

# **Seniors Advisory Committee (SAC) 2020 Mid Term Report to Council**

Priorities Committee Meeting  
October 20, 2020

# SAC Background

- March 2019: Inception of Seniors Advisory Committee (SAC)
- Purpose:
  - To provide advice and recommendations to Council on issues and opportunities related to the physical, emotional and social wellbeing of seniors in Strathcona County

## Members

- Robert (Bob) Leman (Chair)
- Barry Calder (Vice-chair)
- Luella (Peggy) Fleet
- Theresa Sarnecki
- Debbie Sinclair
- Marianne West
- Council Representatives: Councillors Glen Lawrence, Paul Smith (alternate)
- Staff Liaison: Kristen Flath

# SAC Recap

- March 2019: Inception of Seniors Advisory Committee (SAC)
- Purpose:
  - To provide advice and recommendations to Council on issues and opportunities related to the physical, emotional and social wellbeing of seniors in Strathcona County
- Annual report presented in March 2020

## Mandate 2019

- Recreation and Culture Strategy; Affordable housing options for seniors; Mobility Bus and transit

## Focus for 2020

- Initiatives for supporting active and engaged seniors; Investigate seniors village/hub options; Engage with seniors groups; Monitor federal and provincial government directions; Follow up on existing recommendations

# Review 2019 Considerations

## Recreation and culture

- Enhance intergenerational opportunities
- Increase volunteerism opportunities for seniors
- Enhance availability and affordability of seniors programs

## Affordable housing

- Propose series workshops for seniors housing
- County to explore the status and need for affordable housing, and
- Develop an approach to take action on affordable housing

## Transit services

- Enhance transit training for seniors
- Pilot rural service from Ardrossan to Sherwood Park



# Current Activities – We Listened

- Last session with Council need for data was stressed to support recommendations
- Need to continue engagement with Seniors and explore issues
- COVID restricted – since March 2020 but have met 5 times formally and well over two dozen others as a committee or informally with Staff Liaison
- Conducted 4 public surveys through SCOOP – Health and Wellness; Seniors Housing; Community Involvement; Transportation
- Over 300+ responded to the seniors surveys; including many new recruits
- Held a ZOOM call with a number of local seniors organizations in August
- Virtual tours of Central Lions, North Edmonton and Edmonton Seniors Centres

# What We Learned and Heard

## Health and Wellness

- County run Recreation Facilities/Programs are used by over half (57%) of seniors and most (53%) of these, are happy with the present offerings. ...However, results are not overwhelming. More seniors focused programs, or more senior focused facilities needed.
- Only half of respondents said yes to the question: To the best of your knowledge, do the existing County health care facilities and related support programs meet your needs?
- Isolation and Connectivity is an issue for seniors. Other surveys indicated poor/no response from those living in assisted living situations. Familiarity with technology and the ability to access or use the technology was a barrier to participate in surveys, or connect with others
- A full service hospital was referenced in a number of the open ended responses

# What We Learned and Heard

## Housing

- Federal (2016) and Municipal (2018) census data indicates Strathcona County will experience a grey tsunami within the next 10 years and we are not prepared to meet the housing demand...
- Previous studies and recommendations made on Mayor's Task force (2016) and current findings are consistent
- Nearly 80% plan to stay where they are in the next 3 years; however that drops to just 44% for the following 4-10 years
- Only 13% agreed there were adequate housing options for seniors in the County
- About half of respondents to surveys indicated needing info on options, and are not confident they won't need subsidies in the future
- Access to affordable housing is an issue

# What We Learned and Heard

## Community Involvement

- Over 40% are involved in their community and an additional 13% would like to be more involved but don't know who to contact
- Many are involved through local organizations and faith based opportunities
- Volunteering opportunities may be a way to get more seniors involved, or benefit from having others support them efforts to stay independent
- Only 1 out of 8 (12.57%) indicated they wouldn't use a Seniors Centre if one was located in Sherwood Park
- Paper surveys are challenging in the present COVID environment
- Two out of three seniors were aware of Volunteer Strathcona
- A number of seniors were unaware of the County programs available



# What We Learned and Heard

## Transportation

- Rural seniors organizations consistently voiced transportation concerns
- Most respondents drive themselves; with less than 4% using public transportation or the mobility bus as their primary option.
- Only 2 of 337 surveyed (<1%) used the mobility bus; and about 1/3 (34%) are unaware of the program
- A significant number of the rural seniors would take a bus from Ardrossan to Sherwood Park (35%); over double that total number indicated maybe
- Only about 1 in 8 surveyed (12.4%) use County public transportation

