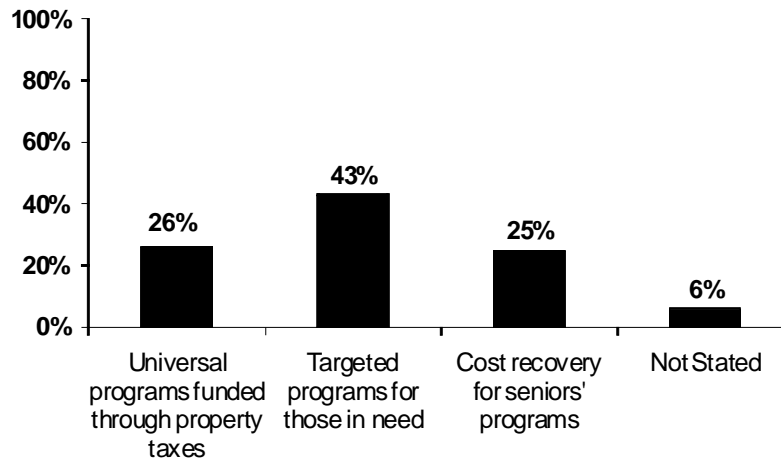
## Important Issues Facing Seniors in Strathcona County

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

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.

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



n=676

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## 2. Recreation, Leisure and Culture

- Forty-five percent (45%) of respondents indicated they would prefer attending programs open to the general public. Twenty-five (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).

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

### 3. 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.

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

### 4. 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%).

## 5. 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.

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

## 6. 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%).

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

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## 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%).

## 8. 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%).

## 9. Financial Security

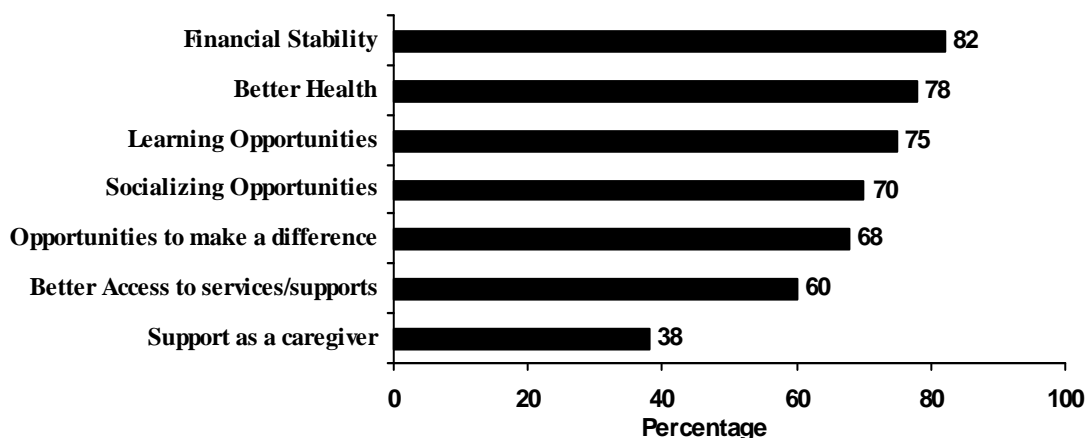
- When identifying the financial source that will provide primary funding for their senior years, 34% of respondents mentioned a pension plan from an employer, 28% indicated their savings and investments, and 28% reported federal government benefits.

## 10. 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%).

## 11. 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.

<b>What concerns you most about your future?</b>	
	<b>Percent of Respondents (n=676)</b>
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

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

### Demographic Profile of Survey Respondents

% of Respondents (n=676)	
<b>Gender</b>	
Male	31
Female	57
Not stated	12
<b>Age</b>	
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
<b>Marital Status</b>	
Married	67
Widowed	17
Common law	1
Divorced or separated	8
Never married	2
Not Stated	4
<b>Household Income</b>	
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

A COMPLETE COPY OF THE  
**STRATHCONA COUNTY**

**Seniors Plan Survey**

**Seniors & Adults 55+**

**FINAL Report**

is available by contacting  
Family and Community Services  
at **780-464-4044**

## APPENDIX IV

### Strathcona County Next Generation Questionnaire (45—54 year olds)

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Note: The following provides preliminary survey findings. Results are presented for close-ended questions only and are in the order addressed in the telephone survey.

Unless otherwise stated, n=300. Due to rounding, percentages may not total 100%.

A. Do you live:

65%	Sherwood Park
35%	Elsewhere in Strathcona County

B. Gender:

50%	Male
50%	Female

1. I'd like to begin by getting you to rate the importance of some lifestyle options that may or may not be important to you when you reach the age of 65. Would you say this would be Very important, Somewhat important or Not important?

