

# Strathcona County Seniors' Supports and Services Project Needs Assessment

Community Services Division

2021

## Contents

I.	Project Background .....	4
II.	Project Goals .....	4
III.	Strategic Alignment.....	4
IV.	Needs Assessment Methodology.....	6
	Definition of a senior .....	6
V.	Statistical Profile .....	6
	Highlights .....	6
	Overview .....	6
	Strathcona County Data and Information.....	7
VI.	Previous Strathcona County Engagements.....	9
	Highlights .....	9
	Overview .....	9
	Results.....	10
VII.	Jurisdictional Scan .....	13
	Highlights .....	13
	Overview .....	13
	Alberta Seniors' Centres .....	13
	Edmonton Seniors' Centres .....	14
	Global Trends in Healthy Aging.....	15
	Policies and Strategies for Supporting Older Adults.....	16
VIII.	Inventory of Strathcona County Seniors' Programs, Supports, and Services .....	18
	Overview .....	18
	Programming Highlights.....	18
	Facilities Highlights.....	18
	Seniors' Facilities and Centres Highlights .....	19
IX.	Public Engagement.....	21
	Engagement Plan .....	21
	Overview of Seniors Supports and Services Project Survey Findings .....	21
	Highlights .....	21
	Overview .....	22
	Survey Results .....	22
	Overview of Seniors Supports and Services Project Stakeholder Conversations .....	24

Highlights .....	24
Overview .....	24
Stakeholder Conversation Themes .....	25
Appendix A: Inventory of Strathcona County Facilities, Supports, and Services Geared Towards Seniors	29

## I. Project Background

Strathcona County is taking efforts to respond to the needs of seniors in the community. Through the combination of a public awareness campaign and public engagement, Strathcona County is working with community to identify what opportunities and services currently exist for seniors, and where the County can provide further supports. The focus of this project is on age-friendly approaches to mental health, wellbeing, recreation, transit, housing, volunteerism, facilities, and gathering spaces.

Additionally, the project is addressing two specific motions from Council:

*February 2, 2021 - THAT Administration provide regular updates to Priorities Committee, commencing at the end of Quarter 2 regarding progress with respect to Priorities Committee motion 2021/ P4 on ongoing work on the Seniors Hub Concept, including the results of ongoing stakeholder communication and research.*

*January 26, 2021 - THAT the January 26, 2021 Seniors Advisory Committee report, Seniors Hub Concept, be referred to Administration for a report, by the end of the fourth quarter of 2021, on options for establishing a seniors hub, including potential collaboration opportunities with stakeholders and options to combine with planned or existing County facilities or sites; and that the report include information on the implications, costs, and feasibility of the identified options.*

## II. Project Goals

Through this project, Strathcona County is committed to better understanding the priorities of seniors in the community and identifying opportunities to connect seniors to appropriate supports and services. Therefore, the main goals of this project are:

**Listening** – listening to residents of Strathcona County, and in particular seniors and senior serving organizations, to understand citizen preferences, values and priorities related to age-friendly supports in our community.

**Informing** – providing residents with easy to access and easy to understand information on the existing seniors-focused supports and services offered through Strathcona County.

**Responding** – providing valuable, coordinated, and practical solutions to the needs of seniors and residents in the community.

## III. Strategic Alignment

Policy/Initiative	Objectives Alignment
<b>Strathcona County Strategic Plan (2013-2030)</b>	<b>Goal 1:</b> Build strong communities to support the diverse needs of residents. <b>Goal 6:</b> Provide facilities and services that are available and accessible to residents. <b>Goal 7:</b> Provide opportunities for public engagement and communication.
<b>Social Framework (2017)</b>	<b>Connectedness and Inclusion:</b> citizens are connected to one another and their individual differences are valued and respected.

	<b>Access to Programs and Services:</b> citizens have straightforward access to program and services that are easy to find.
<b>Recreation, Parks and Culture Strategy (2019)</b>	<p><b>Goal 1:</b> Recreation and culture opportunities contribute to the well-being of all individuals.</p> <p><b>Goal 2:</b> Recreation and culture opportunities contribute to the cohesion, vibrancy and overall well-being of our community.</p>
<b>Transit Master Plan (2018)</b>	<p><b>Goal 2:</b> Ensure that transit services are available, accessible and affordable for all residents regardless of age, ability, or means.</p> <p><b>Goal 3:</b> Provide services that can meet the needs of residents and customers.</p>
<b>Diversity and Inclusion Policy (2020)</b>	<b>Policy:</b> effectively serving a diverse community of residents and working towards ensuring they have the opportunity to participate in all aspects of community life.

