

Older Adults Plan

June 2009

Strathcona
County

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EXECUTIVE SUMMARY

INTRODUCTION

The need for the development of an Older Adults Plan for Strathcona County was identified as a recommendation in Strathcona County's Social Sustainability Framework (adopted in 2007). It recognized the need to prepare for the changing demographics. In 2007, Strathcona County residents aged 65 and older comprised 13 per cent of the total population. By 2031, as a result of the baby boomer generation becoming seniors, this number is expected to increase to 25 per cent of the total population.

All levels of government, community organizations, churches, neighbourhoods, families, and individuals have a role to play in supporting the healthy aging of our population. The strategies in this plan focus primarily on what Strathcona County can do over the next 15 years.

VISION

Strathcona County is an age-friendly and caring community that values the contributions and strengths of older adults, is responsive to their diverse needs and desire for choice, and provides a spectrum of opportunities for active and purposeful lives.

OBJECTIVES

The Older Adults Plan for Strathcona County has seven main objectives:

1. To explore the major issues facing older adults that include:
 - social determinants including social supports, social connections and life long learning opportunities
 - physical environment determinants including housing, transportation and mobility, accessibility and safety issues
 - economic determinants including income, employment and social protection
 - behavioural determinants including recreation and leisure, healthy lifestyles and volunteerism
 - health and social services determinants including health, long term care, mental health and outreach services
2. To recognize the strengths and assets that older adults contribute by developing a strength based approach
3. To identify gaps in services, currently and anticipated in the future
4. To recommend strategies/programs to address issues and gaps, in the short (1-3 years), mid (4 - 14 years) and long term (15+ years)



5. To identify respective roles for implementing the Older Adults Plan, recognizing that it requires a coordinated effort from all departments and senior serving organizations
6. To ensure the sustainability of programs for older adults
7. To maximize opportunities for older adults to contribute to their families, community and economy

PLAN DEVELOPMENT

The Steering Committee, comprised of representatives from Strathcona County departments and key external service providers, was formed. Its function was to provide guidance for the development of the Older Adults Plan.

An analysis of the older adult population was undertaken, along with a review of current programs and services (federal, provincial, municipal, community). A comparative review of services in other communities also took place.

Extensive community consultation was carried out using a variety of methods. Two surveys were administered. The first targeted adults in Strathcona County 55+ years, and provided information about current strengths and needs. The second survey was administered to 45-54 year olds. It provided valuable information that assisted in the planning for future needs of older adults. In addition, key stakeholder interviews, focus groups, and roundtable discussions were held.

The Strathcona County Seniors Advisory Committee was instrumental in reviewing this project at all stages and providing input and guidance.

KEY ISSUES

The top issues identified during the consultation phase were:

1. Access to seniors housing
2. Access to health care
3. Rising living costs combined with fixed incomes
4. Availability of personal care and home services
5. Transportation
6. Outreach services
7. Information about programs and services

GOALS AND STRATEGIES

The following 15 goals and 65 strategies address the needs identified during the consultation phase.





Older Adults Plan for Strathcona County

Goals	Strategies	Lead Role	Resources Short Term (1 – 3 years)	Resources Mid Term (4 – 14 years)	Resources Long Term (15+ years)
<p><u>Goal 1</u></p> <p>Services for older adults in Strathcona County are coordinated and emerging needs are identified and addressed.</p>	<ol style="list-style-type: none"> 1. Establish an Older Adult Services Coordinating Committee for Strathcona County that will plan and coordinate services and programs across municipal departments and sectors. 2. Ensure the Older Adult Services Coordinating Committee links with existing seniors organizations at the municipal and provincial levels, and in particular the Seniors Advisory Committee to gather input into trends and emerging needs of older adults. 	<p>FCS</p> <p>FCS</p>	<p>Staffing</p> <p>None</p>		
<p><u>Goal 2</u></p> <p>Older adults receive clear, user-friendly information about services and programs in a variety of formats.</p>	<ol style="list-style-type: none"> 1. Develop guidelines on an age-friendly format for communications materials and signage. 2. Create and maintain a variety of print and media communication tools, resources and methods for informing older adults about municipal services and programs. 3. Create and maintain a web based resource for comprehensive information on programs/services/ information for older adults. 4. Create and maintain a printed Seniors Resource Directory. 5. Provide an identified resource person in locations utilized and accessible to older adults to assist with accessing information on programs and services, filling out government forms and providing simple assistance with accessing websites. 	<p>COMM</p> <p>FCS</p> <p>FCS</p> <p>FCS</p> <p>FCS</p>	<p>\$10,000</p> <p>Staffing</p> <p>Staffing</p> <p>\$5,000</p> <p>Staffing</p>		
<p><u>Goal 3</u></p> <p>Opportunities for social connection are encouraged and facilitated.</p>	<ol style="list-style-type: none"> 1. Provide older adult “gathering” space in community facilities as opposed to constructing additional “purpose built” facilities, for example, the new library “Community Living Room” concept. 2. Assist existing seniors centres in attracting new members, planning for the needs of older adults and promoting programs in their communities. (see also goal 11, strategy #2) 	<p>Library, RPC, Facilities, EEP</p> <p>RPC</p>	<p>None</p> <p>None</p>		

ACRONYMS:
CALC – Community Adult Learning Council; **COMM** – Communications; **CPIA** – Corporate Planning and Intergovernmental Affairs; **EDT** – Economic Development and Tourism; **EEP** – Engineering and Environmental Planning;
ES – Emergency Services; **FCS** – Family and Community Services; **HR** – Human Resources; **IVC** – Information and Volunteer Centre; **PDS** – Planning and Development Services; **PHF** – Pioneer Housing Foundation; **RPC** – Recreation, Parks and Culture



Older Adults Plan for Strathcona County

Goals	Strategies	Lead Role	Resources Short Term (1 – 3 years)	Resources Mid Term (4 – 14 years)	Resources Long Term (15+ years)
<u>Goal 3</u> cont.	<ol style="list-style-type: none"> 3. Develop and implement a friendly visitor and phone buddy (telephone reassurance) program. 4. Ensure that opportunities for inter-generational interaction are maximized for all Strathcona County led activities. 	<p>FCS</p> <p>Strathcona County Departments</p>	Staffing		
<u>Goal 4</u> Older adults are provided with a variety of local choices for new learning opportunities and new skill development.	<ol style="list-style-type: none"> 1. Expand the variety of life-long learning programs that are offered to include formal for credit, formal non-credit, and informal learning opportunities; formats should include classroom, workshop, conversation circles; affordability should be monitored. 2. Explore Strathcona County being deemed a Designated Learning Community. 3. Increase English Language Learning opportunities. 4. Expand access to Strathcona County Library services and programs through outreach (bookmobile), distance learning (videoconferencing), e-books, or by offering programs outside of the library, such as in senior lodges. 5. Organize an older adult conference once every two years. 	<p>Library, FCS, RPC, CALC</p> <p>Library</p> <p>CALC</p> <p>Library</p> <p>FCS</p>	<p>None</p> <p>NA</p> <p>NA</p> <p>Staffing</p> <p>None</p>	<p>None</p> <p>Staffing</p> <p>Staffing</p>	
<u>Goal 5</u> There is a range of affordable and accessible housing options appropriate for older adults.	<ol style="list-style-type: none"> 1. Support Strathcona County's Affordable Housing Plan. 2. Promote the development of flexible building designs (lifecycle housing) and a variety of housing types to developers. 3. Educate and influence developers regarding the optimum number of people with limited capability housed together who will require assistance during an emergency situation. 3. Include increased numbers of handicapped parking stalls (exceeding current building standards) in the Land Use Bylaw. 4. Encourage land use planning that combines commercial and residential uses so that services are closer to home for older adults. 5. Develop a 15 year lodge and subsidized housing plan. 	<p>CPIA</p> <p>PDS</p> <p>ES</p> <p>PDS</p> <p>PDS</p> <p>PHF</p>	<p>None</p> <p>NA</p> <p>NA</p> <p>None</p> <p>NA</p> <p>TBD</p>	<p>None</p> <p>None</p> <p>None</p> <p>None</p>	

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<p><u>Goal 6</u></p> <p>Transportation options are affordable, accessible, safe and address the diverse needs of older adults.</p>	<ol style="list-style-type: none"> 1. Improve local transit system to better access popular destinations (medical and recreational facilities, shopping areas, etc). 2. Transit will strive to become barrier-free. 3. Complete Strathcona County Accessible Transportation review. 4. Implement a volunteer Transit Buddy Program. 5. Implement a marketing campaign to encourage riders to use the public transit system, using tools such as a Customer Appreciation Day. 6. Develop a volunteer driver and car pool program. 7. Investigate Independent Transportation Network (ITN) operating in the Capital Region. 8. Partner with local taxi companies for rider discounts and provide travel vouchers for financially vulnerable older adults. 9. Increase availability of older adult driver education programs in Strathcona County. 	<p>Transit</p> <p>Transit</p> <p>Transit</p> <p>Transit</p> <p>Transit</p> <p>FCS</p> <p>CPIA</p> <p>FCS</p> <p>FCS / CPIA</p>	<p>NA</p> <p>NA</p> <p>None</p> <p>NA</p> <p>NA</p> <p>NA</p> <p>None</p> <p>NA</p> <p>None</p>	<p>TBD</p> <p>TBD</p> <p>Staffing</p> <p>\$10,000</p> <p>Staffing</p> <p>\$50,000</p>	
<p><u>Goal 7</u></p> <p>Strathcona County will follow the 'Principles of Universal Design' in the design and construction of new or renovated buildings.</p>	<ol style="list-style-type: none"> 1. Identify design issues that may enhance the effective use of indoor and outdoor public places by older adults, and recommend changes. 2. Educate the business community about the wide range of design disciplines including environments, products and communications, that are required to meet the needs of older adults. 3. Establish the requirement for the construction of new or renovated buildings to use the 'Principles of Universal Design'. 	<p>Strathcona County Departments</p> <p>EEP</p> <p>PDS</p>	<p>None</p> <p>TBD</p> <p>NA</p>	<p>None</p> <p>None</p>	
<p><u>Goal 8</u></p> <p>Crime prevention initiatives will reduce the incidence of older adults impacted by scams and crime.</p>	<ol style="list-style-type: none"> 1. Increase public education and awareness of scams and frauds targeting older adults in a comprehensive way (eg: Wise Owl program). 2. Educate older adults about home security and crime prevention through physical design principles. 	<p>RCMP</p> <p>RCMP</p>	<p>None</p> <p>TBD</p>		

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<p><u>Goal 9</u></p> <p>Opportunities exist for meaningful paid and volunteer work for older adults.</p>	<ol style="list-style-type: none"> Promote the benefits of older adult volunteerism to both older adults and community agencies. Adapt retirement planning courses to include post-retirement employment planning. Educate business/ employers regarding the benefits of hiring the mature worker. 	<p>IVC</p> <p>HR / CALC</p> <p>EDT</p>	<p>None</p> <p>None</p> <p>NA</p>	<p>None</p>	
<p><u>Goal 10</u></p> <p>Older adults have the means to support themselves financially through retirement.</p>	<ol style="list-style-type: none"> Provide education on financial planning. Provide information for older adults regarding municipal, provincial, federal subsidies and assistance in filling out forms. Implement further municipal subsidy programs for vulnerable seniors as needed and continue with the Recreation Access Program, transit subsidies, and property tax rebates. 	<p>HR / CALC</p> <p>FCS</p> <p>Strathcona County Departments</p>	<p>None</p> <p>None</p> <p>TBD</p>		
<p><u>Goal 11</u></p> <p>A variety of opportunities are available for social, recreational and cultural activities.</p>	<ol style="list-style-type: none"> Support the Strathcona County Open Spaces and Recreation Facility Strategy (OSRFS). Develop a program plan in partnership with senior centres that addresses the needs of older adults while exploring the sharing of resources. (see goal 3, strategy #2) Expand the partnership with Sherwood Park Primary Care Network and explore additional opportunities with other health service providers to support at-risk older adults with healthy living options. Develop partnerships with seniors housing complexes to deliver recreation programs on site (including both resident and non-resident participants). Develop and provide no-cost wellness programs to vulnerable adults in neighbourhoods and community centres while investigating potential grants or contributions from the business community to maintain programs. 	<p>RPC / EEP</p> <p>RPC</p> <p>RPC</p> <p>RPC</p> <p>RPC</p> <p>RPC</p>	<p>None</p> <p>None</p> <p>None</p> <p>None</p> <p>None</p> <p>NA</p>	<p>None</p> <p>None</p> <p>None</p> <p>None</p> <p>None</p>	