# Recommendations

- A comprehensive Seniors Housing Strategy is essential for Strathcona County to address affordability and accessibility to meet future demand. The previous studies, reports and recommendations made for Council on Seniors Housing initiatives should be leveraged and executed by Council
- Current seniors programs and services in the County are not meeting all expectations. Further investigation by the SAC is required with regard to other successful seniors “hubs” facilities. SAC intends to prepare recommendations on a solution for Strathcona County by Q2 2021.
- SAC should continue to engage with seniors and senior groups within the County to gather necessary data to support recommendations to Council.
- Access to technology will help increase awareness of available supports and help reduce isolation. Further investigation by the SAC is required to understand the requirements and opportunities available for seniors.

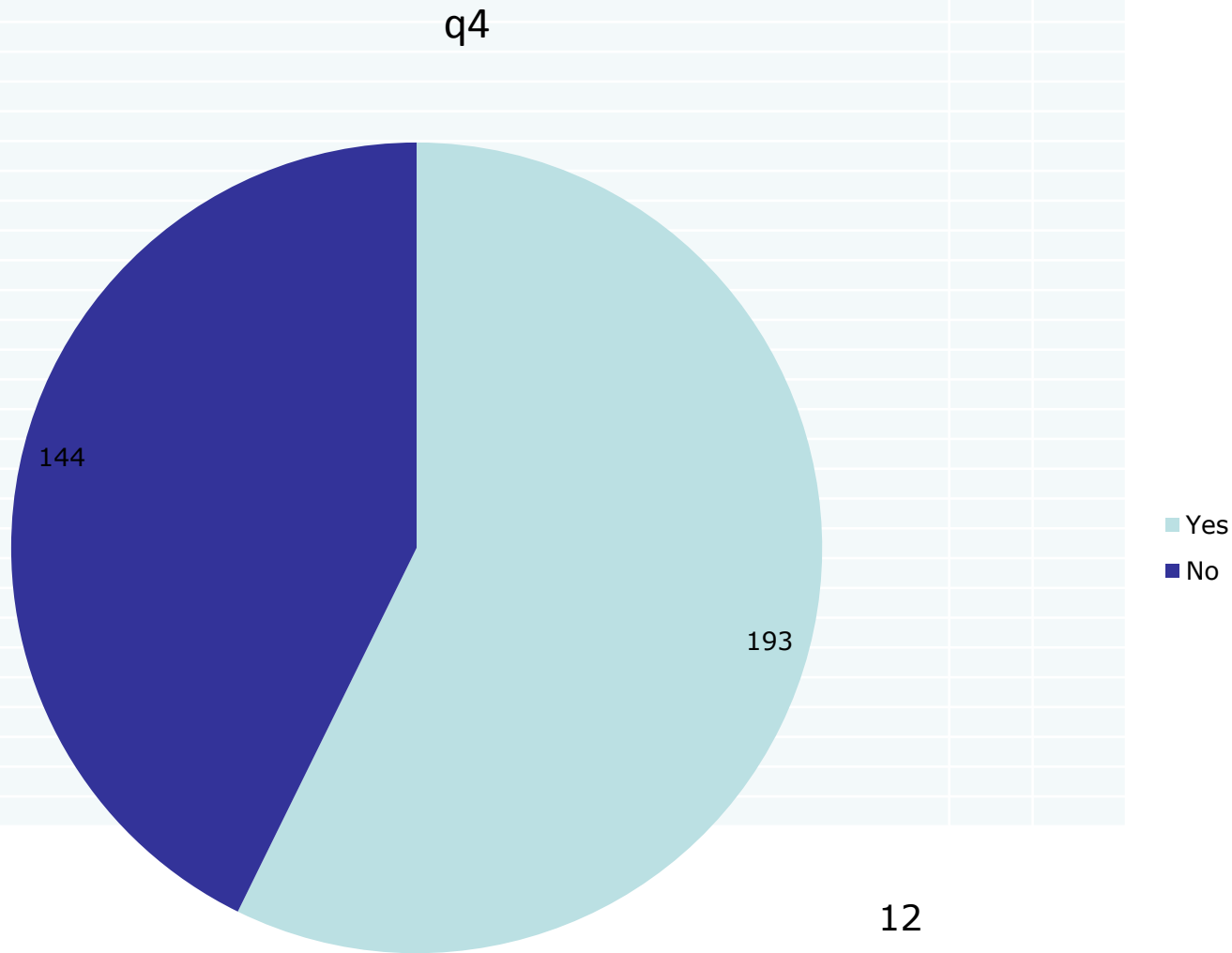


# Background Slides

Question: Over the past year have you used any of the County-run recreational facilities and programs? (County-run facilities include Festival Place, Glen Allan Recreation Complex, Millennium Place, Strathcona Wilderness Centre etc.)