## IV. Needs Assessment Methodology

To gain a better understanding of the context and current perspectives, values, and needs for seniors' supports and services in the community, Strathcona County gathered information from multiple sources. The following tasks were conducted to inform the project:

- **Statistical profile** of seniors in Strathcona County
- Analysis of **previous Strathcona County engagement** results
- **Jurisdictional scan** of seniors' supports, services, and facilities
- **Inventory of Strathcona County programs, supports, and services** geared towards seniors
- Seniors' Supports and Services Project **community engagement**

### Definition of a senior

For the purpose of the Project, we have considered a senior as an individual aged 65+ to align with the existing Strathcona County terms, and to align with the Statistics Canada definition.

While this definition has been established for the Project, data and information from residents who are under 65 is not excluded from consideration. This project is taking a broad look at Strathcona County residents' needs around seniors' supports and services. This includes the different age groups within the senior population, for example those aged 65 to 74 and 85 and over, individuals in the 55 to 64 age range, and the next generation of seniors who are under 55. This also includes caregivers of seniors who are accessing information and supports for the older adults in their life.

## V. Statistical Profile

### Highlights

- Strathcona County is the fourth largest municipality in Alberta, with 98,044 residents. Strathcona County is a specialized municipality with the distinctive dynamic of having both a large rural and urban population. Over a quarter (28%) of Strathcona County's population is dispersed in rural areas, such as hamlets, sub-divisions, and farms.
- The seniors' population in Strathcona County is increasing faster than the provincial average and seniors will continue to be a large population in the County for the coming decades.
- Roughly one quarter of seniors live in rural areas of the County and a sizeable proportion of seniors live independently, in alignment with a trend across Canada of seniors desiring to age in their own homes and in their communities.
- The number of seniors seeking social service supports in Strathcona County is increasing as indicated by the numbers of seniors seeking support from Family and Community Services.
- Support for finances and basic needs have been the most frequently sought support from Strathcona County Family and Community Services Solutions Navigation Services in 2021, followed by emotional health and relationship breakdown.

### Overview

Strathcona County is a unique community. It is unique in that it includes both the urban centre of Sherwood Park and a significant rural territory including the hamlets, Antler Lake, Ardrossan, Collingwood Cove, Half Moon Lake, Hastings Lake, Josephburg, North Cooking Lake and South Cooking Lake.

The following statistical profile is intended to illustrate some of the characteristics of seniors in Strathcona County. This information is grounded in currently available demographic data, data about attitudes and beliefs, and other data, such as engagement results.

#### Strathcona County Data and Information

**Seniors currently are a large population in the County, and this will continue to be so for the next few decades.**

- In 2018, there were 14,660 seniors (aged 65 and older) in Strathcona County representing 16% of the County population. (Source: Strathcona County 2018 Municipal Census)
- Demographic projections are that over the next 20 years, the seniors' population in Canada will grow by 68%. In Alberta, the population of older seniors (those who are 75 years and older) is expected to grow 2.8 times between 2017-2037. (Source: Canadian Institute for Health Information, 2017)

**Strathcona County's seniors' population is increasing faster than the provincial average.**

- The seniors' population (65+ years old) in Strathcona County increased by 35% between 2011 and 2016. In comparison, between 2011 to 2016, the provincial seniors' population increased by 23%. (Source: Statistics Canada 2016 Census of Population)

**Roughly a quarter of County seniors live in rural areas.**

- In 2018, 27% (3,914) of County seniors lived in rural areas and 73% (10,746) lived in urban areas. (Source: Strathcona County 2018 Municipal Census)

**Seniors represent roughly the same proportion of Strathcona County's rural and urban populations.**

- 15% (3,914) of the County's rural population are seniors, and 16% (10,746) of the urban population are seniors. (Source: Strathcona County 2018 Municipal Census)

**Fewer rural seniors are 75 or older compared to urban seniors in the County.**

- 30% (1,163) of rural seniors are 75 or older whereas 39.5% (4,240) of urban seniors are 75 or older. (Source: Strathcona County 2018 Municipal Census)

**There is a sizeable proportion of seniors in Strathcona County that live independently in their own homes. This aligns with a trend across Canada of seniors desiring to age in place in their own home and in their community.**

- In 2018, there were a total of 1,262 seniors aged 65 or older who lived in single family dwellings in Strathcona County, 888 in Sherwood Park and 374 in rural Strathcona County. Seniors occupy 37.4% of all single occupied single family dwellings in Sherwood Park and 34.1% in rural Strathcona. (Source: Strathcona County 2018 Municipal Census)

**The number of seniors seeking social service supports in Strathcona County is increasing.**

- In 2019, 389 seniors sought support from Strathcona County Family and Community Services Solutions Navigation Services. In 2020, the number of seniors accessing Solutions Navigation

Services increased to 708, an 82% increase. (Source: Family and Community Services Service Statistics)

- Finances and basic needs are the needs for which seniors are most frequently seeking support in 2021, followed by emotional health and relationship breakdown.