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Goals	Strategies	Lead Role	Resources Short Term (1 – 3 years)	Resources Mid Term (4 – 14 years)	Resources Long Term (15+ years)
<u>Goal 11</u> cont.	<ol style="list-style-type: none"> 6. Provide integrated/flexible programming space and specialized equipment for older adults. 7. Ensure adequate opportunities for older adult oriented programs in the evenings. 8. Implement a marketing campaign to increase awareness of the benefits of active living, and opportunities for active living throughout the community (including information about low-cost/subsidized programs). 9. Promote the Ambassador Program to encourage older adult card holders to be role models and support new participants. 10. Examine the use of schools (e.g.: Emerald Hills) and community centres as service hubs for delivery of programs and spontaneous use. 11. Investigate installing a therapeutic warm pool when a new recreation facility is built. (The Aquatics Strategy to be developed as part of the OSRFS in 2012). 	<p>RPC</p> <p>RPC</p> <p>RPC</p> <p>RPC</p> <p>RPC</p> <p>RPC</p>	<p>NA</p> <p>None</p> <p>None</p> <p>None</p> <p>None</p> <p>NA</p>	<p>None</p> <p>None</p> <p>None</p> <p>None</p>	
<u>Goal 12</u> A spectrum of health and wellness programs is available to older adults.	<ol style="list-style-type: none"> 1. Integrate health promotion activities such as recreation, health clinics, education and socialization into “one-stop” shopping, wherever possible. 2. Expand the falls prevention project to include additional locations and provide education to caregivers. 2. Advocate to Alberta Health Services for mobile health clinics, increased funding for geriatric care, increased beds in Facility Living, increased adult day program funding, increase in number of family doctors. 	<p>RPC</p> <p>ES</p> <p>Strathcona County</p>	<p>None</p> <p>None</p> <p>NA</p>	<p>None</p> <p>None</p> <p>None</p>	
<u>Goal 13</u> Older adults are provided necessary supports to remain in their homes as long as it is safe and appropriate	<ol style="list-style-type: none"> 1. Develop a range of home services support including: <ol style="list-style-type: none"> (a) a volunteer matching program that promotes and coordinates able persons to assist elderly and disabled individuals with snow removal and yard maintenance. 	<p>FCS</p>	<p>Staffing \$10,000</p>		



Goals	Strategies	Lead Role	Resources Short Term (1 – 3 years)	Resources Mid Term (4 – 14 years)	Resources Long Term (15+ years)
<u>Goal 13 cont.</u>	<p>(b) a County provided home maintenance/home adaptation service for older adults who meet eligibility requirements (sliding fee scale) using volunteer and/or contracted staff.</p> <ol style="list-style-type: none"> Create and maintain a database of interested groups, businesses and individuals with a variety of needed skills who are willing to volunteer to assist older adults. Increase the capacity of the Home Support Program (homemakers and health care aides) by developing an employee attraction and retention plan. Expand the subsidized homemaking services to accommodate additional hours of light housekeeping support. 	FCS FCS FCS / HR FCS	NA Staffing None NA	Staffing Supplies TBD	
<u>Goal 14</u> Vulnerable older adults and their families receive the emotional supports/interventions and advocacy they require to adjust to the changes they experience.	<ol style="list-style-type: none"> Develop an outreach program for at-risk older adults (economic, social, health) that provides psycho-social supports, interventions, case planning and coordination of services. Establish a caregiver support service that provides emotional support and coordination of support groups for caregivers. 	FCS FCS	Staffing Staffing	Staffing Staffing	Staffing
<u>Goal 15</u> The incidence and prevalence of elder abuse is reduced; services and supports are available to assist those who are affected.	<ol style="list-style-type: none"> Implement a community awareness campaign regarding elder abuse. Create a coordinated response to elder abuse consisting of key service providers. Provide caregiver supports to reduce the risk of elder abuse. 	FCS FCS FCS	Staffing \$5,000 Staffing (included in goal 14, strategy #2)	Staffing	

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2.0 INTRODUCTION

Strathcona County's Social Sustainability Framework (adopted in 2007) outlined the need to develop a comprehensive community older adults plan to identify high priority needs and develop strategies for the delivery of appropriate programs or services to ameliorate these needs.

In 2007, Strathcona County had 7135 residents aged 65 and older, comprising 13 per cent of the total population. By 2031, this figure is projected to increase to 25 per cent of the total population. This is a result of the baby boomer generation (those born between 1946 - 1964), who begin turning 65 in 2011. For the first time in our history there will be more older people than children and youth. In the same way we plan for the needs of children and families, we must plan for the needs of older adults, recognizing the wide range of capacities and resources among older people, anticipating and responding flexibly to aging-related needs and preferences, while respecting decisions and lifestyle choices. In addition, we must protect those who are most vulnerable and promote their inclusion in, and contribution to, all areas of community life.

Older adults represent a unique population with specific strengths and challenges. While today's older adults are generally healthier, better educated and living longer than at any time in our history, they need a range of flexible options for housing, transportation, leisure activities and health care. Our policies, services and structures related to the physical and social environment must be designed to reflect support and the ability of residents to age actively, to live in security, good health and continue to participate fully in society. The development of a comprehensive plan for older adults, reflecting the ongoing involvement and input of seniors, will facilitate the provision of these opportunities. The strategies in the plan focus primarily on older adults 55+ years, and reflect current and anticipated needs over the next 15 years.

SENIORS ISSUES - GLOBAL ISSUES

1999 was International Year of the Older Person, and in 2002 the World Health Organization held its second UN World Assembly on Aging. These two events were held in response to increasing evidence of global aging and a recognition that not only will this put increasing social and economic demands on countries, but that older people are an incredible resource with the capacity to continue to make important contributions to society.

According to World Health Organization figures, there will be 1.2 billion people over the age of 60 worldwide in 2025. This will grow to 2 billion by 2050. In Canada, it is projected that 27.9 per cent of our population will be 60 by 2025.

Worldwide, the proportion of people age 60 and older is growing faster than any other age group and by 2025 will reach 1.2 billion.

Active Aging,
a Policy Framework



For aging to be a positive experience it must be accompanied by continuous opportunities for physical, mental and social well-being. It must also allow for the maintenance of autonomy and independence which contribute to quality of life. The World Health Organization has adopted the term “active aging’ to describe the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age.

Active aging is not just being physically active or participating in the labour force, but also includes continuing participation in social, economic, cultural, spiritual and civic affairs. The goal of active aging is to extend healthy life expectancy and quality of life for all people as they age, including those whose health is failing, are disabled and those in need of care. A goal of active aging is to maintain autonomy, the ability to make personal decisions about living on a day to day basis, and independence, the ability to perform functions related to daily living.



CANADIAN SENIORS – A DIVERSE POPULATION

In Canada, about a third of older adults live in rural areas with the rest living in urban centers. Ninety-three per cent live in private households. About 20 per cent of adults aged 65+ have a post secondary education, while 60 per cent have not completed high school. Nationally, 75 per cent of older adults aged 65 to 74 rate their health from good to excellent, as do 66 per cent of those aged 75+, with 50 per cent reporting physical activity of 15 minutes or more at least 12 times a month. Almost 66 per cent of Canadians aged 80+ reported needing no help with grocery shopping, meal preparation, housework and personal care. Older adults have more leisure time and disposable income than members of other age groups.

While these are some general Canadian statistics, it is important to note that seniors of all ages have varying life experiences and personal characteristics resulting in a broad range of values, beliefs and opinions. The world view of someone who was born during the Depression years is bound to be very different than that of the baby boomer, as well as the impact of urban or rural roots, ethnic origin, educational level and socio-economic status.

In addition, there are changes that accompany aging including sensory changes such as visual and hearing acuity, and physical changes which may include flexibility, strength, and eye-hand co-ordination. Agility and mobility can be affected by disease such as arthritis. Changes in cognitive functioning are a normal part of aging. Social and emotional changes may result from the

“Old age is like a minefield; if you see footprints leading to the other side, step in them.”

George Vaillant,
MD



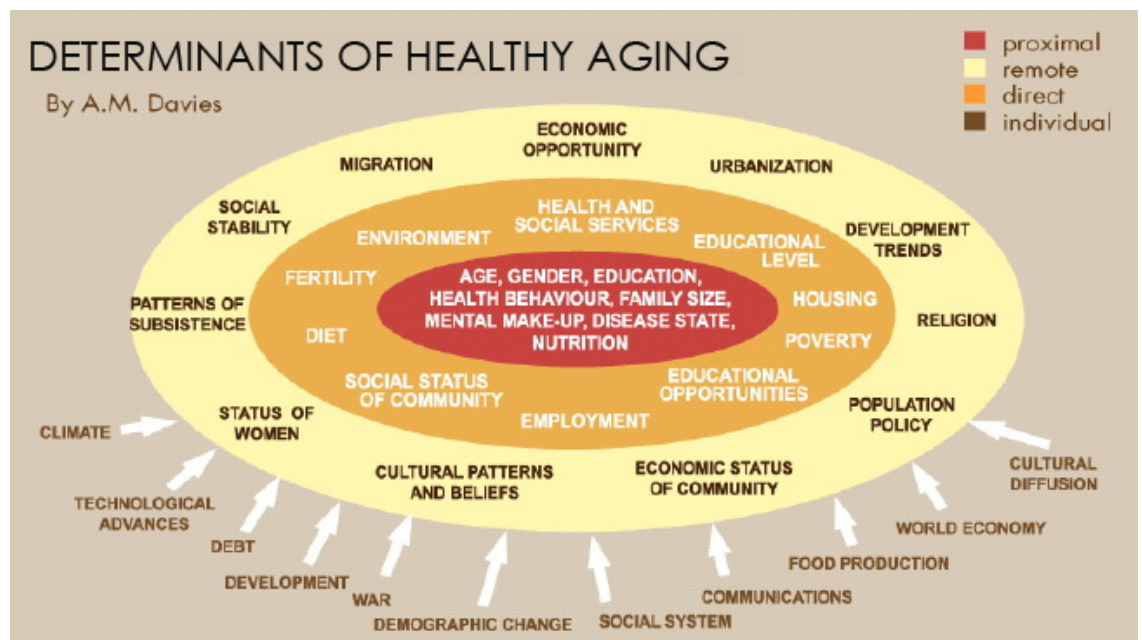
adjustment of changes associated with retirement or other major life changes. The potential for limitation on driving may reduce access to recreational and social activities.

All of these factors contribute to the diversity of the senior population. It is important to note that the population of persons aged 55+, which was used as the basis for this plan, is a very heterogeneous population in terms of health, abilities, attitudes, needs, wants and desires. While statistical information was gathered as part of the survey based around specific age groups, life circumstances and situations of older adults varies significantly across and within these age groups.

FACTORS THAT IMPACT AGING

The well-being of older adults is determined by a broad range of interconnected factors known as the determinants of aging. Determinants are factors that influence the aspects of aging. These include cross cutting determinants such as culture and gender, social determinants such as social supports, education and learning opportunities, physical environment determinants such as affordable housing, accessible and affordable transportation, economic determinants such as income and social protection, behavioural determinants such as physical activity, healthy nutrition and tobacco and alcohol use, and health and social services determinants such as health, long term care, mental health and outreach services. Active aging is also impacted by the availability and quality of health and social services, as well as a number of personal determinants including genetics and psychological factors. These determinants of healthy aging interact throughout our lives and are the accumulation of a lifetime of effects. They don't fall under the responsibility of any single sector so collaboration across many sectors is vital to successfully address them.

The realities of aging are very different today from pre World War II. The direction of public policy and social policy in particular must be changed to reflect these changes and enable healthy active seniors to continue to develop and achieve both personal and social goals.



A STRENGTH BASED APPROACH



*They say
"Beauty is
in the eye of
the beholder."
Well,
BEHOLD!*



Our society sees old age as a time of problems, as a time of letting go - of jobs, friends, strenuous recreation, and life itself. Age does bring loss - the death of friends and loved ones, the ambivalent experience of retirement, risk of financial dependence and often the necessity of moving from familiar homes or neighborhoods.

Less recognized is the potential of elders. Our whole society benefits when older adults, with their wisdom and lifetime of experience, are given opportunities to further develop and transmit their skills and perspectives through initiatives based on their strengths. A frequently unacknowledged contribution is that of the expertise of life transmitted to other generations. We rarely emphasize the wealth of knowledge, experience and wisdom that is available from older adults which can serve as role models for future generations.

The Special Senate Committee on Aging in "Embracing the Challenge of Aging" in March 2007 stated "The Committee views population aging as a success story and seniors as a rich and vibrant part of our country. As we increasingly draw on seniors to meet labour force requirements strained by decades of low fertility, our society has new motivation to value seniors as contributing members of society, and not as burdens to be problematized." They went on to recognize that while the final years of life present many challenges to individuals, families and the health and social systems, this is the case whether the final years occur in youth, middle or the senior years. New approaches are emerging to address the strengths of older people from well to frail, and across abilities in a number of key areas. These include lifelong learning, civic engagement, creative aging as well as programs in long-term care that focus on resident strengths.

These represent important steps in changing a culture that devalues people once their peak earning years are past. It is essential to advocate for community education and public policies that challenge these assumptions. The reality of being an older adult has changed - people are living longer and in better physical, mental and economic health. Seeing chronological age as an indicator of dependency no longer reflects the reality of aging today.