	Total %
Yes	193 57.27%
No	144 42.73%
	100.00
TOTAL	337 %

## HEALTH & WELLNESS

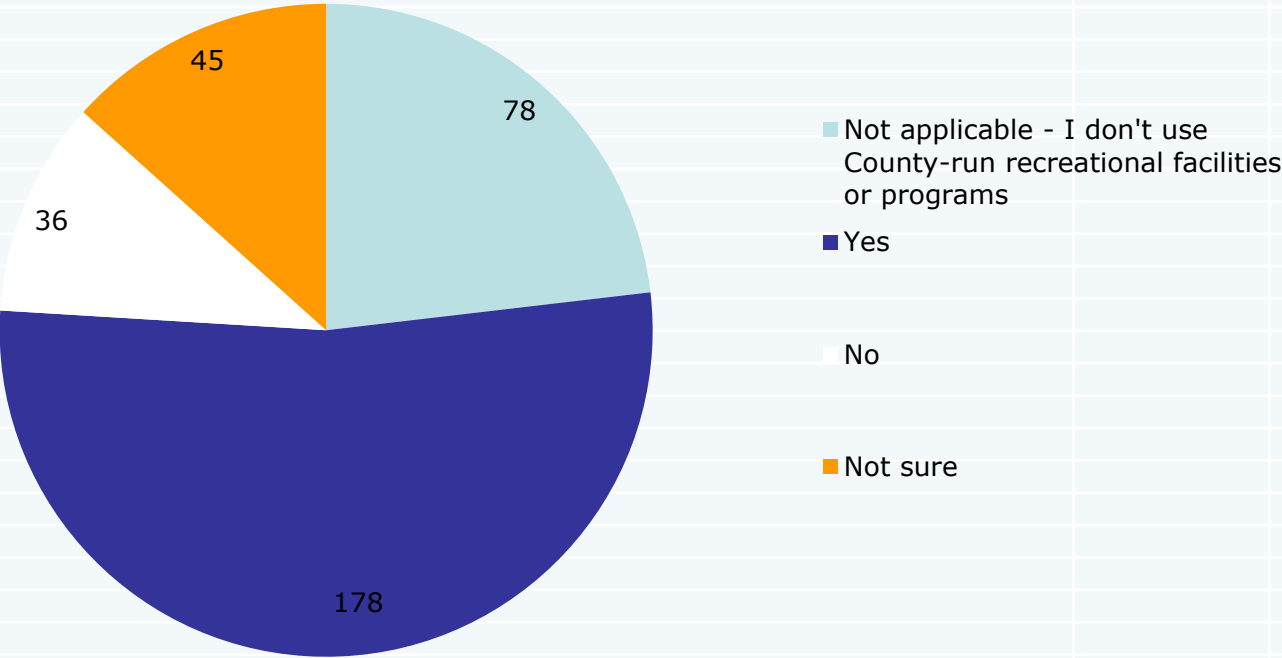


# Background Slides

Question: Do the existing County-run recreational facilities and programs meet your needs?

	Total	%
Not applicable - I don't use County-run recreational facilities or programs	78	23.15%
Yes	178	52.82%
No	36	10.68%
Not sure	45	13.35%
		100.00
TOTAL	337	%