**Even in the context of significant pandemic-related risks, seniors make important contributions to their communities through volunteering.**

- Seniors have high rates of volunteerism that benefit their communities and available evidence suggests that this has continued throughout the pandemic. In Canada, seniors have historically contributed the highest number of hours in volunteer work of any age group (Hahman, du Plessis, & Fournier-Savard, 2020). Although they have been a group highly impacted by COVID-19 they have been found to continue to engage in high rates of volunteerism in Canada (Sin, Klaiber, Wen, DeLongis, 2021). In the 2020 Seniors Community Involvement Survey in Strathcona County, 30.3% of respondents aged 55 and over, indicated that they volunteer. While there has been much concern about the real risks seniors have faced during the COVID-19 pandemic (Ayalon et al., 2020), the data currently available about volunteerism during the pandemic suggests that seniors are important sources of support in their communities at a time when many community members may be in most need of support due to impacts of the pandemic on their lives.

**During the COVID-19 pandemic, community leaders have been concerned about increased risk of social isolation and mental health challenges in the seniors' population.**

- Community engagement data collected during the COVID-19 pandemic has signaled that community leaders are concerned about the potential for increased social isolation and associated mental health challenges during the pandemic in the seniors' population and in particular, for seniors who live in rural areas and those that live alone (Social Framework Leadership Table and COVID-19 Citizen and Community Support Task Force Engagement Session, September, 2020). This concern has been supported by research in Canada and worldwide about impacts of the pandemic on the health and well-being of seniors (Hartt, 2020; Cohen & Taveres, 2021).



## VI. Previous Strathcona County Engagements

### Highlights

- Generally, residents agree that recreation and culture are “must have” municipal services (83% strongly agree). Almost all Strathcona households believe recreation and culture opportunities are very important, or somewhat important to their quality of life which contributes to personal health and wellness.
- Seniors make a greater use of the cultural facilities than younger residents.
- Public transportation use decreases consistently with age.
- Many residents feel that community halls and seniors’ centres have a positive impact on their quality of life and the community.
- Seniors’ listed social (83%), physical (81%) and intellectual health (69%) as being the three most important types of wellness that a future community wellness hub must address.
- Seniors support is rated as the most important County social programs and services, accounting for 35% among Strathcona residents.
- There is a need for seniors-dedicated spaces and activities in Strathcona County.

### Overview

Strathcona County has engaged with residents frequently on a number of topics related to recreation, culture, wellness, community spaces, facility usage, and overall community satisfaction. Additionally, the Seniors Advisory Committee conducted their own survey engagements on the topics of transportation, housing, health and wellness, and community involvement.

Secondary research based on Strathcona survey reports and data files collected from 2016 to 2020 were analyzed to provide a summary of seniors’ impression, access and use of the current provisions and services from Strathcona County and potential gaps. (Seniors are defined as residents aged 65 and above in this study unless otherwise stated.) It aims to answer the following key questions:

- How do seniors feel about the current provision of recreation, cultural, and wellness activities in the County?
- What type of supports and services are important to senior residents of Strathcona County?
- What is the perceived value of community gathering spaces in the County?
- Are residents accessing County services (including transportation, social supports, facilities, recreation, etc.)?
- How satisfied are residents with the current provision of County services (including transportation, social supports, facilities, recreation, etc.)?
- What is the desire for senior’s integration (multi-generational) vs seniors-only supports, services, and facilities?

The following surveys were reviewed as part of this study:

- Community Halls Sustainability Strategy Report
- Community Hub Survey 2018
- Community Hub Survey 2019
- Emerald Hills Leisure Centre 2nd Floor Space – What We Heard Report Council Advisory Committees 2021
- Family and Community Services Social Framework Renewal 2017

- Public Satisfaction Survey 2019
- Recreation and Culture Indoor Fieldhouse Public Survey 2020
- Recreation and Culture Strategy – Seniors Advisory Committee meeting summary 2019
- Recreation and Culture Strategy – What We Heard Report May 2019
- Seniors Advisory Committee (SAC)– Community Involvement Survey 2020
- Seniors Advisory Committee (SAC)– Health and Wellness Survey 2020
- Seniors Advisory Committee (SAC) – Housing Survey 2020
- Seniors Advisory Committee (SAC) – Transportation Survey 2020

## Results

### *Recreation and culture*

Seniors made slightly less use of both the county’s outdoor spaces and indoor recreation facilities than did those in younger demographic groups. (2019, Public Satisfaction Survey Results).

An indoor walking / running track (61%) is more likely to be used than multi-use rooms (35%) among seniors. (2020, Indoor Fieldhouse Resident Survey).

Generally, residents agree that recreation and culture are “must have” municipal services (83% strongly agree). Almost all Strathcona households believe recreation and culture opportunities are very important, or somewhat important to their quality of life (65% very important, 33% somewhat important) which contributes to personal health and wellness (2019, Strathcona County Recreation and Culture Strategy – What We Heard Public Report).