Building and nurturing strengths provides older adults with a buffer against problems that diminish their health and well-being. Services that promote



and support strengths enable older adults to age well, reducing the need for costly services in the future. Individual effort is not enough to ensure that one ages well. It takes a vibrant, elder-friendly community that addresses basic needs, promotes social and civic engagement, optimizes physical and mental health and well-being, maximizes independence and supports caregivers. A vibrant community builds upon the strengths of individuals, families, and the community itself. Likewise, a vibrant community builds strengths in its residents and increases the likelihood that one will age well.



*How old
would you be
if you didn't
know how old
you are?*

Satchel Paige



LEADING REPORTS

1) The National Framework on Aging: A Policy Guide 1998

In recognition of the upcoming Year of the Older Person (in 1999) ministers responsible for older adults at all levels of government in Canada met and developed Principles of the National Framework on Aging: A Policy Guide (NFA). Its vision was similar to that of the World Health Organization (WHO) and stated that “Canada, a society for all ages, promotes the well-being and contributions of older people in all aspects of life.”

The report identifies issues facing Canadian seniors as well as those interconnected factors that impact on well-being. These factors, similar to the WHO determinants include gender, income and social status, social support networks, personal health practices, coping skills, physical and social environments and health services. These factors are cross-sectoral and emphasize the importance of cross-sectoral planning in program development and decision making.

Key Principles

The NFA process included consultation with seniors and resulted in five key principles (see Appendix VIII for definitions) that reflect the core values of seniors:

1. Dignity
2. Independence
3. Participation
4. Fairness
5. Security

A series of general policy questions and specific questions for each principle were developed to facilitate the development of policies and programs that meet the needs of seniors in each of the core respects. They facilitate decision-making in a similar way to the Service Delivery Decision Model developed by Strathcona County as part of the Social Sustainability Framework. These specific considerations will be incorporated into our process when moving into program development for older adult programs in Strathcona County.

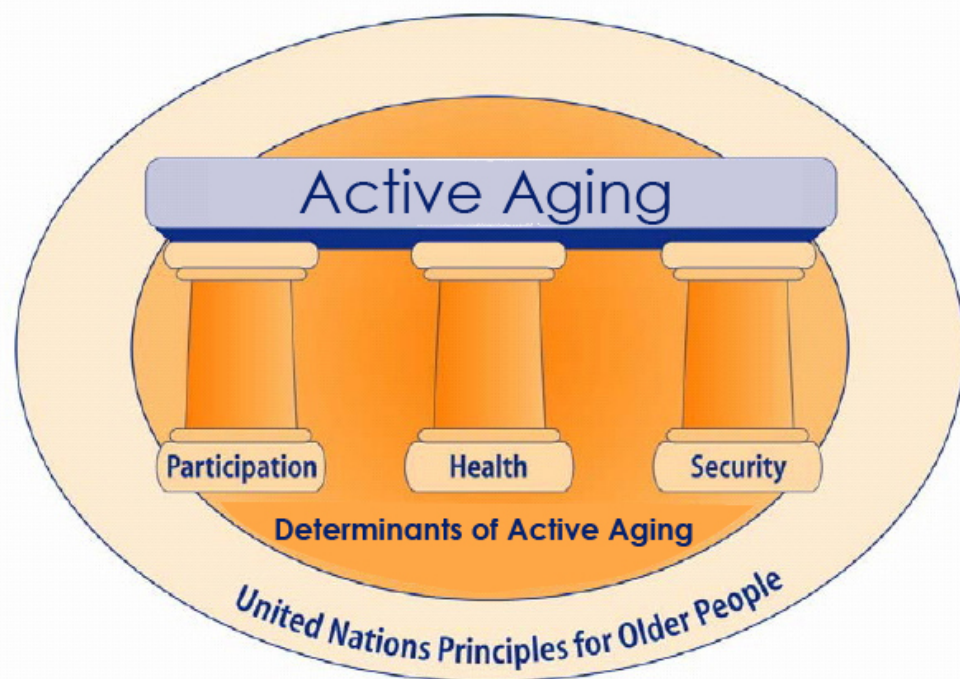
*“Whether we live
to a vigorous old
age lies not so
much in our stars
or our genes
as in ourselves.”*

George Vaillant



2) Active Aging: A Policy Framework - World Health Organization (2002)

The Policy Framework outlines three pillars for action: participation, health, and security guided by the UN Principles for Older People - independence, participation, care, self-fulfillment and dignity. Policy and program decisions should be based on an understanding of how the determinants of active aging influence the way individuals and populations age. The framework puts forward the concept of active aging described earlier. It does not just refer to the ability to be physically active or to be part of the workforce, but to continually participate in social, economic, cultural and civic affairs. It allows people to realize their potential for well-being throughout life and participate in society according to their needs, desires and capacities.



This framework recognizes the importance of maintaining both autonomy and independence as one grows older and emphasizes that aging takes place within the context of friends, family, neighbours and work associates. It stresses the importance of interdependence and intergenerational solidarity as important tenets of active aging - that is, two way giving and receiving between individuals as well as generations.



Active aging depends on determinants that surround individuals and affect well-being, onset of disease and how people cope with illness and disability. They are interconnected. For example, poor persons (economic determinant) are more likely to have inadequate housing (physical determinant) and not eat nutritious foods (behavioural determinant).



3) The Findings Report of the Demographic Planning Commission - 2008

The Alberta Government released The Findings Report of the Demographic Planning Commission in December 2008. This report was based on consultations with Albertans to help guide the development of an Aging Policy Framework and included 10,000 completed internet surveys and involved 100 stakeholders. The framework will ultimately help the province plan programs and services to meet the needs of the aging population.

This report took into account previous studies including the 1997 Broda Report on Healthy Aging, the 2000 Alberta for All Ages: Directions for the Future and the 2004 Public Survey about Health and the Health System in Alberta.

Today's Seniors Ranking	Future Seniors Ranking	Issue
1	1	Being able to afford the cost of living
2	3	Being able to stay in the home
3	5	Affordability of pharmaceuticals and health care aids
4	4	Affordable cost of home ownership
5	2	Finding a family doctor or getting access to health care

The report identified ten policy themes which can guide the Alberta governments' development of their Aging Population Policy Framework. These include:

1. Enabling seniors to remain in their own homes
Encompasses the concept of 'aging in the right place' and recognizes the value of maximizing the amount of time seniors are able to stay in their homes.
2. Providing services to seniors in the community
This theme includes the growing demand for home care, home support and personal care services and home adaptation supports. It recognizes the role of the not-for-profit sector in the delivery of these types of services and the need to ensure their continued strength.
3. Better connecting seniors with services
In addition to better connections, this area recognizes the need for improved coordination of programs, consistent eligibility criteria and locating services in a community where they can be brought to the individual. Collaborative planning and implementation is emphasized across levels of government.





4. Building the workforce

This theme looks at the ongoing labour needs in fields of seniors care and recognizes the need to help seniors remain in the workforce when desired.



5. Undertaking appropriate transportation and capital planning

This area points out the role of municipal governments in planning that affects seniors and recommends a number of strategies that will consider the accessibility, mobility and transportation needs of seniors and encouraging a greater range of housing options.



6. Meeting the health needs of seniors

There is acknowledgement of the need for a strong and sustainable health care system as well as a range of services to meet health care needs of future seniors. It also emphasizes the importance of strengthening prevention efforts today in reducing future demand on the health care system.



7. Determining how to provide government support

This theme examines not only the role of government in financing senior years, but the need to establish and communicate the roles and expectation of individuals, families and the private sector. Further research is indicated as necessary.



8. Supporting the role of the family, friends and neighbours

The report acknowledges the key roles of and need for support for care-givers including such things as transportation, home maintenance, meal preparation and house cleaning as well as financial and emotional support.



9. Fostering respect and dignity toward seniors

Once again the role of municipal government in creating senior friendly communities is emphasized while the province looks at education systems to promote involvement of seniors with the broader community. It acknowledges the importance of recreation in keeping seniors involved and suggests the health system may need to become more sensitive to seniors needs.



10. Raising awareness among future seniors

Policy makers need to consider how to encourage and support individuals and their families in preparing for their senior years from financial planning, planning for where they will live, what they will do with their time and who will care for them.



STRATHCONA COUNTY'S VISION

Strathcona County is a safe, caring and autonomous community that treasures its unique blend of urban and rural lifestyles while balancing the natural environment with economic prosperity. Through strong, effective leadership, the County is a vibrant community of choice.

The Capstone Policy from a Community Development Perspective focusing on Social Sustainability has the following three goals:

- Strathcona County is a safe community for residents and visitors
- Strathcona County is a caring community
- Strathcona County offers a broad range of opportunities for healthy lifestyles

The Social Sustainability Framework, developed in 2007 as part of the three pillars of community sustainability, identifies four guiding principles for the development of programs and services (see Appendix VII for definitions):

1. Social inclusion
2. Community connectedness
3. Social responsibility
4. Health and well-being

The Older Adults Plan for Strathcona County is consistent with the County's vision and the guiding principles of social sustainability. It is based on significant and ongoing input of older adults. It will provide a blueprint for action in Strathcona County that facilitates the development of policies and programs which enables residents to live in our community according to their capacities and preferences as they grow older. The plan considers the unique challenges facing older adults and also their strengths and assets.



3.0 DEVELOPMENT OF THE PLAN

VISION

Strathcona County is an age-friendly and caring community that values the contributions and strengths of older adults, is responsive to their diverse needs and desire for choice, and provides a spectrum of opportunities for active and purposeful lives.

1. PURPOSE

The Older Adults Plan for Strathcona County identifies and plans for the current and future needs of older adults. Although the plan is designed for residents 55+ years, it is important to recognize that health, rather than age, plays a critical role in determining what services are needed by older adults. Older adults are a great resource; the plan recognizes the many strengths and skills they contribute to the overall well-being of our community. At the same time, strategies have been developed to address the unique needs of older adults, along with plans to assist those who are the most vulnerable members of this population.

2. OBJECTIVES

The Older Adults Plan for Strathcona County has seven main objectives:

1. To explore the major issues facing older adults that include:
 - social determinants including social supports, social connections and life long learning opportunities
 - physical environment determinants including housing, transportation and mobility, accessibility and safety issues
 - economic determinants including income, employment and social protection
 - behavioral determinants including recreation and leisure, healthy lifestyles and volunteerism
 - health and social services determinants including health, long term care, mental health and outreach services
2. To recognize the strengths and assets that older adults contribute by developing a strength based approach
3. To identify gaps in services, currently and anticipated in the future

A good plan is like a road map: it shows the final destination and usually how to get there.

H. Stanley Judd



4. To recommend strategies/programs to address issues and gaps, in the short (1-3 years), mid (4 - 14 years) and long term (15+ years)
5. To identify respective roles for implementing the Older Adults Plan, recognizing that it requires a coordinated effort from all departments and senior serving organizations
6. To ensure the sustainability of programs for older adults
7. To maximize opportunities for older adults to contribute to their families, community and economy



3. PLAN DEVELOPMENT

Development of the plan has included:

- A. An analysis of the older adult population of Strathcona County
- B. Extensive community consultation involving over 1100 participants
- C. A review of older adult programs and services delivered by the federal government, the Government of Alberta, Alberta Health Services (Capital Health), and Strathcona County



A steering committee, which included a cross-section of community agencies and Strathcona County departments having a major stake in the delivery of services to our older adult population, has provided guidance for the development of the Older Adults Plan. (Appendix I) The Committee was consulted and provided ongoing input and advice at all key stages of the plan. The involvement of all service delivery stakeholders at the local level ensures a knowledge base toward the development of a collaborative process in the implementation stages.

In addition, the Strathcona County Seniors Advisory Committee (Appendix II) has provided valuable feedback throughout the development of the plan.