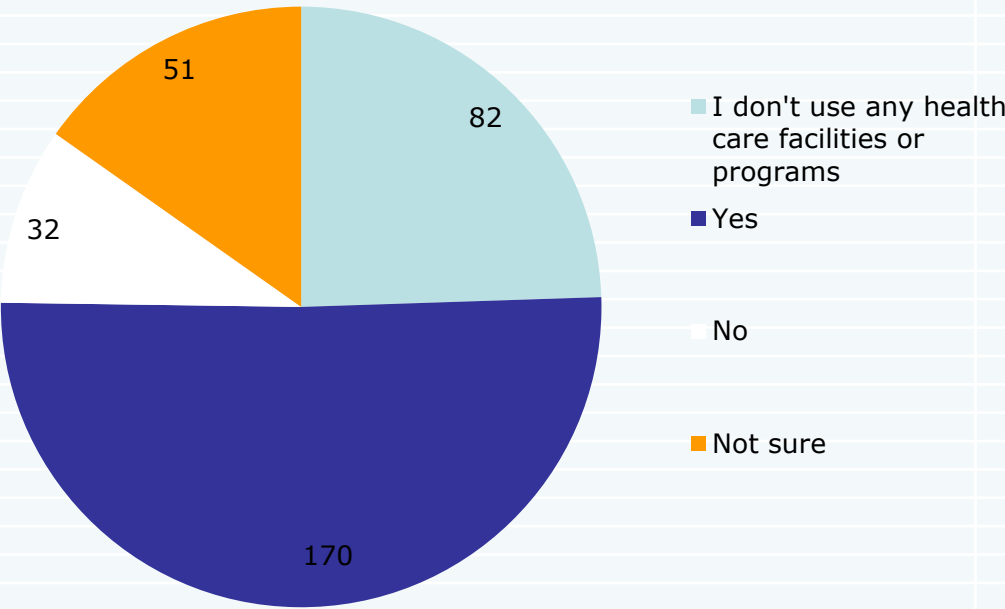
q5



Question: To the best of your knowledge, do the existing County health care facilities and related support programs meet your needs?

	Total	%
I don't use any health care facilities or programs	82	24.48%
Yes	170	50.75%
No	32	9.55%
Not sure	51	15.22%
		100.00
TOTAL	335	%

q7



## HEALTH & WELLNESS

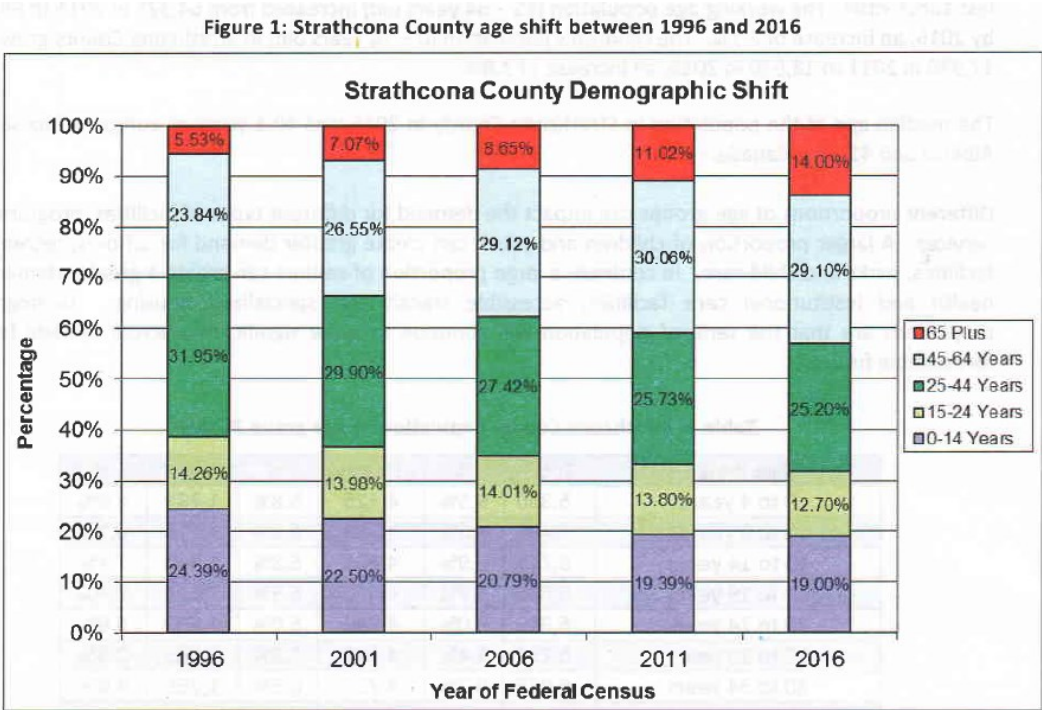
# Background Slides

## 2018 Municipal Census Report

- Actual population was 98,381 in 2018; so 7,499 not reported in totals
- 14,660 were 65 plus
- Rises and essentially doubles to 28,124 when 55 plus are included