A. Access to housing designed for seniors?

55%	Very important
33%	Somewhat important
12%	Not important
<1%	Not Stated

B. Access to health care, including physicians, specialists, and home care?

92%	Very important
8%	Somewhat important
<1%	Not important
--	Not Stated

C. Access to education or learning opportunities?

18%	Very important
55%	Somewhat important
27%	Not important
<1%	Not Stated

D. Volunteering for an organization or community group?

30%	Very important
58%	Somewhat important
11%	Not important
1%	Not Stated



E. Access to a variety of recreation, culture and leisure activities?

58%	Very important
37%	Somewhat important
4%	Not important
--	Not Stated

F. Access to different transportation options?

59%	Very important
31%	Somewhat important
9%	Not important
<1%	Not Stated

G. Easy access to information on seniors' programs and services?

53%	Very important
41%	Somewhat important
6%	Not important
<1%	Not Stated

H. Access to organized social activities for seniors?

35%	Very important
49%	Somewhat important
15%	Not important
--	Not Stated

I. Opportunities to stay connected to the community?

42%	Very important
50%	Somewhat important
6%	Not important
2%	Not Stated

J. Being able to get home support (such as meals, home maintenance and snow shoveling)?

59%	Very important
33%	Somewhat important
9%	Not important
--	Not Stated

K. Balancing the rising costs of living on a fixed income?

76%	Very important
17%	Somewhat important
6%	Not important
1%	Not Stated

L. Affording the costs of home ownership?

58%	Very important
26%	Somewhat important
15%	Not important
1%	Not Stated

2. Again, thinking ahead to when you become a senior, please let me know to what extent you agree or disagree with the following statements:

A. Overall, I believe my retirement finances will be adequate.

29%	Strongly agree
49%	Somewhat Agree
15%	Somewhat Disagree
7%	Strongly Disagree
<1%	Not Stated

B. I think I will be well prepared for all aspects of retirement.

27%	Strongly agree
52%	Somewhat Agree
16%	Somewhat Disagree
4%	Strongly Disagree
1%	Not Stated

C. I think there will be enough affordable housing options in Strathcona County.

3%	Strongly agree
32%	Somewhat Agree
31%	Somewhat Disagree
24%	Strongly Disagree
10%	Not Stated

D. I think I am better prepared for retirement than my parents were.

42%	Strongly agree
36%	Somewhat Agree
16%	Somewhat Disagree
5%	Strongly Disagree
2%	Not Stated

E. I am optimistic about my senior years

46%	Strongly agree
44%	Somewhat Agree
6%	Somewhat Disagree
4%	Strongly Disagree
1%	Not Stated

3. I'd now like you to tell me how well you think "the next generation" will be able to cope with the following lifestyle issues when they turn 65 within the next 15 to 20 years compared to how well seniors in 2008 are managing. There are no right or wrong answers. Compared to 2008 seniors, do you think the next generation of seniors will be:

A. Access to health care?

41%	Worse off
32%	The same
24%	Better off
3%	Not Stated

B. Having adequate money for retirement?

42%	Worse off
32%	The same
23%	Better off
3%	Not Stated

C. Being prepared for retirement?

33%	Worse off
31%	The same
33%	Better off
3%	Not Stated

D. Access to government or social services?

36%	Worse off
44%	The same
15%	Better off
5%	Not Stated

E. Opportunities to work full time or part time?

11%	Worse off
31%	The same
54%	Better off
5%	Not Stated

F. Getting monetary or emotional support from family members?

35%	Worse off
43%	The same
19%	Better off
3%	Not Stated

G. Service and support from community agencies?

28%	Worse off
43%	The same
23%	Better off
6%	Not Stated

H. Access to housing suitable for seniors?

39%	Worse off
29%	The same
28%	Better off
4%	Not Stated

I. The overall quality of life for seniors?

27%	Worse off
39%	The same
31%	Better off
3%	Not Stated

4. Given a choice, how should Strathcona County best ensure the sustainability of seniors programs and services? Would this be through: **(Single mention)**

24% Programs available to all seniors, funded through property taxes  
38% Seniors programs targeted for those in need, or  
29% Seniors programs operating on a cost recovery basis  
7% Other-specify  
3% Don't know

5. Are you currently living with or providing care to a senior who is a close relative or friend?

19% Yes  
81% No (Skip to Q-7)  
-- Declined to answer (Skip to Q-7)

6. What type of care do you provide? (n=58) Would this be: **(Multiple mention)**

28% Housing  
40% Food  
31% Financial  
74% Driving  
90% Emotional support  
38% And anything else  
-- Declined to answer