A. STRATHCONA COUNTY'S 45+ POPULATION STATISTICS

1. Population Composition - Age and Gender

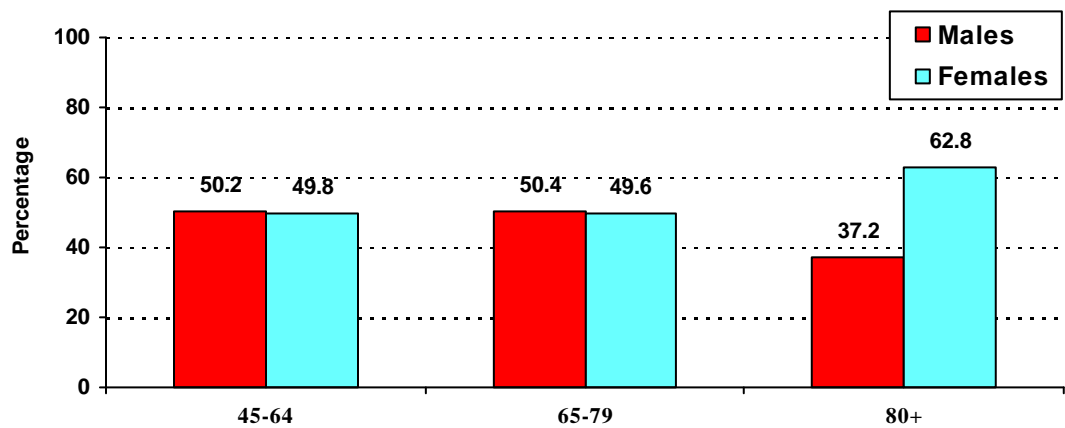
TABLE 1

Age Groups	Total Strathcona County		Sherwood Park		Rural Strathcona	
	Number	%	Number	%	Number	%
45-64	25,489	30.2%	16,673	28.4%	8,816	34.2%
65-79	6,670	7.9%	4,715	8.0 %	1,955	7.6 5
80+	1,616	1.9%	1,299	2.2%	317	1.2%

Age Breakdowns of Older Adults
(Percentages based on the total population, including those under 45)

- 38 per cent of the entire Strathcona County population is aged 45 or older
- 9.8 per cent of the entire Strathcona County population is aged 65 or older

FIGURE 1
Gender Comparisons by Age



2. Rural/Urban Residents

TABLE 2

	Total Persons 45+		45-64		65-79		80+	
	Number	%	Number	%	Number	%	Number	%
Urban Resident	22,687	67.2%	16,673	65.4%	4,715	70.7%	1,299	80.4%
Rural Resident	11,088	32.8%	8,816	34.6%	1,955	29.3%	317	19.6%

- As residents grow older, there is a tendency to live in Sherwood Park rather than the rural area

3. Marital Status

TABLE 3

	Total Persons 45+		45-64		65-79		80+	
	Number	%	Number	%	Number	%	Number	%
Married	26,328	78.4%	20,557	80.8%	5,108	76.9%	663	44.1%
Common Law	1,344	4.0%	1,220	4.8%	112	1.7%	12	0.8%
Separated/Divorced	2,673	8.0%	2,229	8.8%	387	5.8%	57	3.8%
Never Married	1,100	3.3%	951	3.7%	122	1.8%	27	1.8%
Widowed	2,149	6.4%	492	1.9%	912	13.7%	745	49.5%

- The majority of seniors are married. This percentage drops as residents get older at which time the percentage of widowed seniors increases.

4. Employment

TABLE 4

	Total Persons 45+		45-64		65-79		80+	
	Number	%	Number	%	Number	%	Number	%
Employed Full Time	18,974	56.7%	18,043	71.2%	907	13.7%	24	1.6%
Employed Part Time	3,246	9.7%	2,718	10.7%	516	7.8%	12	0.8%
Student (K-12 or Post-Secondary)	47	0.1%	46	0.2%	Nil	Nil	1	0.1%
Not in the Work Force/Retired	11,213	33.5%	4,548	17.9%	5,206	78.5%	1,459	97.5%

- The majority of pre-seniors are employed full time. Retirement (or not being in the workforce) increases significantly as residents age, though over 20 per cent of older adults remain in the workforce.



5. Income Profile

2005 Taxfiler data from Statistics Canada including 90 per cent of Strathcona's population, the median income for all ages was \$79,600.

Age	Couples	Individuals
55 – 64	\$105,400	\$40,700
65+	\$59,500	\$23,000

Older Adults Median Income 2005

6. Home Ownership

TABLE 5

	Total Persons 45+		45-64		65-79		80+	
	Number	%	Number	%	Number	%	Number	%
Owned	31,475	93.5%	24,160	95.0%	6,238	94.0%	1,077	67.0%
Rented	2,204	6.5%	1,274	5.0%	400	6.0%	530	33.0%

- The majority of pre-seniors and older adults (to age 79) own their residence
- The percentage of renters 80 or older increases compared to other age groups

7. Dwelling Type

Information refers to Table 6, page 30

- The numbers column refers to the number of people who live in the dwellings, and does not refer to the number of actual dwellings
- Single detached are the most common type of dwelling owned by residents in each age category
- The majority of residents who live in apartments are renting in each age category
- The percentage of residents living in a collective dwelling (which includes seniors residences) increases among those aged 80 or older, while only about 20 per cent of residents within the 65-79 category are living in a collective dwelling



TABLE 6

Type of Dwelling	Owned		Rented	
	Numbers	%	Numbers	%
Age 45-64				
Single detached	22,410	92.9%	710	55.8%
Suite in single detached	14	0.1%	14	1.1%
Duplex, semi-detached	515	2.1%	93	7.3%
Row (town) house	377	1.6%	214	16.8%
Apartment	230	1.0%	175	13.7%
Single dwelling attached to non residential structure	19	0.1%	0	0.0%
Manufactured home	537	2.2%	41	3.2%
Other moveable dwelling	14	0.1%	2	0.2%
Collective dwelling	17	0.1%	24	1.9%
Age 65-79				
Single detached	5,092	81.7%	105	26.3%
Suite in single detached	4	0.1%	6	1.5%
Duplex, semi-detached	383	6.1%	21	5.3%
Row (town) house	232	3.7%	71	17.8%
Apartment	269	4.3%	108	27.0%
Single dwelling attached to non residential structure	10	0.2%	1	0.3%
Manufactured home	231	3.7%	6	1.5%
Other moveable dwelling	4	0.1%	0	0.0%
Collective dwelling	4	0.1%	82	20.5%
Age 80+				
Single detached	735	68.3%	21	4.0%
Suite in single detached	0	0.0%	0	0.0%
Duplex, semi-detached	106	9.9%	8	1.5%
Row (town) house	52	4.8%	16	3.0%
Apartment	150	13.9%	91	17.2%
Single dwelling attached to non residential structure	1	0.1%	0	0.0%
Manufactured home	20	1.9%	2	0.4%
Other moveable dwelling	2	0.2%	0	0.0%
Collective dwelling	10	0.9%	392	74.0%



B. COMMUNITY CONSULTATION

1) SURVEYS

Two surveys were developed and administered in August 2008. The Older Adult Survey (also known as the Seniors Plan Survey) was administered to 676 adults ages 55 and older. The Next Generation Survey was a random sample conducted by phone with 300 adults between the ages of 45 and 54. This was done to ensure the long term recommendations considered the needs of this group. The surveys and their analysis are included in the Appendices.

2) DIRECT CONSULTATION

A total of 38 key stakeholder interviews were held with both internal and external individuals. Nine stakeholder focus groups organized around the themes were held involving 80 invited participants. Two roundtable discussions were open to individuals who had completed the survey, with a total of 48 people in attendance.

3) OVERVIEW OF SURVEY RESULTS

In August 2008, Banister Research & Consulting Inc. was contracted by Strathcona County Family and Community Services to analyze results from the 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, older adults are defined as individuals 55 years of age or older. Detailed information about survey results related to each social determinant are contained in Section 3, Goals and Strategies.

The top three issues identified by older adults in the survey were:

1. Access to senior's housing - 65 per cent
2. Access to health care - 58 per cent
3. The rising costs of living relative to fixed incomes - 56 per cent.

This is similar to results of the 2008 Findings Report of the Demographic Planning Commission which identified the top three issues as:

1. Being able to afford the cost of living
2. Being able to stay in the home
3. Affordability of pharmaceuticals and health care aids

When asked how Strathcona County should ensure the sustainability of older adult programs and services, respondents in the Older Adult Survey indicated the following:

- 43 per cent stated that programs should target those in need
- 26 per cent mentioned universal programs funded through property taxes
- 25 per cent mentioned cost recovery for seniors' programs



Other responses in the Older Adult Survey included the following:

- 82 per cent of respondents stated that overall they were “happy” or “very happy”
- 64 per cent indicated they were not currently employed
- 90 per cent indicated they planned to live in Strathcona County throughout their retirement
- 82 per cent felt their overall physical health was good, very good or excellent
- 92 per cent of respondents felt their mental health was good, very good, or excellent
- 93 per cent of older adults agreed that they are confident or physically stable moving around in their home
- 81 per cent agreed that they are able to get transportation when needed

4) KEY ISSUES

The top issues identified as a result of all consultations (surveys, key stakeholder interviews, roundtables and focus groups) were:

1. Access to seniors housing
2. Access to health care
3. Rising living costs combined with fixed incomes
4. Availability of personal care and home services
5. Transportation
6. Outreach services
7. Information about programs and services



I am looking forward to doing something meaningful, leaving a legacy.

....Quote from a Strathcona County resident in the Older Adult Survey



C. A REVIEW OF OLDER ADULT PROGRAMS AND SERVICES

Programs for older adults are provided at all three levels of government. The responsibility of the federal government is primarily in income security and housing, while the Province of Alberta has responsibility for additional income support, health services, and housing. Strathcona County supports a wide range of services to older adults including adult education, public transit, accessible transit, recreation and cultural programming, community policing, and information and volunteer services, including a senior's line. Alberta Health Services delivers health services within the region.

A complete listing of federal and provincial programs for older adults is available in Appendix V.



Just because I'm
an old tree
doesn't mean
I grow
old apples.
anonymous

STRATHCONA COUNTY PROGRAMS

The municipality provides a broad range of services for older adults. Some are provided directly by county staff while others are delivered through volunteer organizations that receive financial support from the county.

Accessibility

Strathcona County requires Barrier Free Design based on the Alberta Building Code for new construction as well as for renovated buildings. As a result, buildings are accessible with ramps and push button entry. Inside, there are non-slip floors and accessible bathrooms. In developing outdoor space, consideration is given to walkable sidewalks and pathways, rest areas, benches and washrooms. When choosing bus stop locations, Strathcona County Transit uses a variety of determinants, including a 400 metre walking distance guideline and proximity to marked crosswalks.

Community Policing

Wise Owl is a fraud prevention program that provides information to older adults on telemarketing, renovation, and consumer fraud.

Crime Watch and Citizens on Patrol have a large number of volunteers who are older adults. An estimated 95 per cent of the 1548 Crime Watch registrants are over 60. Between 50 per cent and 75 per cent of the members of Citizens on Patrol are over the age of 50.

The police service also recruits older adults as volunteers for Victim Services.



Emergency Services

Strathcona County operates an integrated emergency services department. Older adults account for 43 per cent of the medical incidents. The Emergency Services Department partnered with Alberta Health services to pilot a falls prevention program at Silver Birch Lodge and Clover Bar Lodges.

Family and Community Services

Home Support

Strathcona County provides home care to older adults under a contract with Alberta Health Services. Eligibility for this service is determined by Alberta Health Services and includes light housekeeping, personal care, medication and respite care.

In addition, the Home Support program provides services to residents who are not eligible to receive services through Alberta Health Services. This includes housekeeping assistance. Clients pay \$6.25 to \$15.75 per hour for these services based on their net monthly income.

Home Support has 325 clients with 36 clients on the waiting list. About 80 per cent of the clients are female. The average age is 82.

Seniors Resource Worker

Family and Community Services has a part time seniors resource worker. His/Her role is to plan events for older adults, such as the Seniors Jamboree, Active Living Conference, workshops, and information series. They also liaise with Seniors Centres to help them with planning.

Seniors Jamboree

Strathcona County organizes a Seniors Jamboree each year to celebrate the contributions of older adults. Resource material on older adult programs is also available at the event.

Property Tax Rebate for Seniors

The Strathcona County Property Tax Rebate Program is a flat-rate rebate available to low-income seniors' households. The rebate is \$100 per qualifying household. A Strathcona County senior will be eligible for a property tax rebate if he/she, as of May 1, 2009, is 65 years of age or older, resides in Strathcona County, owns a residential property in Strathcona County, and is eligible for the Alberta Seniors Benefit program.

Quote from a
Strathcona County
resident...

"The staff at the
lodge are
wonderful."



Recreation, Parks and Culture

Recreation Programs

Strathcona County has a designated recreation programmer to coordinate its older adult activities. This includes liaising with older adults and service providers, exploring partnerships and representing older adult interests in RPC projects and initiatives. There are currently 648 older adults with Millennium cards. Older adults (65+), representing about four per cent of the total card holders at the three facilities (Millennium Place, Glen Allan Recreation Centre, and Kinsmen Leisure Centre), receive a discounted rate of \$30 per month or \$6 off the adult rate of \$36.

While the recreation facilities offer a variety of programs geared towards the older adult, the minimum age requirements for recreation programs are being removed where appropriate, and programs are designed based on ability, not age.

Recreation programs for older adults are also offered at the Kinsman Leisure Centre and Glen Allan Recreation Centre (GARC) including the Young at Heart Club, aquasize classes and low impact aerobics.

There are several older adult and senior citizens clubs focused on recreation. These clubs include:

- Seniors Curling League
- GARC Seniors Skating Club
- Strathcona Singles Club
- Senior Men's Baseball League
- Old Crocks Hockey
- Gentlemen's Soccer League

Cultural Programs

Strathcona County has a cultural programmer who organizes adult cultural programs within the county. These programs are focused on art and include pottery and glaze making, water colour painting, acrylic painting, pastel drawing, print making, and picture frame decorating. They are geared to adults of all ages with no specific programs for older adults. Festival Place is the cultural centre of Strathcona County. As well, there are several arts groups for older adults including:

- Singers of Note
- The Elk Island Art Club
- Festival Singers
- Sherard Musical Theatre Association
- Ardrossan Players
- Ardrossan Seniors' Painting Group

Beautiful young people are accidents of nature, but beautiful old people are works of art.