	Total Strathcona County		Urban Service Area		Rural Service Area	
Age Groups	N	%	N	%	N	%
0-4	3,977	4.4%	3,076	4.7%	901	3.6%
5-9	5,732	6.3%	4,235	6.5%	1,497	5.9%
10-14	6,371	7.0%	4,535	6.9%	1,835	7.3%
15-19	6,453	7.1%	4,526	6.9%	1,927	7.6%
20-24	4,999	5.5%	3,619	5.5%	1,380	5.5%
25-34	9,644	10.6%	7,627	11.6%	2,017	8.0%
35-44	12,253	13.5%	9,232	14.1%	3,021	11.9%
45-54	13,329	14.7%	9,109	13.9%	4,220	16.7%
55-64	13,464	14.8%	8,859	13.5%	4,606	18.2%
65-74	9,257	10.2%	6,506	9.9%	2,751	10.9%
75-84	4,208	4.6%	3,272	5.0%	936	3.7%
85 or older	1,195	1.3%	968	1.5%	227	0.9%
Total	90,882	100.0%	65,564	100.0%	25,318	100.0%

Graph from 2108 Community Profile (2016 Federal Census Data) shows trend



Source: Federal Censuses 1996, 2001, 2006, 2011, and 2016



# Background Slides

No.	Recommendation
1.1	That Council continues to visibly tie community housing into the County's Strategic Plan, helping to make Strathcona County into <i>Canada's Most Livable Community</i> .
1.2	That Strathcona County facilitates the creation and hosting of a non-market Housing Registry that could also include a roommate registry component.
2.1	That Council directs the Community Living Advisory Committee (CLAC) to create a committee with responsibility for housing. This committee may include representation from housing suppliers, land owners (churches, school boards, developers) and social agencies
2.2	That Council directs the CLAC to set targets for the number and types of non-market housing units to be achieved by interim dates. These targets are to be approved by Council.
2.3	That Council directs County administration to work with the Heartland Housing Foundation to facilitate faith, community and business groups in supporting low income families.
2.4	That Council directs County administration to explore options to coordinate with the Heartland Housing Foundation for the provision of all non-market housing within the County.
2.5	That Council directs County administration to prepare a report on options for increasing Habitat for Humanity development in Strathcona County.
2.6	That Council recommends to the CLAC that the committee hosts an annual community housing consultation similar to that hosted by the Community Housing Task Force on June 25, 2015.
2.7	That Council directs that administration explore options for using private/public partnerships to develop vacant public land into mixed use areas that may include non-market housing, market housing and siting for community-based organizations.
3.1	That Council directs administration to bring forward a report identifying possible planning policy tools that can be implemented to help ensure developers provide various multiple housing types within all new residential neighbourhoods.
3.2	That Council continues to support the Mature Neighbourhood Strategy as it adapts existing neighbourhoods to a changing environment.
3.3	That Council requests that administration conduct a review of the costs of getting community housing developments approved with the goal of increasing non-market housing development.

No.	Recommendation
4.1	That Council direct administration to bring forward a report outlining current policies with regards to land use planning and engineering, and how current policy supports transit service routes within the Sherwood Park Urban Service Area.
4.2	That Council direct administration to bring forward a report that outlines the perceived barriers by the development industry with respect to community housing (i.e. servicing standards, parking regulations) and recommend solutions and possible incentives to encourage community housing development.
5.1	That Council requests that County Council and administration continue to seek provincial and federal funding to continue with affordable housing programs, either alone or in conjunction with Capital Region Board partners.
5.2	That Council directs County administration to ensure that the municipal census includes a permanent question on income so that aggregate numbers and ages of low income people are known and services can be tailored to them.
5.3	That Strathcona County offers to host a Capital Region Housing Symposium in 2016 or 2017.

## Mayors Task Force on Community Housing (2016)

# Background Slides

Question 5: Are you considering moving into another residence within the next 1 to 3 years?

	Total	%
No, I plan to stay in my current home	245	78.27%
Yes, I plan to move to a smaller home within the County (house, condo, apartment)	21	6.71%
Yes. I plan to move to an independent senior's residence within the County	3	0.96%
Yes, I plan to move to an assisted living senior's residence within the County	0	0.00%
Yes, I plan to move somewhere outside of the County	6	1.92%
I am not sure about my future living arrangements	32	10.22%
Other (please specify)	6	1.92%
TOTAL	313	100.00%

Question 6: Are you considering moving into another residence within the next 4 to 10 years?