Seniors make a greater use of the cultural facilities than did younger residents. 14% of seniors report frequently using cultural facilities such as Festival Place, Gallery@501, Smeltzer House and the Clay Hut, more than twice of the overall proportion among all age groups (7%) (2019, Public Satisfaction Survey).

Aligned with seniors’ high use of cultural services and emphasis on community gathering spaces, they listed social (83%), physical (81%) and intellectual health (69%) as being the three most important types of wellness that a future community wellness hub must address. While adults and youth also placed a great deal of emphasis on social and physical health, these respondents placed much more emphasis on emotional health than did seniors (2019, Community Hub Engagement What We Heard Report).

Over half of seniors (53%) indicated that the County-run recreational facilities and programs were meeting their needs. Most of the remainder either did not use the facilities at all (23%), or were unsure (13%), with relatively few respondents expressing actual dissatisfaction with the services offered (11%) (2020, SAC Health and Wellness Survey).

When asked what additional ways the County could meet their recreational needs, 39% of seniors aged 55 or above said more recreational facilities and programs for seniors, 37% said fitness programs targeted at seniors, 33% said senior-focused information sessions, 31% said more spaces reserved for seniors, and 53% indicated that all the above would be helpful (2020, SAC Wellness Survey).

Seniors feel that existing community facilities need more social and activity areas for purposes such as music, weaving, crafts, art, etc. They feel there is room for exercise but not enough for activities and

socialization (2021, Emerald Hills Leisure Centre Second Floor engagement with Council Advisory Committees).

#### *Healthcare*

Three quarters of seniors aged 55 and above (76%) report having used County's healthcare facilities and related support programs (2020, SAC Health and Wellness Survey).

#### *Transportation*

Overall use of public transportation decreased consistently with age (2019, Public Satisfaction Survey Results). Only 1 in 8 (12%) seniors aged 55 and above ever made use of the County's current public transportation system. Very few (4%) reported using public transit as their primary transportation means to get around the County. Preference to drive on their own (63%), long amount of time required to get to a destination using public transit (26%) and limited access to public transportation (19%) are the main reasons for the lower use (2020, SAC Transportation Survey).

#### *Housing*

Currently most seniors aged 55 and over (90%) live independently in their own homes and the majority (79%) expect to stay in their current home for the next 1-3 years. Over a longer horizon for the next 4-10 years, the share of those who intend to stay at their current home drop to less than half (44%). Still, fewer than 1 in 10 seniors intend to enter an independent or assisted seniors' residents in the next 10 years (2020, Seniors Housing Survey).

Just over 20% of seniors aged 55 and above reported being aware of the housing programs and other options such as subsidies and information sessions available for seniors in Strathcona County (2020, SAC Housing Survey).

#### *Community Halls and Senior Centres*

Overall, 24% of Strathcona County respondents have registered with a community hall or senior centers (Community Halls Sustainability Strategy – General Public Survey, Demographic Breakdown Unavailable).

36% of responding seniors aged 55 and above indicated that they would make use of a drop-in center that offered senior specific information, services, speakers and programs if one were available in Sherwood Park while 13% stated that they would never make use of such a facility. Seniors in urban areas (41%) are twice as likely as those in rural areas to visit such a centre (21%) (2020, SAC Community Involvement Survey).

18% of responding seniors aged 55 and over stated that they were not aware of any senior programs offered by the County (2020, SAC Community Involvement Survey).

#### *Perceived value of community gathering spaces*

Strathcona County respondents have a broad definition of what a community gathering space can be. Community halls (92%), recreation centres (84%), seniors' centres (72%) are most mentioned, followed by libraries (68%), arts and culture facilities (57%), coffee shops (52%) and schools (40%) and restaurants (23%) (Community Halls Sustainability Strategy – General Public Survey, Age Breakdown Unavailable).

Over half of Strathcona County respondents (62%) believed that community halls and senior centers have a medium or large impact on their quality of life. Similarly, 71% of Strathcona County respondents believe that community halls and seniors' centers have a medium or large immediate community impact (Community Halls Sustainability Strategy – General Public Survey, Demographic Breakdown Unavailable).

Respondents said that connecting with other community members (63%) is the greatest value of participating in a community hall or seniors center association, followed by supporting the work of the community hall or senior center association (50%) and access to direct communication from the association (29%) (Community Halls Sustainability Strategy – General Public Survey, Demographic Breakdown Unavailable).

Seniors cite a need for more gathering places as they are struggling with isolation, even prior to the COVID-19 pandemic. They suggest some sort of drop-in center with guided fitness activities and learning opportunities. They also suggest a technology resource area where seniors can use computers and other technology. (2021, Emerald Hills Leisure Centre Second Floor Engagement with Council Advisory Committees).

#### *Seniors' Services*

Seniors' support is rated as the most important County social programs and services, accounting for 35% among Strathcona residents. It is also considered the most essential for residents to access to any seniors supports in a single location (32%), especially for the those aged 65 and above (58%) (2018, Strathcona County Community Hub Study).