7. Are you currently providing care for one or more children in your household?

66% Yes  
34% No (Skip to Q-9)  
-- Declined to answer (Skip to Q-9)

8. Are these children (n=197):

39% All under 18 years  
33% All 18 years or older, or  
28% Both under and over 18 years of age  
-- Declined to answer

***I'd now like to ask you some general questions about your health. To begin with...***

9. Considering your present weight, eating habits, exercise patterns and present lifestyle, I'd like you to rate your overall health. Is it:

19% Excellent  
41% Good  
22% Average  
14% Could be somewhat better, or  
4% Could be much better  
-- Don't know/Declined to answer

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

7%	Much better
21%	Somewhat better
61%	The same
9%	Somewhat worse
1%	Much worse
--	Don't know/Refused to answer

11. I'd like you to rate your current mental health. Would you say it is:

33%	Excellent
41%	Good
13%	Average
9%	Could be somewhat better, or
3%	Could be much better
1%	Don't know/Refused to answer

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

11%	Much better
18%	Somewhat better
62%	The same
8%	Somewhat worse
1%	Much worse
<1%	Don't know/Refused to answer

13. Do you presently have a family doctor?

90%	Yes
9%	No (Skip to Q-15)
<1%	Declined to answer (Skip to Q-15)

14. How easy is it for you to get in to see your family doctor? (**n=271**) Is it:

34%	Very easy
42%	Somewhat easy, or
24%	Not easy
<1%	Declined to answer

15. Do you presently have a medical specialist?

27%	Yes
73%	No (Skip to Q-17)
--	Declined to answer (Skip to Q-17)

16. How easy is it for you to get in to see your medical specialist? (**n=82**) Is it:

26%	Very easy
32%	Somewhat easy, or
43%	Not easy
--	Declined to answer

17. Do you presently have a mental health specialist?

7% Yes  
93% No (Skip to Q-19)  
-- Declined to answer (Skip to Q-19)

18. How easy is it for you to get in to see your mental health specialist? (n=21) Is it:

48% Very easy  
38% Somewhat easy, or  
14% Not easy  
-- Declined to answer

19. Who would you turn to first for support when you have a problem? Would this be: **(Single mention)**

77% Your spouse  
2% One of your children  
2% Your Parents  
8% A personal friend  
<1% One of your neighbors  
5% Your doctor  
<1% A social service agency  
4% Or someone else  
2% Don't know/Refused

20. There are different sources that people can access to get information about different resources or activities in Strathcona County. As I read a list, please stop me each time I mention a source that you've used: **(Multiple mention)**

56% Your family doctor  
53% A local Health Unit  
20% Strathcona County Family and Community Services  
59% Strathcona County Library  
19% The Information and Volunteer Centre for Strathcona County  
43% A church  
69% Strathcona County Recreation Guide  
84% The biweekly Strathcona County newspaper  
41% A daily newspaper  
39% Capital Health Link Line  
57% Strathcona County website  
12% Information fair  
77% The internet  
22% Any other sources  
2% None of the above

21. There are a variety of different pastimes that people like you may do in your free time. As I read a list, please stop me each time I mention an activity that you've done in the past 12 months: **(Multiple mention)**

37% Arts and Crafts (such as painting or scrapbooking)  
86% Physical Activities (such as going to the gym or playing a sport)  
52% Spiritual Activities (such as going to church)  
71% Cultural Activities (such as going to a museum or a play)  
92% Social Activities (such as a dinner party or getting together with friends)

58%	Using the library
88%	Outdoor Activities (such as camping or hiking)
52%	Volunteering for one or more organizations
88%	Traveling
43%	Taking a course or workshop
11%	Anything else?
<1%	None of the above

22. Thinking of the activities I've just mentioned, given a choice, do you prefer your social activities to be : (**Single mention**)

2%	Formal (such as joining a team or taking a course), or
49%	Informal (such as hosting a BBQ for friends or visiting with family)
49%	Like both formal and informal events equally
--	Don't know

23. As we get older, some people get more concerned about certain aspects of aging than others. In general, how concerned are you about:

A. Your health

23%	Very concerned
48%	Somewhat concerned
29%	Not concerned
<1%	Don't Know

B. Your finances

18%	Very concerned
51%	Somewhat concerned
31%	Not concerned
--	Don't Know

C. Loneliness or isolation from others

10%	Very concerned
23%	Somewhat concerned
67%	Not concerned
<1%	Don't Know

D. Death of loved ones

33%	Very concerned
47%	Somewhat concerned
20%	Not concerned
<1%	Don't Know

E. Loss of mobility or freedom

35%	Very concerned
36%	Somewhat concerned
28%	Not concerned
1%	Don't Know

F. Inability to make your own life decisions

24% Very concerned  
32% Somewhat concerned  
44% Not concerned  
<1% Don't Know

G. Having appropriate housing options

21% Very concerned  
42% Somewhat concerned  
37% Not concerned  
-- Don't Know

H. Personal safety

22% Very concerned  
33% Somewhat concerned  
45% Not concerned  
<1% Don't Know

***I'd now like to some general questions about what you think your life will be like when you become a senior.***

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

59% Yes  
23% No  
19% Don't Know/Not stated

25. After becoming a senior, given a choice, where do you think you would prefer to participate in an organized leisure activity? Would this be: **(Single mention)**