Eleanor Roosevelt



Transit & Accessible Transit

Strathcona County operates a local and commuter transit system that includes subsidized fares for older adults and provides accessible transit for the disabled and older adults. Strathcona County already provides a significant subsidy to all transit passengers in addition to the available subsidized fares for qualifying older adults.

Service	Senior
* Local Seniors Off Peak	free
Commuter one way	\$4.00
Monthly Seniors Commuter Pass	\$22.50
Annual Seniors Pass	\$270.00
Annual Seniors Subsidized Pass (GIS requirement)	\$135.00
Monthly Subsidized Commuter Pass	\$20.00

* Seniors off peak pass is available to older adults having a maximum household income of \$50,000

Strathcona County Accessible Transportation (SCAT) fares in effect February 1, 2009

Sherwood Park	
Cash	\$4.75
Tickets – package of 10	\$45.00
Rural Strathcona County to Sherwood Park	
Cash	\$7.00
Tickets – package of 10	\$65.00
Sherwood Park to Edmonton	
Cash	\$7.50
Tickets – package of 10	\$70.00
Rural Strathcona County to Edmonton	
Cash	\$14.50



OTHER PROGRAMS AND SERVICES FOR OLDER ADULTS IN STRATHCONA COUNTY

Adult Literacy

The volunteer Adult Literacy program provides one-to-one volunteer tutoring.

Churches and Faith Organizations

Many churches in Strathcona County have seniors groups who organize activities for both members and community older adults.

Collective Kitchens

Small groups of people meet to plan menus and prepare economical meals that are divided up and taken home.

Community Adult Learning Council

Community Adult Learning Council (CALC) offers courses and workshops including those that specifically targets older adult interests.

Continuing Education - Elk Island Public Schools

In 2007/2008, there were 50 older adults enrolled in the computer classes. A few also participated in the language classes.

Housing

There are a number of condominiums for older adults, as well as private residential care facilities in Strathcona County.

- All Seniors Care Living Centre - Summerwood Village

Provides 170 units with a variety of layouts and a full range of services. The facility includes a coffee lounge with a grand piano, an internet lounge, dining facilities, a movie theatre, a chapel, a small theatre, a library, a spa, a workout gym, as well as games, billiards, hobby and craft rooms. The centre will contain 60 affordable living units for which they have received a grant of \$1.7 million.

- Clover Bar Pioneer Court

Provides 42 self-owned retirement condominiums as well as eight rental units for seniors aged 60 years or older. Services provided include a lounge, games room, coffee area, beauty parlour, cable TV and recreation equipment, and a 21-passenger mini-bus for shopping excursions and social events.



- Country Cottage Seniors Residence

Country Cottage Seniors Residence has 48 units including independent living and assisted living. There are 22 one bedroom independent suites and 26 studio suites that are designated assisted living units. The seniors living in the independent suites are provided with one meal a day and weekly housekeeping. The facility has a library, a lounge with a fireplace, a common room, a games room, an outdoor patio with a barbeque, and a big screen TV room.

- Life Lease -Bedford Village

Provides 63 suites in the first phase of a life lease project. Bedford Village will include a dining room, meeting rooms, craft room, carpentry shop, exercise room, guest suites, and a pub.

- Pioneer Housing Foundation

Pioneer Housing Foundation was incorporated by Strathcona County in 1993 to provide management services to publicly and privately funded housing projects created for seniors' use within Strathcona County. In collaboration with Strathcona County, Pioneer Housing Foundation provides management services to Seniors Management Services for low and modest income seniors.



TABLE 8

Facility	Units
Silver Birch Lodge	100
Clover Bar Lodge	79
Apple Blossom Manor	20
Lakeside Legion Manor	81
Josephburg Homestead Place	8

Older adults in the apartments pay 30 per cent of their income on rent. The monthly rates for the lodges are \$935 to \$1755, depending on room size. Housekeeping and full meal service is provided. Each lodge has a recreation director who organizes exercise programs, games, and social programs.

Currently, an expansion is planned for Silver Birch Lodge. This will include an expansion of the kitchen and dining area, recreation space, and independent living apartments with supportive features. Residents can purchase services such as meals and housekeeping from the lodge.

Information & Volunteer Centre

The Information and Volunteer Centre operates the seniors' information and referral line for Strathcona County. It handles 697 information requests per year and serves over 10 per cent of the older adult population.



Information & Volunteer Centre—continued

211 services are available. You can call 211 anytime, any day to get connected to a full range of non-emergency social, health, and government services.

The Information and Volunteer Centre includes a volunteer component which refers individuals to potential volunteer opportunities with community agencies. It does not, however, match volunteers with requests from individuals. It would be unable to coordinate a seniors matching seniors or other direct matching program.

Library - Adult Programs

In 2008, about 1300 older adults held library cards, which is about 20 per cent of the older adult population in Strathcona County. The Library offers a range of programs and services designed to appeal to older adults. Programs range from monthly book clubs, movies, and conversation circles, to weekly computer training, to information programs on a wide range of topics. Services include in depth print, audio, dvd and online collections, as well as staff to provide expert help in finding information and answering questions. The Library also has special collections and assistive technology for people who have difficulty reading or holding print material. If health or physical conditions prevents people from coming to the Library, Outreach Volunteers will deliver material, free of charge, once every two weeks to homes and lodges. The Library is buying a new low floor bookmobile with plans to expand service to include urban and rural seniors lodges and long term care facilities.

Linking Generations

Linking Generations is a program that pairs students from local junior high or high schools with older adults living in a lodge.

Meals on Wheels

Strathcona County provides financial support for this program through the Social Services Grants Program. All meals are prepared by the Sherwood Park Care Centre. Older adults who are not able to prepare meals or are not eating properly, recovering from an illness, or referred by a physician may be eligible for the program. The client pays a portion of the cost.

The Seniors Association of Greater Edmonton (SAGE) also delivers frozen meals to its members living in Strathcona County.



Respite Adult Day Programs

Sherwood Park Adult Day Program (through Alberta Health Services) provides respite care for caregivers by offering social and recreational activities for older adults with mild cognitive or physical impairment.

Community Day Support Program (through CapitalCare Strathcona) provides respite care for caregivers by offering socialization and structured recreation, as well as physical/ occupational therapy for older adults who require assistance to meet health needs or improve health conditions.

Senior Centres

The centres offer a wide variety of social and recreational activities as well as crafts and hobbies. In addition they often organize outings and dinners.

Strathcona County provides operating support, contributions for building expansions and improvements and assists with \$45,000 in utility costs for 4 seniors' centres:

- Sherwood Park 55 Plus Club

Members are able to play cards, pool, and shuffleboard, participate in floor curling and carpet bowling, use the computers, do ceramics, and have educational sessions. Members are able to come to the Centre for companionship as many members are widows or widowers who live alone or in lodges.

- Ardrossan Senior Centre

The Club offers a number of programs and special events including exercise class, scrabble, pot luck, painting group, whist, crib, pool, floor curling, and an activity fun night.

- South Cooking Lake Senior Centre

The Club provides such activities as pool, carpet bowling, shuffleboard, games and crib tournaments. In addition, special events are hosted including group quilting, strawberry tea, pie sales and pot lucks dinners.

- Josephburg Senior Centre

Weekly activities include art club meetings and games, with monthly pot luck dinners. Annual events include a Christmas pot luck supper and a spring tea.



Seniors United Now (SUN)

SUN is a non-profit organization which provides a forum regarding the needs, concerns and challenges that affect all older adults.

Sherwood Park Primary Care Network

The Sherwood Park Primary Care Network (PCN) is a multidisciplinary health care team who focus on complex medical issues such as chronic diseases, cognitive impairment, multiple medication use and related social issues. Comprehensive geriatric assessment services are also available.

Strathcona County Seniors Advisory Committee

The Seniors Advisory Committee is a Strathcona County Council appointed committee that makes recommendations to Council regarding seniors issues and needs.



4.0 GOALS AND STRATEGIES

The responsibility for aging well must be shared by individuals, families, neighbours, communities, municipal, provincial and federal governments. No single person, organization, or government has all the resources or influence to address all the determinants of active aging. Working in collaboration, with a shared commitment by all segments of society, will ultimately provide the holistic approach necessary to support older adults.

As a result of the surveys, roundtable discussions, key stakeholder interviews, and environmental scan, 15 goals with accompanying recommended strategies have been developed. They are divided into the sections based on the World Health Organization's five Determinants of Active Aging.

It has become clear during the consultation phase of the plan that there are a significant number of current unmet needs. It is also clear that baby boomers will approach the aging process much differently than previous generations. They are less likely to accept the designation of 'senior', and are a generation known for re-defining societal expectations. As a result, the strategies focus primarily on the next 14 years, while at the same time ensuring that there are mechanisms in place for constant assessment and re-evaluation of the plan. This is intended to be a fluid document, with the ongoing addition of new strategies, responsive to emerging needs as they arise.

The Government of Alberta has recently released two documents which are very significant for older adults. The first, The Demographic Planning Commission's "Findings Report" was summarized in Section 3, Leading Edge Reports. Their findings and identified issues were consistent with what Strathcona County discovered during its consultation. The report stresses the need for coordinated planning for older adults and the development of an Aging Population Policy Framework to guide the future development of policies, programs and services for seniors in Alberta. It is not clear whether this recommendation will be implemented.

The second Alberta government document, "Continuing Care Strategy: Aging in the Right Place" December 2008, lists 5 strategies, one of which identifies the need for investing in additional community supports. At this time, the recommendations are not accompanied by strategies, so it is not clear what resources the province will make available to communities.

We will continue to monitor further information as it becomes available and ensure we are in a position to access resources as they become available.

This section discusses the determinants of active aging in more depth, identifies current trends, applicable statistics, and lists the goals and strategies developed to address the identified needs and gaps.



CROSS DETERMINANTS

The following two goals are cross determinants and have an impact on all of the other determinants. An ongoing, coordinated approach is necessary to both implement the Older Adults plan, and identify and respond to emerging needs. Communication and public awareness are essential components of this plan. Programs are often under-utilized because of a lack of public awareness. During discussions at the roundtables and focus groups it became apparent that accessing information about resources was a major issue. Participants indicated they experience a great deal of frustration when trying to find information about existing resources. Information available in several different formats, disseminated in multiple ways, and access to a resource person, would greatly improve connection to services.

Respondents in the Older Adult Survey indicated the following:

- 77 per cent had used a computer in the past year
- 25 per cent preferred to access information regarding resources and activities for older adults from the Strathcona County website

Goal 1: Services for older adults in Strathcona County are coordinated and emerging needs are identified and addressed.

Strategy 1 Establish an Older Adult Services Coordinating Committee for Strathcona County that will plan and coordinate services and programs across municipal departments and sectors.

Lead Role: Family and Community Services

Suggested membership:

Recreation, Parks and Culture, Strathcona County Library, Strathcona County Transit, Emergency Services, Information and Volunteer Centre, R.C.M.P., Planning and Development Services, Corporate Planning and Intergovernmental Affairs, Communications, Engineering and Environmental Planning, Pioneer Housing Foundation, Alberta Health Services

Additional Resources Required: Staffing **Implementation:** Short-term (1-3 years)

Strategy 2 Ensure the Older Adult Services Coordinating Committee links with existing seniors organizations at the municipal and provincial levels, and in particular the Seniors Advisory Committee to gather input into trends and emerging needs of older adults.

Lead Role: Family and Community Services

Additional Resources Required: None **Implementation:** Short-term (1-3 years)



Goal 2: Older adults receive clear, user-friendly information about services and programs in a variety of formats.

Strategy 1 Develop guidelines on an age-friendly format for all communications material and signage.

Lead Role: Communications

Additional Resources Required: \$10,000 **Implementation:** Short-term (1-3 years)

Strategy 2 Create and maintain a variety of print and media communication tools, resources and methods for informing older adults about municipal services and programs.

Lead Role: Family and Community Services

Additional Resources Required: Staffing **Implementation:** Short-term (1-3 years)

Strategy 3 Create and maintain a web based resource for comprehensive information on programs/services/information for older adults.

Lead Role: Family and Community Services

Support: Communications

Additional Resources Required: Staffing **Implementation:** Short-term (1-3 years)

Strategy 4 Create and maintain a printed Seniors Resource Directory.

Lead Role: Family and Community Services

Additional Resources Required: \$5,000 **Implementation:** Short-term (1-3 years)
(printing)

Strategy 5 Provide an identified resource person in locations utilized and accessible to older adults to assist with accessing information on programs and services, filling out government forms and providing simple assistance with accessing websites.

Lead Role: Family and Community Services

Additional Resources Required: Staffing **Implementation:** Short-term (1-3 years)
Expansion: Mid-term (4-14 years)



SOCIAL DETERMINANTS

Availability of social supports and social connections, access to lifelong learning opportunities and protection from violence and abuse are key factors that enhance health and security as people age. Loneliness, social isolation, low literacy and lack of education, abuse and exposure to conflict increase the risk of disability and early death.