#### *Seniors' Community Satisfaction*

Seniors generally hold positive impressions of the County. They tend to be more satisfied with the County's efforts to achieve its goals with regards to wellness, individual respect, safety, and a sense of belonging than those respondents in younger demographic groups (2017, What We Heard Social Framework Renewal). However, seniors feel that current services and opportunities are mostly targeted at young families and that the services and quality of life enjoyed by seniors is comparatively low (2017, What We Heard Social Framework Renewal).

## VII. Jurisdictional Scan

### Highlights

- The majority of large and medium-sized municipalities in Alberta have a seniors' centre.
  - The levels of service, programming, and funding models vary significantly.
- The majority of seniors' centres across the province are run by non-profit organizations and are supported with a form of funding from the municipality.
- Multiple municipalities in the region have a senior's coordinator, responsible for liaising and providing information to seniors and seniors' organizations in the community.
- Globally, there is recognition about the importance of incorporating older adults into the culture of a community to promote healthy aging.

### Overview

Strathcona County conducted e-scanning, research, and meetings with local municipalities to collect information on the operations and approaches to seniors' supports and services in other jurisdictions. Much of the jurisdictional scan below provides information about seniors centres across the province, with a specific focus on Edmonton centres, including operational structures and funding models.

This scan also includes federal and global frameworks to support healthy aging and to guide the provisions of meaningful supports and services to seniors in the community.

### Alberta Seniors' Centres

- The Leduc and District Senior Centre is a non-profit organization that manages programs and activities for the centre; the facility is owned and maintained by the City of Leduc.
- The St. Albert Seniors Association is a non-profit organization that runs programming and services for seniors out of the Red Willow Place.
  - The centre receives funding from St. Albert FCSS, the City of St. Albert, and the Government of Alberta.
- The Pioneer House Club 50 is a drop-in seniors' centre in Fort Saskatchewan.
  - The building, maintenance, and utilities are funded through grants from the City of Fort Saskatchewan.
- The City of Red Deer's senior centre, which is geared towards seniors and their families and caregivers, is run by the Golden Circle, a non-profit, charitable organization.
  - The organization receives grant funding from Red Deer FCSS, among others.
- The Golden Age Centre is Grande Prairie's seniors centre. The centre is operated by a non-profit organization and the building is owned by the city.
- The Lethbridge Seniors Citizens Organization is a non-profit organization which operates the local seniors' centre.
  - The building is owned by the City, which also provides maintenance staff, and grant funding.
- As of 2021, the Veiner and Strathcona Seniors' Centres in Medicine Hat will be operated by the Kerby Assembly, a non-profit organization from Calgary.
  - Previously, the city of Medicine Hat directly provided the seniors' centre services.

- In August 2016, staff were directed by City Council to examine alternative models, along with associated operating costs, as part of the Seniors Centre Development Project.
- The City embarked on an extensive community consultation in late 2019 to better understand the services desired by current and future activity of the Seniors Centre.
- In 2020, a Request for Proposal was issued to determine if there were alternate service providers capable of delivering the same services in a more efficient and effective manner.

### Edmonton Seniors' Centres

- In 2017, there were 16 seniors' centres in Edmonton with a membership of 13,188, or 6% of the 55+ population.<sup>1</sup>
- Older seniors between the ages of 75-84 and females are the primary users of seniors' centres.
- The City of Edmonton has varying involvement in seniors' centres, from owning and operating buildings to providing grants and staff.
- Most seniors' centers' programs and services in the City are delivered primarily by non-profit organizations, many of which have a volunteer board of directors.
- In 2019, ten City of Edmonton staff supported seniors centres in a variety of roles, including facility support and maintenance, FCSS outreach, and program delivery.
- The City of Edmonton's approach to seniors' services is guided by six determinants of healthy aging, as developed by the Alberta Association of Seniors Centres. They are:
  - Physical and mental health
  - Social environment and engagement
  - Social support
  - Personal well-being
  - Physical environment
  - Safety and security

The City has three operational models for seniors centre facilities:

- Model 1 – Facilities are owned, operated and maintained by the City of Edmonton.
  - Three centres: **Central Lions Seniors Recreation Centre**, **Mill Woods Seniors and Multicultural Centre** and **Northgate Lions Seniors Recreation Centre**<sup>2</sup>
  - Millwoods pays a rental fee to use the facility
- Model 2 – The City of Edmonton owns the facility and covers capital maintenance costs.
  - Four centres: **North West Edmonton Seniors Society**, Senior Citizens Opportunity Neighbourhood Association, **South East Edmonton Seniors Association** and Strathcona Place Seniors Centres
- Model 3 – Facilities are owned and maintained externally.
  - Nine centres: Edmonton Indigenous Seniors Centre, Edmonton Seniors Centre, Ital-Canadian Seniors Association, Jewish Senior Citizens' Centre, Operation Friendship Seniors Society, Seniors Association of Greater Edmonton, **South West Edmonton**