10% Going to a seniors' centre  
19% Attending a designated seniors' program in a community facility, or  
54% Attending a program open to the general public  
13% None of the above  
4% Don't know/Not stated

26. When you are a senior, what would your first housing preference? **(Single mention)**

52% Stay in your current home by modifying where necessary  
42% Downsize to a smaller dwelling, or  
3% Move to a senior's support centre (such a seniors home, nursing home, etc)  
2% Other-specify (To be provided in final report)  
1% Don't know / Refused

27. Which of the following best describes your future working plans? **(Single mention)**

8% I am not in the workforce and have no future plans to work (Skip to Q-29)  
43% I will permanently leave the workforce before the age of 65 (Skip to Q-29)  
13% I will permanently leave the workforce at the age of 65 (Skip to Q-29)  
14% I am planning to work after the age of 65 in my current job  
21% I am planning to work after the age of 65 in a different job  
2% Don't know/refused (Skip to Q-29)



28. What is the primary reason why you want to keep working? (n=105) (Single mention)

- 20% To continue earning money
- 45% To keep busy
- 16% Because you enjoy your job/career and are not ready to leave it
- 4% To maximize your pension, or
- 15% Another reason (specify) \_\_\_\_\_
- Don't know/Refused

29. There are different financial sources that people can use to fund their senior years. As I read a list, please stop me each time I mention a source that you are planning to use when you become a senior: (Multiple mention)

- 95% My saving and investments (such as RRSPs and other investments)
- 65% The pension plan from my employer or workplace
- 68% The equity in the property I own
- 12% Money from family members or relatives
- 36% Wages earned from continuing to work after I turn 65
- 88% Federal government benefits (such as the Canada Pension Plan)
- 28% Provincial government financial assistance programs
- 5% Anything else (specify) \_\_\_\_\_
- 1% Don't know/Not stated – Skip to Q-31

30. Of those that you selected, which will provide the primary funding for your senior years? (n=298) (Single mention)

- 47% My saving and investments
- 33% The pension plan from my employer or workplace
- 5% The equity in the property I own
- Money from family members or relatives
- 5% Wages earned from continuing to work after I turn 65
- 6% Federal government benefits (such as the Canada Pension Plan)
- Provincial government financial assistance programs
- 2% Anything else-specify (To be provided in final report)
- 2% Don't know/Not stated

**Basic information about your household:**

31. How long have you lived in Strathcona County? Would it be

- 1% Less than one year
- 8% 1 to 4 years
- 14% 5 to 9 years
- 44% 10 to 20 years, or
- 34% Over 20 years
- Refused

32. What is your current marital status? Are you:

- 3% Never married
- 88% Married
- 2% Common-law
- 5% Divorced or separated
- 1% Widowed
- <1% Refused

33. What is the highest level of education you have achieved? Would this be

4%	Less than high school
20%	High school diploma (or equivalent)
10%	Apprenticeship or trades certificate
15%	Some college or university
43%	Completed college or university
9%	Post-graduate or doctoral degree
--	Refused

34. Please stop me when I mention the total household income before taxes for last year (2007):

<1%	Less than \$20,000
1%	\$20,000 to under \$30,000
1%	\$30,000 to under \$40,000
3%	\$40,000 to under \$50,000
5%	\$50,000 to under \$60,000
4%	\$60,000 to under \$70,000
8%	\$70,000 to under \$80,000
8%	\$80,000 to under \$90,000
7%	\$90,000 to under \$100,000
24%	\$100,000 to under \$130,000
27%	\$130,000 or more
12%	Don't know/Refused

# APPENDIX V

## Federal and Provincial Programs for Older Adults

### FEDERAL

#### A. Income Security

- Old Age Security
- Guaranteed Income Supplement
- Canada Pension Plan
- Special Income Tax Credits For Seniors
- Community Volunteer Income Tax Program
- Compassionate Care Leave

Information about Programs for seniors and their families is available online at the Seniors Canada website <http://www.seniors.gc.ca/c.4nt.2nt@.jsp?cid=100>