	Total	%
No, I plan to stay in my current home	134	43.93%
Yes, I plan to move to a smaller home within the County (house, condo, apartment)	49	16.07%
Yes, I plan to move to an independent senior's residence within the County	20	6.56%
Yes, I plan to move to an assisted living senior's residence within the County	2	0.66%
Yes, I plan to move somewhere outside of the County	13	4.26%
I am not sure about my future living arrangement	79	25.90%
Other (please specify)	8	2.62%
TOTAL	305	100.00%

Question 8: To what extent do you agree that there are adequate housing options for seniors in the County?

	Total	%
Strongly agree	4	1.28%
Agree	36	11.50%
Undecided	182	58.15%
Disagree	62	19.81%
Strongly disagree	29	9.27%
TOTAL	313	100.00%

## HOUSING



# Background Slides

Question 2: How involved are you in your community?

	Total	%
I'm not really involved - very little to no volunteer work, don't really know my neighbors well, etc.	127	38.84%
I'm quite involved in my neighborhood, know my neighbors well, volunteer in the County community too	138	42.20%
I'm not involved in the County community and prefer to be left alone	19	5.81%
I want to be involved more but don't know how to do that or who to contact	43	13.15%
TOTAL	327	100.00%

Question 7: Which of these programs offered for Strathcona County seniors have you heard about? (Check all that apply)

Precode	Total	%
Counselling services	156	46.57%
Home support services	143	42.69%
Make Tax Time Pay	34	10.15%
Primary Care Network	230	68.66%
Seniors' property tax rebate	124	37.01%
Seniors' Outreach Program	49	14.63%
Snow Busters and Lawn Busters	175	52.24%
Strathcona County Elder Abuse Response Network	78	23.28%
TOTAL BASE	335	

Question 8: A seniors centre is a facility that can offer senior specific information, services, speakers and programs.

Would you use a drop-in facility like this if there was one in Sherwood Park?

	Total	%
Yes	122	36.53%
No	42	12.57%
Not sure	170	50.90%
TOTAL	334	100.00%

# Background Slides

Question 3: When you need to go somewhere (doctor, shopping, etc.) how do you typically get there?		
	Total	%
I drive myself	329	97.05%
I use public transportation / mobility bus	13	3.83%
Someone drives me (friend, family)	57	16.81%
I walk / bike	34	10.03%
I use a taxi OR car service	7	2.06%
Bus service from my seniors' care home	0	0.00%
N/A - I don't typically leave my residence	0	0.00%
TOTAL BASE	339	

Question 4: Do you use Strathcona County public transportation?		
	Total	%
Yes	42	12.39%
No	297	87.61%
TOTAL	339	100.00%

Essentially

Zero →  
← All  
← Zero

Significant numbers of rural respondents would take a the bus ~ 35% (or 1 in 3); and the 81 “Maybe’s” would surpass the total number of rural respondents

← About 1 in 8 seniors currently use transit

Question 8: Are you aware of the County's Mobility Bus program?		
	Total	%
Yes, I currently use the Mobility Bus	2	0.59%
Yes, I'm aware but don't currently use it	212	62.91%
Yes, but the program is too restrictive for me to access service when I need it	8	2.37%
No, I'm not familiar with the service	115	34.12%
TOTAL	337	100.00%

Question 10: Would you take the bus between Ardrossan and Sherwood Park if it was available?

	Total	%
Yes	30	8.85%
No	228	67.26%
Maybe	81	23.89%
TOTAL	339	100.00%

Urban Rural breakdowns  
74.4% Urban (N=262)  
24.7% Rural (N=87)  
0.9% Work but don't live in SC (N=3)





**YEG Seniors Alliance:**  
Edmonton Seniors Centre, the Westend Seniors Activity Centre, and ICAN - the Chinese Seniors Centre have joined forces to create more opportunities for seniors during this time. Please find the [URLs](#) for the classes, programs, and online activities.

ONLINE COURSES

Our live, virtual courses are easily accessed through Zoom and are discounted for Edmonton Seniors Centre members but available to all. You can socialize, exercise, and relax with various weekly programs.