By maintaining supportive social connections through voluntary activities, employment, participation in community activities and programs, health and wellness are enhanced. Life long learning opportunities can help develop skills needed to adapt and stay independent, while engaging in meaningful activities. Intergenerational learning in particular, reduces stereotypes of young and old, improving mutual understanding and trust while building social capital and community connectedness.

There is a significant opportunity for municipalities and community groups and organizations to have maximum impact on the social determinants of our active aging population.

Respondents in the Older Adult Survey indicated the following:

Social Supports

- 95 per cent had loving and supportive people in their lives
- 94 per cent had people who listen to them

Social Connections

- 93 per cent had people in their lives to relax or go out and have fun with
- 45 per cent in the older adult survey and 54 per cent in the 45–54 year old survey group preferred to participate in formal leisure activities open to the general public

Lifelong Learning

- 47 per cent had participated in learning activities with 49 per cent specifying health and wellness as a subject they wanted to learn more about

Of all the self-fulfilling prophecies in our culture, the assumption that aging means decline and poor health is probably the deadliest.

Marilyn Ferguson



Goal 3: Opportunities for social connection are encouraged and facilitated.

Strategy 1 Provide older adult “gathering” space in community facilities as opposed to constructing additional “purpose built” facilities, for example, the new library “Community Living Room” concept.

Lead Role: Strathcona County Library
Recreation, Parks and Culture
Facility Services
Support: Engineering and Environmental Planning
Strathcona County Departments

Additional Resources Required: None Implementation: Initiated

Strategy 2 Assist existing seniors centres in attracting new members, planning for the needs of older adults and promoting programs in their communities. (See Goal 11, strategy #2)

Lead Role: Recreation, Parks and Culture
Support: Family and Community Services

Additional Resources Required: None Implementation: Initiated

Strategy 3 Develop and implement a friendly visitor and phone buddy (telephone reassurance) program.

Lead Role: Family and Community Services

Additional Resources Required: Staffing Implementation: Short-term (1-3 years)

Strategy 4 Ensure that opportunities for inter-generational interaction are maximized for all Strathcona County led activities.

Lead Role: All Strathcona County Departments

Additional Resources Required: None Implementation: Short-term (1-3 years)



Goal 4: Older adults are provided with a variety of local choices for new learning opportunities and new skill development.

<u>Strategy 1</u>	Expand the variety of life-long learning programs that are offered to include formal for credit, formal non-credit and informal learning opportunities; formats should include classroom, workshop, conversation circles; affordability should be monitored.
Lead Role:	Strathcona County Library Family and Community Services Recreation, Parks and Culture Community Adult Learning Council
Additional Resources Required:	None
Implementation:	Initiated
<u>Strategy 2</u>	Explore Strathcona County being deemed a Designated Learning Community. *
Lead Role:	Strathcona County Library
Additional Resources Required:	None
Implementation:	Mid-term (4-14 years)
<u>Strategy 3</u>	Increase English Language Learning opportunities.
Lead Role:	Community Adult Learning Council
Additional Resources Required:	Staffing
Implementation:	Mid-term (4 -14 years)
<u>Strategy 4</u>	Expand access to Strathcona County Library services and programs through outreach (e.g.: Bookmobile), distance learning (e.g.: videoconferencing), e-books, or by offering programs outside of the Library (e.g.: seniors' lodges).
Lead Role:	Library
Additional Resources Required:	Staffing
Implementation:	Short-term (1-3 years)
Expansion:	Mid-term (4 -14 years)

* A Designated Learning Community embraces an understanding of learning as multidimensional and comprehensive; it devises ways of bringing learning and people together.



Strategy 5 Organize an older adult conference once every two years.

Lead Role: Family and Community Services
Support: Recreation, Parks and Culture
Strathcona County Library
Seniors Advisory Committee
Community Adult Learning Council
Information and Volunteer Centre

Additional Resources Required: None **Implementation:** Short-term (1-3 years)



PHYSICAL ENVIRONMENT DETERMINANTS

Age-friendly physical environments are essential to maintain independence and include housing, transportation and mobility, accessibility and safety.

Housing

Housing is essential to safety and well-being and includes considerations not only of affordability but access to services, age friendly design or barrier-free housing, the ability to make adaptations or modifications (retrofitting) and affordable home maintenance. A range of housing options in the local area is important to accommodate changing needs. Considerations of space and privacy are critical at each level of the housing continuum - the concept of having one's own "front door". The Alberta Policy Framework categorizes housing stages as Home Living (person living in their own residence), Supportive Living (person living in lodge or assisted living), Facility Living (nursing home or long-term care). These latter two cross over into the Health and Social Services Determinants and will be addressed more completely there. Currently, these accommodations have long wait lists which are expected to increase as the newest generation of older adults age.

Respondents in the Older Adult Survey indicated the following:

- 65 per cent identified access to seniors housing as one of the top three issues facing older adults in Strathcona County.
- 12 per cent agreed with the statement, "There are enough affordable housing options for seniors in Strathcona County" (81 per cent disagreed)
- 86 per cent of respondents owned their own home

Knowledge and timber shouldn't be much used, till they are seasoned.

Oliver Wendell
Holmes Sr.

Housing Type	Housing Today	Expected Housing 10 years	Expected Housing 20 years
Single detached	69%	43%	15%
Townhouse/duplex	15%	17%	12%
Apartment	8%	16%	16%
Supported living/ lodge/nursing home	5%	16%	39%



Goal 5: There is a range of affordable and accessible housing options appropriate for older adults.

Strategy 1 Support Strathcona County’s Affordable Housing Plan.
Lead Role: Corporate Planning and Intergovernmental Affairs
Support: Planning and Development Services
 Family and Community Services
Additional Resources Required: None **Implementation:** Initiated

Strategy 2 Promote the development of flexible building designs (life-stage housing) and a variety of housing types to developers.
Lead Role: Planning and Development Services
Additional Resources Required: None **Implementation:** Mid-term (4-14 years)

Strategy 3 Educate and influence developers (for both residences and larger buildings) regarding the optimum number of people with limited capability housed together who will require assistance during an emergency situation.
Lead Role: Emergency Services
Support: Planning and Development Services
Additional Resources Required: None **Implementation:** Mid-term (4-14 years)

Strategy 4 Include increased numbers of handicapped parking stalls (exceeding current building standards) in the Land Use Bylaw.
Lead Role: Planning and Development Services
Additional Resources Required: None **Implementation:** Short-term (1-3 years)

Strategy 5 Encourage land use planning that combines commercial and residential uses so that services are closer to home for older adults.
Lead Role: Planning and Development Services
Additional Resources Required: None **Implementation:** Mid-term (4-14 years)

Strategy 6 Develop a 15 year lodge and subsidized housing plan.
Lead Role: Pioneer Housing Foundation
Additional Resources Required: TBD **Implementation:** Short-term (1-3 years)



Transportation

Transportation, including accessible and affordable public transit, is a key factor in active aging and links to many other themes, maintaining social connections in particular. The car provides older adults with considerable freedom and convenience. The National Advisory Council on Aging's "1999 and Beyond" indicates 70 per cent of Canadians 55+ have a driver's license. Physical limitations including vision, physical strength, flexibility, reflexes and reaction times begin to have an impact as one ages. While the Alberta Motor Association (AMA) indicates that drivers between 55 and 70 have the lowest rate of collisions of any age group in Canada, the risk of collision for those 75 and older, on the basis of distance travelled is the same as for high-risk drivers 16 to 24 according to "1999 and Beyond." Consequences for older adults however are much more serious than for young people as they are three times more likely to die as the result of being in a collision. The AMA estimates that men outlive their driving careers by seven years and women by 10 years. It is important to note however, that chronological age alone cannot determine one's ability to drive and is dependent on reflexes, chronic conditions or diminished hearing or vision. Relinquishing a driver's license is associated with a loss of freedom and autonomy and may lead many older drivers to continue operating a vehicle longer than they have the physical capacity to safely do so.



Transportation alternatives are generally not seen as adaptive, integrated or co-ordinated and often have poor awareness levels among potential clients.

Age-friendly transportation must be affordable, provide services to key destinations with well connected routes and accessible vehicles with clear signage. Transit stops and stations must be accessible, in close proximity to older adult gathering places and provide seating with shelter from weather. Older adults in rural areas face another whole set of unique transportation challenges, complicated by isolation and distance.

Community transport services including volunteer drivers are important to take older persons to specific places and events. Shuttle service is especially important for the latter.

Respondents in the Older Adult Survey indicated the following:

- 20 per cent identified transportation as one of the top three issues facing older adults in Strathcona County
- 81 per cent agreed they were able to get transportation when needed; just over 1 in 10 had difficulty getting transportation when needed.
- 84 per cent drove themselves as their main method of transportation
- 9 per cent asked family/friends to drive them as their main method of transportation
- 2 per cent walk
- 2 per cent use Strathcona County Transit



Goal 6: Transportation options are affordable, accessible, safe and address the diverse needs of older adults.

Strategy 1 Improve local transit system to better access popular destinations (such as medical and recreational facilities, shopping areas, etc).

Lead Role: Strathcona County Transit

Additional Resources Required: TBD **Implementation:** Mid-term (4-14 years)

Strategy 2 Strathcona County Transit will strive to become barrier-free.

Lead Role: Strathcona County Transit

Additional Resources Required: TBD **Implementation:** Mid-term (4-14 years)

Strategy 3 Complete Strathcona County Accessible Transportation (SCAT) review.

Lead Role: Strathcona County Transit

Additional Resources Required: None **Implementation:** Initiated

Strategy 4 Implement a volunteer Transit Buddy Program.

Lead Role: Strathcona County Transit

Support: Family and Community Services

Additional Resources Required: Staffing **Implementation:** Mid-term (4-14 years)



<p><u>Strategy 5</u></p>	<p>Implement a marketing campaign to encourage riders to use the public transit system, using tools such as a Customer Appreciation Day.</p>
<p>Lead Role: Strathcona County Transit Support: Communications</p>	
<p>Additional Resources Required: \$10,000 Implementation: Mid-term (4-14 years)</p>	
<p><u>Strategy 6</u></p>	<p>Develop a volunteer driver and car pool program.</p>
<p>Lead Role: Family and Community Services</p>	
<p>Additional Resources Required: Staffing Implementation: Mid-term (4-14 years)</p>	
<p><u>Strategy 7</u></p>	<p>Investigate Independent Transportation Network (ITN)* operating in the Capital Region.</p>
<p>Lead Role: Corporate Planning and Intergovernmental Affairs Support: Family and Community Services</p>	
<p>Additional Resources Required: None Implementation: Short-term (1-3 years)</p>	
<p><u>Strategy 8</u></p>	<p>Partner with local taxi companies for rider discounts and provide travel vouchers for financially vulnerable older adults.</p>
<p>Lead Role: Family and Community Services</p>	
<p>Additional Resources Required: \$50,000 Implementation: Mid-term (4-14 years)</p>	
<p><u>Strategy 9</u></p>	<p>Increase availability of older adult driver education programs in Strathcona County.</p>
<p>Lead Role: Family and Community Services Corporate Planning and Intergovernmental Affairs</p>	
<p>Support: Alberta Motor Association (AMA)</p>	
<p>Additional Resources Required: None Implementation: Initiated</p>	

* ITN (Independent Transportation Network) is a volunteer program that creates an efficient and financially sustainable solution to the transportation needs of seniors and their families.



Accessibility

To enable mobility and accessibility, outdoor spaces should provide smooth surface walkways with seating at regular intervals. Roads should provide pedestrian crossings and regular intervals with adequate timing on lights and low tapered curbs. For older adults with mobility impairments, especially those using canes, walkers or wheelchairs, crossing intersections in a safe and timely manner can be very difficult and is exacerbated during bad weather. Buildings need to be accessible including elevators, ramps, stair rails, non-slip floors and rest areas with seating.

Respondents in the Older Adult Survey indicated the following:

- 93 per cent were confident/physically stable moving around in their home
- 85 per cent agreed it was easy for them to move around in stores, Strathcona County buildings and other public places
- Just over 1 in 10 did not find it easy to move around in stores, Strathcona County buildings and other public places

Goal 7: Strathcona County will follow the ‘Principles of Universal Design’ in the design and construction of new or renovated buildings.

Strategy 1 Identify design issues that may enhance the effective use of indoor and outdoor public places by older adults, and recommend changes.

Lead Role: All Strathcona County Departments

Additional Resources Required: None **Implementation:** Initiated

Strategy 2 Educate the business community about the wide range of design disciplines including environments, products and communications, that are required to meet the needs of older adults.

Lead Role: Engineering and Environmental Planning

Additional Resources Required: TBD **Implementation:** TBD

Strategy 3 Establish the requirement for the construction of new or renovated buildings to use the ‘Principles of Universal Design’.

Lead Role: Planning and Development Services

Additional Resources Required: None **Implementation:** Mid-term (4–14 years)



Safety

Safety issues include safety and security in both the home and the community.