#### B. Housing

- Social Housing Programs ( eighth Affordable Housing Initiative)
- Homeowner Residential Rehabilitation Assistance
- Home Adaptations for Seniors Independence
- Residential Rehabilitation Assistance Program for Persons with Disabilities
- Residential Rehabilitation Assistance Program-Secondary and Garden Suites
- Rental Residential Rehabilitation Assistance Program

Information about programs and financial assistance for homeowners is available online at the Canada Mortgage and Housing Corporation website <http://www.cmhc-schl.gc.ca/en/co/prfinas/index.cfm>

#### C. Other Specialized Programs

Funding to organizations through the New Horizons for Seniors Program  
[http://www.hrsdc.gc.ca/eng/community\\_partnerships/seniors/nhsp/faq.shtml#program1](http://www.hrsdc.gc.ca/eng/community_partnerships/seniors/nhsp/faq.shtml#program1)

Public Health Agency of Canada  
Veterans Affairs



## PROVINCIAL

### Alberta Seniors & Community Supports

#### A. Seniors Supports

- [Affordable Supportive Living Initiative](#)
- [Alberta Aids to Daily Living \(AADL\)](#)
- Alberta Income for the Severely Handicapped (AISH)
- [Alberta Seniors Benefit](#)
- [Alberta Seniors Information Line](#)
- [Continuing Care](#)
- [Dental Assistance](#)
- [Directory of Seniors' Organizations in Alberta](#)
- [Education Property Tax](#)
- [Elder Abuse Prevention](#)
- [Financial Assistance for Seniors](#)
- [Fraud Awareness](#)
- [Funding Opportunities for Seniors' Organizations](#)
- [Guide to Making Communities Age-Friendly](#)
- [Housing for seniors](#)
- [Lodge Modernization and Improvement Program](#)
- [Office of the Public Guardian \(OPG\)](#)
- [Optical Benefits](#)
- [Other Alberta Government Programs for Seniors](#)
- Residential Access Modification Program (RAMP)
- [Seniors Advisory Council for Alberta](#)
- [Seniors Awards](#)
- [Seniors Benefit Forms](#)
- [Seniors Information Services Offices](#)
- [Seniors Programs and Services Information Guide](#)
- [Seniors Services Conference](#)
- [Special Needs Assistance for Seniors](#)
- [Where Do I Find Housing](#)

Information is available online at <http://www.seniors.gov.ab.ca/Seniors/>

#### B. Seniors Housing

- [Continuing Care](#)
- [Seniors Lodge Program](#)
- [Seniors Self-Contained Housing Program](#)
- [Cottage Program](#)
- [Unique Homes Program](#)
- [Housing Registry Program](#)
- [Seniors Supportive Housing Incentive Program](#)
- [Healthy Aging Partnership Initiative Program](#)

Information is available online at

[http://www.seniors.gov.ab.ca/housing/seniors\\_housing/index.asp](http://www.seniors.gov.ab.ca/housing/seniors_housing/index.asp)



## Alberta Health and Wellness

### A. Health Action Plan

<http://www.health.alberta.ca/initiatives/health-action-plan.html>

- Continuing Care Strategy
- Alberta Pharmaceutical Strategy
- Vision 2020 - which looks at providing the right services for an aging population

### B. Health Coverage

- Alberta Health Care Insurance Plan (No premiums)

Alberta Blue Cross (supplemental health coverage for seniors at no cost currently. As of January 1, 2010, low-income seniors will receive free drug coverage for eligible products while other seniors will pay a deductible based on their income.)

### C. Alberta Health Services (formerly Capital Health)

- Alberta Health Services offers a variety of services to support seniors in communities across the region.
- To learn more about programs and services in the Capital Health region for seniors with complex health issues, call:

Capital Health Link: 408-LINK (5465) Toll-free 1-866-408-LINK (5465)

Or online at:

<http://www.capitalhealth.ca/especiallyfor/seniors/default.htm>

Alberta Health Services has published a guide listing the programs and services it provides for seniors at:

<http://www.capitalhealth.ca/NR/rdoonlyres/e6pxpw4oqxswljy7t6zeklhv2i43drfxdxbn3inkypffunzxiseghjdb5tq4rtl65q2vybuc/a6xcarv6xdhlfleyid/Services07.pdf>



# APPENDIX VI

## Examples of Seniors Friendly Programs

### 1. Creating Vibrant Communities In Which We All Age Well

Boulder County Aging Services Division April 2007

Boulder County, Colorado developed an elder-friendly community model based on the concept of aging well. They defined an elder-friendly community as:

- Addressing basic needs
- Promoting social and civic engagement
- Optimizing physical and mental health and well-being
- Maximizing independence for older adults and supports caregivers

#### Eight essential elements were identified for aging well:

##### 1. Are the basics covered?

When basic needs are met, individuals can build upon their strengths to create vibrant, engaging lives. Housing, health care, food, and clothing are basic needs.