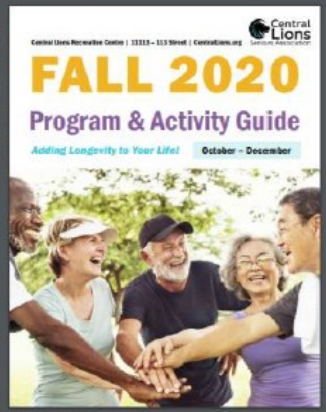
OUTREACH

Many people don't know what services are available in their community; we can help find you resources and advocate to providers on your behalf. Our aim, where possible, is to empower clients to be in control of their care.

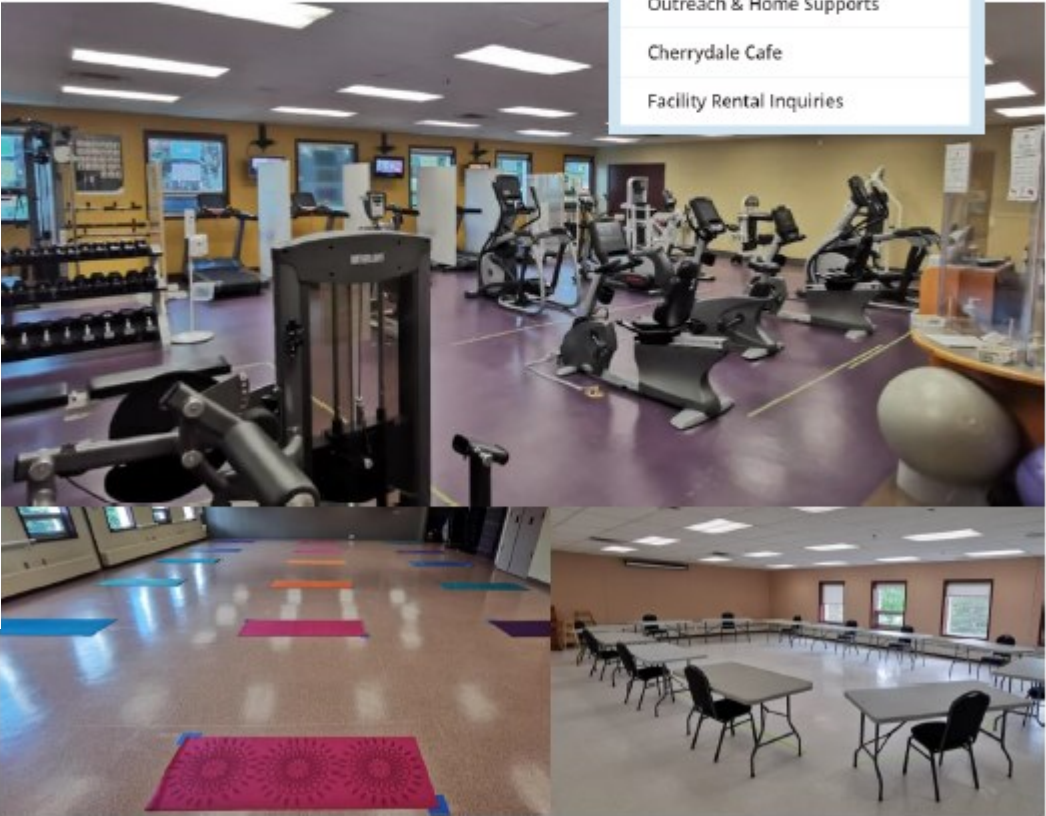
**ESCTV**  
**YEG**

**WEEKDAYS 6 AM - MIDNIGHT**

ESCTVYEG is a free service that streams curated content for the 55+ community.



What We Do
Programs
Clubs
Fitness Centre
Outreach & Home Supports
Cherrydale Cafe
Facility Rental Inquiries



More than Recreation  
Accessing Help  
Keeping Active, Informed  
and Connected

## Background Slides

Some Learning on Seniors Centres so far:

- All larger are owned by City of Edmonton - ie. So our future Senior Centre would probably be owned by the County, but operations were largely funded through donations, sponsors, fund-raising and grants.
- Costs to Seniors were nominal (about \$30 per year), with appropriate activity fees.
- Two larger centres averaged about 2000 members each, and offered fitness classes/facilities, art and craft classes, music classes, group presentations, computer lessons, movies, dances, eating facilities, etc.
- Huge sense of Community, and a welcome gathering place for Seniors
- Also, a commitment to keep Seniors connected to the Community, through Outreach programs that attempted to stave off seniors becoming isolated
- Existing rural organizations could tap into a centralized facility and programs.