Respondents in the Older Adult Survey indicated the following:

- seven per cent had been the victim of a fraud or scam
- 47 per cent felt safe walking alone in their neighbourhood after dark (compared to 90 per cent of general community members)

Goal 8: Crime prevention initiatives will reduce the incidence of older adults impacted by scams and crime.

Strategy 1 Increase public education and awareness of scams and frauds targeting older adults in a comprehensive way (eg: Wise Owl program).

Lead Role: R.C.M.P.

Support: Communications

Additional Resources Required: None

Implementation: Short-term (1-3 years)

Strategy 2 Educate older adults about home security and crime prevention through physical design principles.

Lead Role: R.C.M.P.

Additional Resources Required: TBD

Implementation: TBD



ECONOMIC DETERMINANTS

Within the municipal context, employment and income are the primary factors that have an impact on active aging. Throughout the world there is increasing recognition of the contribution made by older persons, through formal and informal work, unpaid activities within the home and family and in voluntary occupations.

Employment and Income

Strathcona County is currently experiencing a shortage of workers across many sectors. While the economic downturn beginning in late 2008 has provided some relief from this particular pattern, retirements across the sectors will result in the loss of significant experience, information and knowledge. Succession planning is critical to stemming this loss and according to our local Chamber of Commerce, only 15 per cent of businesses have a succession plan in place.

Mature workers currently make up over 36 per cent of Alberta's labour force. Older adults have proven themselves to be valuable employees, strongly committed with strong problem solving and interpersonal skills. They are often willing to help out on an as needed basis, and make excellent mentors.

Incentives to attract mature workers include flexibility in hours and times of day, part time opportunities, short-term projects, pension plan supplements, job sharing, working from home and transportation assistance.

Respondents in the Older Adult Survey indicated the following:

- 31 per cent were employed full or part time
- 69 per cent had left or will leave the workforce at or before age 65
- 17 per cent will continue to work after 65 in either their current or a different job

While work provides a context, income provides the means. Active aging policies need to intersect with poverty reduction programs across all ages. Poorer persons face increased risk of ill health and disabilities and older persons are particularly vulnerable. In 2005, the median income for all ages in Strathcona County was \$79,600. For an individual senior age 65 or older the median income was \$23,000.

Respondents in the Older Adult Survey indicated the following:

- 56 per cent identified the rising costs of living relative to fixed incomes as one of the three most important issues facing older adults in Strathcona County
- 60 per cent agreed their retirement finances are/will be adequate
- 69 per cent agreed it is easy for them to meet monthly expenses



Volunteer Work

The transition from full-time, formal work to retirement/part-time work or work of an informal nature, is often treated erroneously, as a move from a productive role to a non-productive role. Older people continue to contribute actively to their household, their family and/or their community. These contributions may include such socially valued products such as counselling, mentoring, child care, peer care, end-of-life care, community leadership, political involvement or providing a role model in schools, churches, businesses, not-for-profit agencies, health or political organizations. Such endeavours may have high economic and human benefits, but are often unrecognized. Voluntary work benefits older people by increasing social contacts and supports while making a significant contribution to their communities and society as a whole.

The motivation and engagement of the older adult volunteer is evolving. Many baby boomers are looking for volunteer opportunities that reflect their skills and experiences. The four main reasons this age group volunteer are to support a cause they believe in, to make a contribution to society, to share their skills and to do something meaningful with their friends and colleagues. They tend to look for short term volunteer opportunities that are challenging and fulfilling.

The 2004 Canada Survey of Giving, Volunteering and Participating showed the percentage of Canadians who volunteer generally decreases with age. Over half (55 per cent) of all youth (15 to 24 year olds) volunteered, compared to one-third (32 per cent) of older adults (65 years and older). Forty-seven per cent of adults 45 to 54 years volunteered with 43 per cent of those 55 to 64 volunteering.

The average number of hours volunteered however, generally rises with age, from 139 hours a year for youth to 177 hours for those 45 to 54 years, 202 hours for those 55 to 64 years and 245 hours for those 65 and older.

Respondents in the Older Adult Survey indicated the following:

- 80 per cent believe there were meaningful volunteer opportunities in Strathcona County
- 44 per cent of older adults and 52 per cent of the 45 to 54 survey group had volunteered in the last year



Goal 9: Opportunities exist for meaningful paid and volunteer work for older adults.

Strategy 1 Promote the benefits of older adult volunteerism to both older adults and community agencies.

Lead Role: Information and Volunteer Centre

Additional Resources Required: None **Implementation:** Short-term (1-3 years)

Strategy 2 Adapt retirement planning courses to include post-retirement employment planning.

Lead Role: Human Resources (internal workforce)
Community Adult Learning Council (external workforce)

Additional Resources Required: None **Implementation:** Short-term (1-3 years)

Strategy 3 Educate business/employers regarding the benefits of hiring the mature worker.

Lead Role: Economic Development and Tourism

Additional Resources Required: None **Implementation:** Mid-term (4-14 years)



Goal 10: Older adults have the means to support themselves financially through retirement.

Strategy 1 Provide education on financial planning.

Lead Role: Human Resources (internal workforce)
Community Adult Learning Council (external workforce)

Additional Resources Required: None **Implementation:** Initiated

Strategy 2 Provide information for older adults regarding municipal, provincial, federal subsidies and assistance in filling out forms.

Lead Role: Family and Community Services
Support: Information and Volunteer Centre

Additional Resources Required: None **Implementation:** Short-term (1-3 years)

Strategy 3 Implement further municipal subsidy programs for vulnerable seniors as needed and continue with the Recreation Access Program, transit subsidies and property tax rebates.

Lead Role: All Strathcona County Departments

Additional Resources Required: TBD **Implementation:** Initiated



BEHAVIOURAL DETERMINANTS

An individual's behaviour can have a significant impact on how they experience the aging process. The promotion and support of healthy behaviours is an essential element of aging well. Physical activity helps counteract some the negative effects of aging, and contributes to both physical and emotional health. Reducing the incidence of risky behaviour such as smoking and drinking in excess is also a protective factor.

An aging population who is physically active usually requires less in the way of formal supports and services, and at the same time contributes more to the community through volunteering, social networking, and support of the local economy. The World Health Organization reports that regular moderate physical activity reduces the onset of a number of chronic diseases in both healthy and ill older people. It also reduces the incidence of falls, which accounted for 75 per cent of the injury hospital admissions for older adults in Alberta according to the Alberta Centre for Injury Control and Research (2006). An elder friendly community ensures that there is access to a variety of formal and informal activities and programs. Neighbourhood design, parks, and trails play equally as important a role as indoor recreation facilities and programs in making a healthy lifestyle possible.

The Strathcona County Open Spaces and Recreation Facility Strategy (OSRFS) adopted in June 2008 “represents an investment in the health and well-being of the community in a broad range of interconnected activities and needs”. It recognizes that “obesity and chronic diseases are sky-rocketing, and that we have a responsibility as a community to continue to influence the health and wellness of our residents”. The OSRFS is a 15 year plan that provides for both outdoor (parks, natural areas) and indoor (facilities) recreation and leisure opportunities. It recognizes the need to adapt and respond to current and future needs, including shifting demographics. Because the OSRFS addresses a significant number of issues identified during the Older Adults Plan consultation process, creating a number of new strategies in this category was not necessary.

Health promotion is also a key component of aging well. Encouraging older adults to limit harmful behaviours such as smoking, prescription drug misuse, excessive alcohol use, and unprotected sex is very important. Promoting healthy eating habits, stress reduction, and moderation contribute to the overall outcome of vibrant, healthy, engaged older adults.

Active living behaviours increase independence, foster the development of social supports and promote social cohesion.



Respondents in the Older Adult Survey indicated the following:

Physical activity rates:

- 51 per cent of older adults participate in mild activity (slow walking, bowling) 4 - 7 times per week
- 35 per cent of older adults participate in moderate activity (brisk walking, biking) 4 - 7 times per week
- nine per cent of older adults participate in vigorous activity (jogging, aerobic dancing) 4 - 7 times per week

Additional responses from the Older Adult Survey regarding other behavioural determinants included the following:

- 72 per cent of older adults have two or fewer alcoholic beverages/week
- two per cent of respondents indicated that they had used prescription pills improperly
- Less than one per cent of older adults reported using illicit drugs in the past 12 months



Goal 11: A variety of opportunities are available for social, recreational and cultural activities.

Strategy 1 Support the Strathcona County Open Space and Recreation Facility Strategy.

Lead Role: Recreation, Parks and Culture
Engineering and Environmental Planning

Additional Resources Required: None **Implementation:** Initiated

Strategy 2 Develop a program plan in partnership with seniors centres that addresses the needs of older adults while exploring the sharing of resources. (See Goal 3, strategy #2)

Lead Role: Recreation, Parks and Culture
Support: Family and Community Services

Additional Resources Required: None **Implementation:** Short-term (1-3 years)

Strategy 3 Expand the partnership with Sherwood Park Primary Care Network and explore additional opportunities with other health service providers to support at-risk older adults with healthy living options.

Lead Role: Recreation, Parks and Culture

Additional Resources Required: None **Implementation:** Short-term (1-3 years)

Strategy 4 Develop partnerships with seniors housing complexes to deliver recreation programs on site (including both resident and non-resident participants).

Lead Role: Recreation, Parks and Culture

Additional Resources Required: None **Implementation:** Short-term (1-3 years)

Strategy 5 Develop and provide no-cost wellness programs to vulnerable adults in neighbourhoods and community centres while investigating potential grants or contributions from the business community to maintain programs.

Lead Role: Recreation, Parks and Culture

Additional Resources Required: None **Implementation:** Mid-term (4-14 years)



<u>Strategy 6</u>	Provide integrated/flexible programming space and specialized equipment for older adults.
Lead Role: Recreation, Parks and Culture	
Additional Resources Required: None	Implementation: Mid-term (4-14 years)
<u>Strategy 7</u>	Ensure adequate opportunities for older adult-oriented programs in the evenings.
Lead Role: Recreation, Parks and Culture	
Additional Resources Required: None	Implementation: Short-term (1-3 years)
<u>Strategy 8</u>	Implement a marketing campaign to increase awareness of the benefits of active living, and opportunities for active living throughout the community (including information about low-cost/subsidized programs).
Lead Role: Recreation, Parks and Culture	
Additional Resources Required: None	Implementation: Short-term (1-3 years)
<u>Strategy 9</u>	Promote the Ambassador Program to encourage older adult card holders to be role models and support new participants.
Lead Role: Recreation, Parks and Culture	
Additional Resources Required: None	Implementation: Short-term (1-3 years)
<u>Strategy 10</u>	Examine the use of schools (e.g.: Emerald Hills) and community centres as service hubs for delivery of programs and spontaneous use.
Lead Role: Recreation, Parks and Culture	
Additional Resources Required: None	Implementation: Short-term (1-3 years)
<u>Strategy 11</u>	Investigate installing a therapeutic warm pool when a new recreation facility is built. (The Aquatic Strategy to be developed as part of the OSRFS in 2012).
Lead Role: Recreation, Parks and Culture	
Additional Resources Required: None	Implementation: Mid-term (4-14 years)



HEALTH AND SOCIAL SERVICES DETERMINANTS

These determinants are about the systems of support that are in place to support health promotion, disease prevention and equitable access to quality primary health care and long-term care.

Health and social support services are vital to maintaining health and independence across all ages and have profound impact on aging. These systems need to be integrated, coordinated, cost effective and distributed equally across the age spectrum. They need to treat people of all ages with dignity and respect.

Health Services Supports

The Government of Alberta has developed a Continuing Care Strategy which is to be implemented over the next three years. In 2008 14,500 older adults and persons with disabilities lived in long-term care facilities. With increasing population projections, an additional 15,000 long term care beds or four new facilities is estimated as necessary annually each year for the next 20 years, without more options being put in place.

As part of consultations across the Province, older adults indicated their first choice was to remain in their own residence, preserving their independence, quality of life and personal dignity.

The new first strategy focuses on investing in community supports and includes the following initiatives:

1. Increasing home care funding which will increase the amount and availability of personal care and home support services
2. Transitioning individuals with stable medical conditions out of nursing homes and acute care hospitals back into their homes and communities
3. Emergency department support which includes seniors' assessment and support teams which provide individuals with appropriate care solution that meet their medical needs including short term intervention, interim care and recommendations for longer-term options
4. Caregiver support and enhanced respite which will provide counselling and skill training, respite care services and funding for supplies and transportation costs, recognizing that informal caregivers currently provide around 80 per cent of the required care
5. Community initiatives which will provide seed money for volunteer organizations to implement social support programs, for example, "Neighbors Helping Neighbors" which assists with meals, transportation, companionship, monitoring and social activities
6. Health technology funding to remotely monitor chronic health conditions



The second strategy focuses on refurbishing and replacing existing long term care beds, with the third strategy involving the manner in which long-term care accommodations are paid.