##### 2. Say “Yes” to life - be involved!

People who age well maintain a positive outlook and stay engaged in life. They participate in social and civic activities. They visit with family and friends, and develop new interests and hobbies.

##### 3. One call does it all

When Boulder County is at its best, people know where to turn for help. Services are available and accessible to those who need them. One call to any service provider gets you connected to where you need to be.

##### 4. Opportunities to give and receive

People who age well are connected to the broader community. They share their gifts and talents with others by volunteering and through paid employment. They receive both practical and social support from family, neighbors, and friends. And, they use community services that enable them to remain part of the community.

##### 5. A welcoming environment

When Boulder County is at its best, it is a welcoming community. Open space provides people with safe places to gather, exercise, and be part of nature. Public facilities are attractive, inviting, and accessible to all.

If wrinkles must  
be written upon  
our brows, let  
them not be  
written upon the  
heart. The spirit  
should never  
grow old.

John Kenneth  
Galbraith



6. Choice equals empowerment

We age well when we know and understand the options that are available to us, when we make decisions for ourselves, when others listen to what we have to say.

7. Common ground creates common good

Our community is at its best when it provides opportunities for us to join with others with whom we share common interests. Working together, we can make a difference.

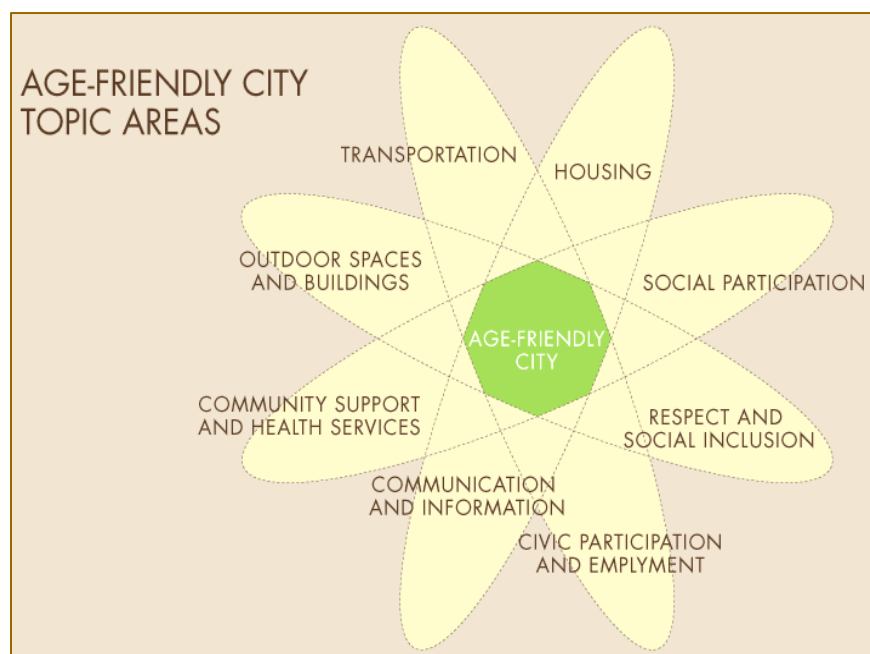
8. Differences make a difference

Our Boulder County community is at its best when we cherish, celebrate, and embrace one another's individual, emotional, cultural, and spiritual natures. We recognize that the community is stronger and the world is richer for the diversity that we see all around and within us.

In addition, the Boulder Plan identified the following strengths associated with aging well which were divided into three categories:

1. physical health -physical activity, nutrition and food security
2. outlook on life -mental health, self-efficacy, valued by community, spirituality
3. connection with others and the community - practical support, social support, engagement in life, and hobbies

Those with more strengths were more likely to have a higher quality of life - to be aging well. In addition, older adults with more strengths were less likely to report problems.



## 2. The Village Model—Boston, Mass.

The Beacon Hill Village Model was developed in Boston. It is a member-based neighbourhood network that helps people stay in their homes as they age. People (typically 50+) in a particular area form a non-profit organization providing one-stop shopping for transportation, home-care, house maintenance, medical, and care-management services.

Annual membership fees are charged and vary from \$500 to \$1000 per person or household per year, with mature villages offering reduced-fee subsidized memberships for people who cannot afford the full fees.

Memberships include basic transportation for shopping and excursions, and regular social events, but additional trips and other services are usually offered on a fee-for-service basis, with membership discounts. Additional services may include newsletters, parties, helping people get to know each other and forming "affinity groups" having shared interests.