<sup>1</sup> <https://www.seniorscouncil.net/uploads/files/Approach-to-Supporting-Seniors-Centres-2019-CityofEdmonton.PDF>

<sup>2</sup> Bolded seniors centres indicate the seven centres focused on by the Seniors Advisory Committee

## **Seniors Association, Southwest Seniors Outreach Society and Westend Seniors Activity Centre**

### *Municipal Funding Structure*

- The City of Edmonton's investment in seniors' centres totaled more than \$5 million in 2017.
- Each centre receives a varying amount of financial support, depending on their level of City facility support and need.
- The Seniors' Centre Investment Program supports operational expenses and capital investments through three streams:
  - Operating Grant - Seniors' Centres Investment Program operating grants provide seniors' centre associations funding for up to 25% of their eligible operating expenses to a maximum of \$250,000.
  - Facility Conservation Grant - This matching grant, to a maximum of \$40,000, assists seniors' centre associations with capital and facility maintenance costs associated with preventative maintenance, renovation or retrofit of their facilities and/or acquisition of furniture, fixtures and equipment.
  - Emerging Seniors Centres Grant - This grant provides support for the development of new seniors' centres, up to a maximum of \$100,000 per centre per year for three years. After that three-year cycle, the centre transfers to the other granting streams. Applicants are seniors' groups that are incorporated or in the process of becoming incorporated, who want to develop a seniors' centre.
- Edmonton FCSS also funds outreach and volunteer programs for seniors; in 2017, a total of \$2,078,944 was distributed to nine seniors' centres.
- Other funding streams include facility maintenance, custodial services, and funding to coordinate the Seniors' Home Supports Program.

### *External Funding Sources*

- Each seniors' centre in Edmonton manages their own funding and receives revenue from other sources such as fundraising, membership fees, and investments.
- From the financial statements available, the revenue generated from these sources represent various proportions of their revenue generation:
  1. Grants – including from the City of Edmonton (30-45%)
  2. Program fees (20-30%)
  3. Fundraising (19-22%)
  4. Memberships (4-6%)
  5. Other – including catering, café, investments, etc. (1-12%)

### *Global Trends in Healthy Aging*

- Research suggest that older adults will increasingly prefer informal/public spaces to age-separated spaces, such as seniors centres. (Torres & Cao, 2019).
- Factors contributing to individual seniors' social isolation include "loss (in its many forms), poor physical health, mental illness, low morale, being a carer, geographic location, communication and transport difficulties." (Findlay, 2003)

- The World Health Organization has identified culture as a cross-cutting determinant of healthy living around the world. Cultural values and traditions can determine how a society views older people, and ultimately how it supports those individuals in the aging process. (World Health Organization, Active Aging Framework, 2002)
  - As one effort to promote healthy aging and reduce loneliness, the WHO recommends policies that support intergenerational contact in communities and encourage daily social interaction and interdependence among old and young persons.
  - Programming and supports provided under this policy should be safe, accessible and barrier-free for all ages.
- The concept of integrated solidarity and intergenerational linkages are prominent in the Indigenous models of healing and resiliency promotion. “Social participation of elders is important in indigenous communities, and intergenerational dynamics must be considered in a holistic approach to wellness” (Viscogliosi, et al., 2017)

### Policies and Strategies for Supporting Older Adults

#### *World Health Organization (WHO) Active Aging: A Policy Framework*

The WHO Active Aging Policy Framework identifies three key policy pillars to support the active and healthy aging of older adults. These pillars are:

- Health: providing older adults with a range of health and social services to address their needs and maintain their quality and quantity of life.
- Participation: providing policies and programs to support older adults’ full participation and contribution to social, economic, cultural, and spiritual activities in the community.
- Security: providing protection and social, financial and physical security to people as they age.

These pillars provide governments and policy-makers with the foundational components necessary to support individuals and the population as it ages.

#### *World Health Organization Age-friendly Cities Framework*

The WHO Age-friendly Cities Framework is a guide to support cities to understand the potential of older adults and create more engaged and age-friendly communities. The Framework provides eight interconnected domains that help to identify and address barriers to the well-being and participation of older people. These are:

- Community and health care
- Transportation
- Housing
- Social participation
- Outdoor spaces and buildings
- Respect and social inclusion
- Civic participation and employment
- Communication and information

These domains overlap and interact with each other to ultimately support the full and complete participation and wellness of older adults in the community.



*Federal/Provincial/Territorial Ministers Responsible for Seniors: Core Community Supports To Age In Community*

The Core Community Supports Report focuses on the services offered in the community that support seniors to age in place. The opportunity to age in your own home and community is often the first choice for older adults. Aging in place can facilitate older adults be active, engage in social participation and maintain their social networks with family, friends, and community members, thus supporting their mental health and maintaining their personal identity.