Social Service Supports

The Findings Report of the Demographic Planning Commission identified three areas of senior care requiring both health and social support services:

1. Home Care includes professional support services like nursing and rehabilitation, and personal support services like homemaking and care-giving practices
2. Home Support Services include a basket of social support services that help older adults maintain their homes including snow shoveling, yard work and light housecleaning as well as home maintenance and home adaptation services. While finances may not be an issue, older adults may no longer have the capacity to remain in their homes because of issues associated with routine house and yard maintenance. They may be unfamiliar with a variety of retrofitting options that make houses more adaptable to a variety of physical and/or health limitations. Organizing such services can be a formidable task. Reliable information is not coordinated or is unavailable.
3. Personal Care services that provide older adults with services such as personal hygiene, washing clothes, dressing, meal preparation and other basic self-care

It is important to note that rural areas face a particular challenge in this service delivery area, with a growing disparity between rural and urban areas.

Although 81 per cent of the Older Adult Survey respondents rated their overall physical health as good to excellent, when asked to identify the three most important issues facing seniors in Strathcona County:

- 65 per cent indicated access to seniors housing including seniors' apartments, assisted living, lodges and long term care
- 58 per cent indicated access to health care including physicians, management of chronic conditions and home care
- 31 per cent indicated availability of personal care and household support including assistance from family



Elder Abuse

Elder abuse includes such factors as physical and sexual abuse, social exclusion and abandonment, violation of human legal and/or medical rights and lack of choices, decision making ability, finances and respect. It requires a multi-sector approach and sustained effort to increase public awareness.

Respondents in the Older Adult Survey indicated the following:

- six per cent indicated that someone close to them had been too involved in their decision-making
- five per cent indicated they had been a victim of elder abuse by a family member



Goal 12: A spectrum of health and wellness programs is available to older adults.

Strategy 1 Integrate health promotion activities such as recreation, health clinics, education and socialization into ‘one-stop’ shopping, wherever possible.

Lead Role: Recreation, Parks and Culture
Support: Seniors Centres
 Family and Community Services
 Community Adult Learning Council
 Strathcona County Library
 Alberta Health Services

Additional Resources Required: None **Implementation:** Short-term (1-3 years)

Strategy 2 Expand the falls prevention project to include additional locations and provide education to caregivers.

Lead Role: Emergency Services
Support: Recreation Parks and Culture
 Alberta Health Services

Additional Resources Required: None **Implementation:** Short-term (1-3 years)

Strategy 3 Advocate to Alberta Health Services for:

- mobile health clinics (foot care, hearing tests, eye tests)
- increased funding for geriatric care
- increased beds in Facility Living
- increased adult day program funding
- increase in number of family doctors

Lead Role: Strathcona County

Additional Resources Required: None **Implementation:** Mid-term (4-14 years)



Goal 13: Older adults are provided necessary supports to remain in their homes as long as it is safe and appropriate.

Strategy 1 Develop a range of home services support including:

A) a volunteer matching program that promotes and coordinates able persons to assist elderly and disabled individuals with snow removal and yard maintenance.

Lead Role: Family and Community Services
Support: Information and Volunteer Centre
 Communications

Additional Resources Required: Staffing
Volunteer Recognition: \$5,000
Promotion: \$5,000 **Implementation: Short-term (1-3 years)**

B) a County provided home maintenance/home adaptation service for older adults who meet eligibility requirements (sliding fee scale) using volunteer and/or contracted staff.

Lead Role: Family and Community Services
Support: Facility Services
 Information and Volunteer Centre

Additional Resources Required: Staffing **Implementation: Mid-term (4–14 years)**
Supplies: TBD

Strategy 2 Create and maintain a database of interested groups, businesses and individuals with a variety of needed skills who are willing to volunteer to assist older adults.

Lead Role: Family and Community Services
Support: Communications
 Information and Volunteer Centre

Additional Resources Required: Staffing **Implementation: Short-term (1-3 years)**



Strategy 3 Increase the capacity of the Home Support Program (homemakers and health care aides) by developing an employee attraction and retention plan.

**Lead Role: Family and Community Services
Human Resources**

Additional Resources Required: None Implementation: Initiated

Strategy 4 Expand the subsidized homemaking services to accommodate additional hours of light housekeeping support.

Lead Role: Family and Community Services

Additional Resources Required: TBD Implementation: Mid-term (4-14 years)



Goal 14: Vulnerable older adults and their families receive the emotional supports/interventions and advocacy they require to adjust to the changes they experience.

Strategy 1 Develop an outreach program for at-risk older adults (economic, social, health) that provides psycho-social supports, interventions, case planning and coordination of services.

Lead Role: Family and Community Services

Additional Resources Required: Staffing	Implementation: Short-term (1-3 years)
Staffing	Expansion: Mid-term (4-14 years)
Staffing	Expansion: Long-term (15+ years)

Strategy 2 Establish a caregiver support service that provides emotional support and coordination of support groups for caregivers.

Lead Role: Family and Community Services

Additional Resources Required: Staffing	Implementation: Short-term (1-3 years)
Staffing	Expansion: Mid-term (4-14 years)



Goal 15: The incidence and prevalence of elder abuse is reduced; services and supports are available to assist those who are affected.

Strategy 1 Implement a community awareness campaign regarding elder abuse.

Lead Role: Family and Community Services

Support: R.C.M.P.
Communications

Liaise with: Strathcona Shelter Society

Additional Resources Required: Staffing **Implementation:** Short-term (1-3 years)
Marketing and Supplies: \$5,000

Strategy 2 Create a coordinated response to elder abuse consisting of key service providers.

Lead Role: Family and Community Services

Additional Resources Required: Staffing **Implementation:** Short-term (1-3 years)
Staffing **Expansion:** Mid-term (4-14 years)

Strategy 3 Provide caregiver supports to reduce the risk of elder abuse.

Lead Role: Family and Community Services

Additional Resources Required: (Staffing included in Goal 14, Strategy 2)
Implementation: Short-term (1-3 years)



STAFFING RESOURCE REQUIREMENTS 2009–2011

* INITIATIVE	2009	2010	2011
Program Development and Delivery	<p><u>Goal 13</u></p> <ul style="list-style-type: none"> Develop and implement volunteer matching program to assist with snow removal and yard maintenance <p>STAFFING: 1 CONTRACT STAFF 35 HRS/WK FCS</p>	<p><u>Goal 1</u></p> <ul style="list-style-type: none"> Initiate Coordinating Committee <p><u>Goal 3</u></p> <ul style="list-style-type: none"> Develop and implement program to combat social isolation (e.g. friendly visitor, phone buddy) <p>STAFFING PROJECTED: 1 FTE FCS</p>	<p><u>Goal 6</u></p> <ul style="list-style-type: none"> Develop and implement alternative transportation strategies <p>STAFFING PROJECTED: 0.5 FTE FCS</p>
Information and Marketing Plan	<p><u>Goals: 2, 3, 6, 13, 15</u></p> <ul style="list-style-type: none"> Develop multi-media campaign Web page development and maintenance Volunteer recruitment marketing plan <p>STAFFING: 1 CONTRACT PERSON 21 HRS/WEEK FCS</p>	<p><u>Goals 2, 3, 6, 13, 15</u></p> <ul style="list-style-type: none"> Public education, communications, and marketing <p>STAFFING PROJECTED: 1 FTE FCS</p>	
Resource and Liaison			<p><u>Goals 2, 10</u></p> <ul style="list-style-type: none"> Liaison services and assistance provided in centres throughout Strathcona County <p>STAFFING PROJECTED: 1 FTE FCS</p>
Outreach Support			<p><u>Goal 14, 15</u></p> <ul style="list-style-type: none"> In-home support and advocacy for at risk clients Caregiver supports <p>STAFFING PROJECTED: 1 FTE FCS</p>
Library Outreach and Distance Learning		<p><u>Goal 4</u></p> <ul style="list-style-type: none"> Increase outreach services such as bookmobile and video conferencing <p>STAFFING PROJECTED: 0.5 FTE LIBRARY</p>	

* Initiatives undertaken in each year will continue in subsequent years



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

Banister

Research & Consulting Inc.

SUMMARY OF FINDINGS

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

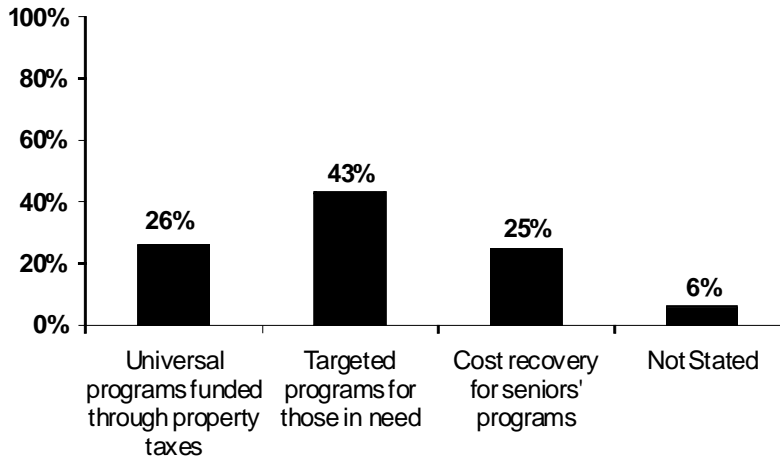
- Respondents identified the most important issues facing Strathcona Seniors included access to seniors' housing (65%), access to healthcare (58%), and the rising costs of living relative to fixed incomes (56%).
- The majority (93%) of seniors agreed that they are confident or physically stable moving 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

% 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

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.

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



n=676

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

7. 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

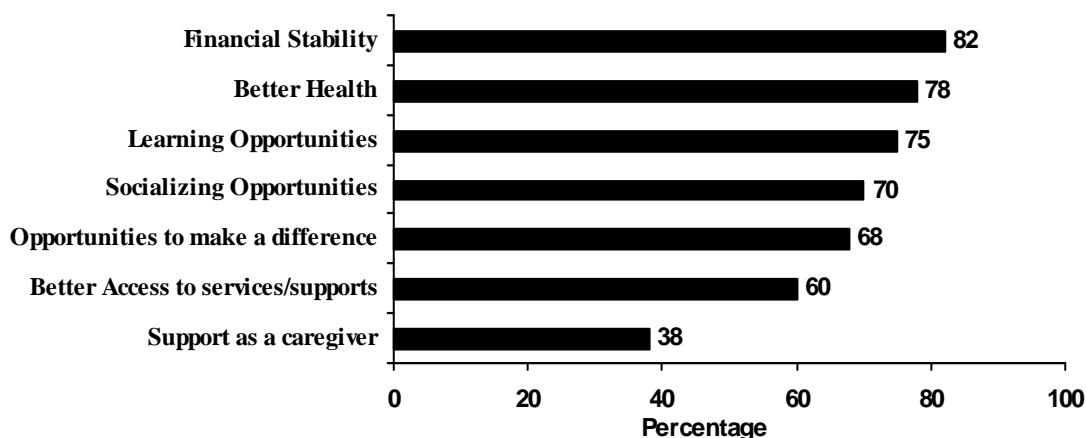
- When identifying the financial source that will provide primary funding for their senior years, 34% of respondents mentioned a pension plan from an employer, 28% indicated their savings and investments, and 28% reported federal government benefits.

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.

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

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)	
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

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)

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

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



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.

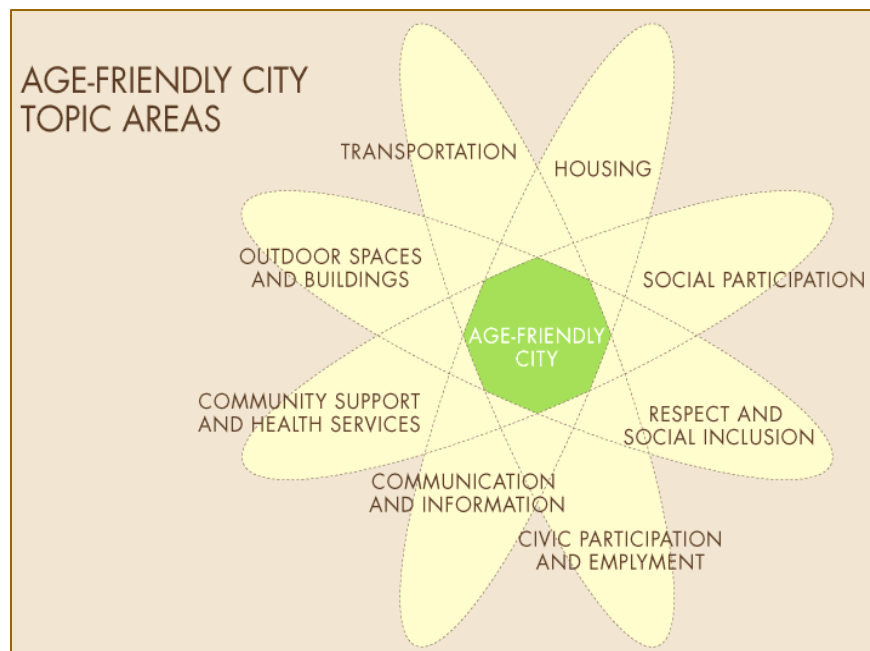
8. Differences make a difference

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 135,000 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 ones 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.