Network operators screen service providers, using their leveraged group-buying power to get quality service with member discounts.

Personal care services are provided to seniors such as personal hygiene, washing clothes, dressing, meal preparation and other basic self-care.





### 3. Aging at Home Strategy—Ontario

Ontario has a \$1.1 billion initiative to help seniors live healthy, independent lives in the comfort and dignity of their own homes. Two examples of their funded programs include:

- a Supports for Daily Living program, to provide a unique concept of offering service from a “hub”, providing local neighbourhoods of clustered buildings with coverage 24 hours per day, seven days per week. This model will allow providers the opportunity to adjust care to clients as clients’ needs increase over time. This initiative will increase the housing options for seniors.
- 100 vans providing 135,00 rides to appointments across Ontario are part of this strategy. The new van fleet will provide reliable and vital transportation for Ontario seniors and allow residents to receive the health care they need where and when they want it.

### 4. Lauderdale Transportation Program—Lauderhill, Florida

**Organization Status:** City government

**Type of Program:** Intergenerational transportation program located in a community center

**Vehicles:** 5 bubble-top vans (wheelchair accessible), two 45-passenger buses

**Number of Drivers:** 5 paid drivers

**Riders Targeted:** Seniors, disabled, and children

**Rider Reservations:** 2 weeks in advance for medical trips; 24 hours in advance for other trips

**Purpose of Rides:** Essential trips, religious events, medical and grocery shopping, child activities

**Availability of Transport:** Every day (including weekends), daytime and evenings

**Type of Service:** Door-to-door (seniors) and pick up at specific sites (children)

**Fee Structure:** Flat rate

**Annual Number of Riders Served:** 775 seniors; 1,244 children

**Annual Number of Rides:** 19,054 (one-way) for seniors; 6,742 (one-way) for children

**Transportation Program Budget:** \$226,497

**Funding Sources:** Tax revenue, rider fees

**Major Areas of Expense:** Salaries, vehicles, operating costs

**Insurance for Vehicles and Drivers:** Self-insurance by city

**Unique Features:** Intergenerational transportation program for seniors and children.



## 5. Shepherd's Center Escort Transport - Kalamazoo, Michigan

**Year Started:** 1991

**Organization Status:** Group of 42 churches in Kalamazoo County that provides escorted transportation

**Affiliations:** 42 churches in Kalamazoo County

**Area Served:** Mix of urban, rural, and suburban

**Vehicle Type and Number:** 120 personal automobiles

**Number of Drivers:** 120 volunteers

**Riders Targeted:** Seniors

**Rider Reservations:** Scheduling more than 2 days in advance

**Purpose of Rides:** Medical appointments only

**Availability of Transport:** Weekdays only (Monday through Thursday), daytime

**Type of Service:** Door-to-door

**Ridership Fee Structure:** Donations accepted

**Escort Availability:** Escorts always provided

**Annual Number of Riders Served:** 258

**Annual Number of Rides provided:** 4,162 (one-way)

**Transportation Program Budget:** \$9,000

**Funding Sources:** Donations

**Major Areas of Expense:** Insurance, volunteer recognition

**Most Difficult Problems:** Ride requests exceed driver availability

## 6. The Dementia Whisperers— Rocklin, California

The Dementia Whisperers offer innovative programs designed to train, encourage, and support caregivers of memory challenged adults as seen in Alzheimer's disease and dementia.

## 7. Telephone Reassurance — Richland and Lexington County

The Good Morning Line is a free telephone reassurance service especially for senior citizens who live alone or who are alone for long periods of time and may be isolated and lonely. Applications are taken from those who need a daily call, and a friendly, trained volunteer is assigned to call every day at an appointed time, seven days a week.

The Good Morning Line offers the reassurance that a volunteer is scheduled to call at a designated time. The volunteer is given training through RSVP (Retired and Senior Volunteer Program) for placing calls and checking on their assigned individual. In addition to providing someone with whom the individual can talk, the service provides the security of knowing someone will also follow-up if there is a problem or if the individual is unable to answer the call. If the phone call goes unanswered, the volunteer will alert the RSVP office or local law enforcement to check on the individual's safety and status.



## 8. Various Programs — Evanston, Illinois

**Long-Term Care Ombudsman Program:** Provides advocacy on behalf of long-term care facility residents to resolve complaints. Program staff and volunteers provide information about resident rights, long-term care options, and information about community resources.

**Subsidized Taxicab Program:** Low-cost transportation is available to qualifying seniors and mobility-impaired residents. Coupons cost \$2.50 per trip (\$3.00 per trip effective March 1, 2009) and can be purchased through the City Collector's Office, and the Levy Senior Center.