The report identifies three key areas of support for communities to provide the option for older adults to age in place. These are:

- Home Care Services: health-related supports that include a wide range of services including personal care, therapy and rehabilitation and nursing care;
- Home supports: including meal provision, housekeeping, home maintenance, meal services, transportation, as well as social participation and companionship programs, and physical activity and educational/recreational programs; and
- Financial supports: income subsidies, as well as grants and subsidies to defray housing costs and fund home renovations designed to improve accessibility.

## VIII. Inventory of Strathcona County Seniors' Programs, Supports, and Services

### Overview

Strathcona County currently provides a significant amount of supports and services geared towards seniors. These services are provided through numerous departments, at multiple facilities across the County. Additionally, there are four formal 55+ Clubs established in rural and urban locations in the community, which provide dedicated programming and services for older adults.

### Programming Highlights

- Strathcona County currently provides a significant amount of supports and services geared towards seniors. Some examples are:
  - Seniors' coffee chats
  - Fitness classes
  - Skating
  - Swimming
  - Pickleball
  - Mobility Bus
  - Etc.
- The Strathcona County Library offers a large amount of seniors' programming across the County, including in seniors' assisted living facilities, and rural communities.

### Facilities Highlights

- Strathcona County recreation centres are designed for participants of all ages and abilities. Some facilities do have a higher usage from the senior demographic based on the amenities and programs they offer. In 2019:
  - Senior admissions: 8,000 (wellness centre, swimming, courts, drop-in programs etc.)
  - Senior membership scans: 139,000
  - Senior specific registered programs: 80/week offered (and many more registered programs that are "all" ages" that are suitable and adapted to ability)
  - Senior specific drop-in programs: 11/week

Facility Type	Facilities
<b>Multi-purpose recreation facilities</b>	Ardrossan Recreation Complex Emerald Hills Leisure Centre Glen Allan Recreation Complex Kinsmen Leisure Centre Millennium Place Moyer Recreation Centre
<b>Cultural facilities</b>	Festival Place Gallery@501 Smeltzer House
<b>Arenas</b>	Broadmoor Arena Sherwood Park Arena Sports Centre Strathcona Olympiette Centre
<b>Other</b>	Broadmoor Golf Course Strathcona Wilderness Centre

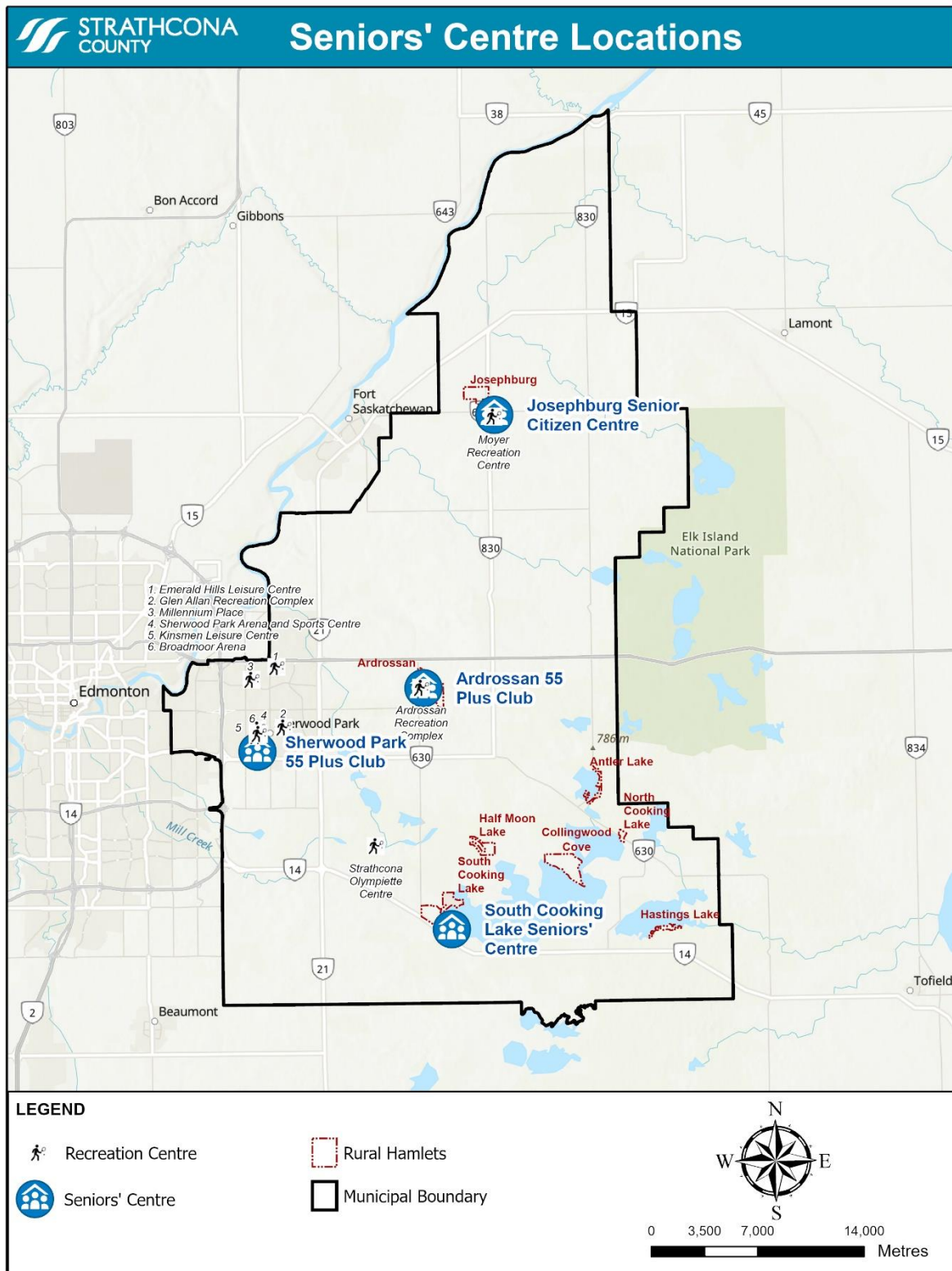
### Seniors' Facilities and Centres Highlights