**Senior Citizen Discount Card:** Seniors ages 65 and older and fulfilling income requirements are eligible to get a Senior Citizen Discount Card. The card currently can be used to receive a 50 per cent discount on Evanston vehicle stickers. Seniors can apply for the card at the Civic Center. These seniors must have filed their 2006 income taxes returns either singly with an income of \$30,000 or under, or jointly with an income of \$50,000 or under. Seniors applying for the Discount Card must bring their tax returns for income verification.

**Senior Farmers' Market Coupons:** Limited supplies of coupons for income-eligible seniors to use at two Farmers' Markets in Evanston are available through the Commission on Aging during normal business hours. The coupons come in books of seven \$3 cheques that seniors can use with vendors designated with an "FMNP" sign on their booths. Only one check booklet will be issued per participant. The cheques are only valid for fresh, locally grown fruits and vegetables and cannot be replaced if lost, stolen or misplaced. Farmers cannot give change. Participants should make their selections as close to the amount as possible as they will have to pay the difference if they go over their benefits level. Farmers are not allowed to charge sales tax on any items purchased with the cheque.

## 9. County Council on Aging— Midland, Michigan

### Handyman Services

Senior Services offers a handyman program for seniors in Midland County, called Team Handyman. A volunteer team of handymen and handywomen help seniors maintain their homes by making them safe and in secure condition. Team Handyman also makes small repairs and complete other handy tasks. Many aging older adults have to give up the independence of living in their home simply because the home has not been modified for their safety. This service including labour and parts are free to seniors in Midland County who own their homes, however, donations are accepted and are used to help expand the program and help more people in the community. This program helps provide a more comprehensive coordination of care by assisting seniors in another area of need.



## APPENDIX VII

### GUIDING PRINCIPLES FOR SOCIAL SUSTAINABILITY

#### Social Inclusion

The process by which efforts are made to ensure that everyone, regardless of their experiences and circumstances, can achieve their potential in life. A socially inclusive society is one where citizens have a sense of belonging to their communities and have the opportunity to access services, learning, employment, recreational and cultural activities. It is fostered when all individuals and families benefit equitably from the distribution of resources and availability of opportunities to participate in all aspects of community life.

#### Community Connectedness

The sense of belonging to a community that occurs through the formal and informal networks developed when people come together for social, educational, recreational, spiritual, cultural and/or work-related purposes.

#### Social Responsibility

The experience and appreciation of our interdependence and connectedness with others. Social responsibility includes acceptance of consequences of one's own actions, a caring attitude toward others, acceptance of individual and cultural diversity and recognition of human rights. It occurs when citizens value the worth that the community derives from members expressing a sense of responsibility to each other through voluntary engagement and collective decision making.

#### Health and Wellbeing

A state of physical, emotional, mental and social wellness. For individuals it includes the capacity of people to adapt to, respond to, or control life's challenges and changes. A healthy community is one that is continually creating and improving physical and social environments and expanding resources which enable people to mutually support each other in performing the functions of life and in developing to their maximum potential. It is promoted when residents feel comfortable with the safety and cleanliness of their environment and have timely, equitable access to key services such as health, education, transportation and housing.



## APPENDIX VIII

### PRINCIPLES OF THE NATIONAL FRAMEWORK ON AGING

March 1998

#### Dignity

Being treated with respect, regardless of the situation, and having a sense of self-esteem e.g.: having a sense of self-worth; being accepted as one is, regardless of age, health status, etc.; being appreciated for life accomplishments; being respected for a continuing role and contributions to family, friends, community and society; being treated as a worthy human being and a full member of society.

#### Independence

Being in control of one's life, being able to do as much for oneself as possible and making one's own choices e.g.: decisions on daily matters; being responsible, to the extent possible and practical, for things that affect one; having freedom to make decisions about how one will live one's life; enjoying access to a support system that enables freedom of choice and self-determination.

#### Participation

Getting involved, staying active and taking part in the community, being consulted and having one's views considered by government - e.g.: being active in all facets of life (socially, economically, politically); having a meaningful role in daily affairs; enjoying what life has to offer; participating in available programs and services; and being involved and engaged in activities of daily living (decisions/initiatives in all spheres, not just those specifically oriented to seniors).

#### Fairness

Having seniors' real needs, in all their diversity, considered equally to those of other Canadians e.g.: having equitable access (socially, economically, politically) to available resources and services; not being discriminated against on the basis of age; and being treated and dealt with in a way that maximizes inclusion of seniors.

#### Security

Having adequate income as one ages and having access to a safe and supportive living environment e.g.: financial security to meet daily needs; physical security (including living conditions, sense of protection from crime, etc.); access to family and friends; sense of close personal and social bonds; and support.