- There are four seniors' affordable housing complexes in Strathcona County, offering a range of supports and services to its residents.
- There are four formal 55+ Clubs throughout rural and urban locations in the County:

Seniors' Club	Membership
Ardrossan 55+ Club	100
Josephburg Area 5 Seniors Centre	40
Sherwood Park 55+ Club	400
South Cooking Lake Seniors Centre	17

For the full inventory of Strathcona County facilities, supports, and services geared towards seniors, see [Appendix A](#).

Below is a map of the seniors' centre locations across Strathcona County.



## IX. Public Engagement

### Engagement Plan

The engagement activities for the Seniors Supports and Services Project built off the analysis of previous engagement conducted throughout the County and by the Seniors Advisory Committee. The intention was to avoid duplication of engagement and to gain a more robust understanding of the community needs.

The goal of the public engagement was to listen to residents of Strathcona County, in particular seniors and senior serving organizations, to understand citizen preferences, values, and priorities related to supporting seniors in our community.

Two streams of engagement took place between June 1 and June 30, 2021.

Method	When	Audience	Details
1. <b>Survey available via SCOOP, public website, telephone, and paper</b>	June 1 – June 20, 2021	All residents of Strathcona County	Questions focused on: <ul style="list-style-type: none"><li>• Residents' values and perspectives of seniors' services in Strathcona County</li><li>• Needs and interest in seniors-only facilities and spaces</li><li>• Seniors' social, facility, recreation, transportation, and services needs</li></ul>
2. <b>Virtual stakeholder conversations with seniors and senior-serving organizations</b>	June 21 – July 21, 2021	Rural and urban seniors and senior-serving organizations	Conversations expanded on questions asked in the survey.

### Overview of Seniors Supports and Services Project Survey Findings

#### Highlights

- The highest levels of satisfaction were *feeling safe in the community* (80.7% combined very satisfied/satisfied), followed by *recreation opportunities* (78.1% very satisfied/satisfied), *volunteer opportunities* (64.3% very satisfied/satisfied) and *cultural opportunities* (58.9% very satisfied/satisfied).
- The lowest level of satisfaction occurred with *seniors-only facilities*.
- In general, satisfaction with seniors' services and supports was lower in the rural portions of the County compared to Sherwood Park.
- Affordability is a major consideration – the lower the income, the more likely for residents to rely on community halls and seniors centres as a source of social, recreation, and cultural activities.
- The most prominent barriers to accessibility were that people either didn't know about the services offered or that there wasn't enough programming specially geared toward their age and interests.

- The majority of respondents (56.8%) indicated that a dedicated seniors' facility is very important/somewhat important to meet their social, recreation and well-being needs. However, 41.2% prefer to access the services that were most convenient to them, regardless of age.
- In the open-ended comments sections, many respondents expressed a need for a dedicated seniors' center.

## Overview

In June 2021, Strathcona County conducted an online survey to look at the various supports and services available to seniors in the County and to look at additional measures that could be implemented in the future. A paper version of the survey was also made available to those without computer access. In total, 898 responses were received, with 82% of the respondents being from Sherwood Park and 17% living in rural Strathcona County.

## Survey Results

### A. Satisfaction with Community Supports

- The highest levels of satisfaction were *feeling safe in the community* (80.7% combined very satisfied/satisfied), followed by *recreation opportunities* (78.1% very satisfied/satisfied), *volunteer opportunities* (64.3% very satisfied/satisfied) and *cultural opportunities* (58.9% very satisfied/satisfied).
- The lowest level of satisfaction occurred with *seniors-only facilities*, at 26.2%.
- In general, satisfaction with seniors' services and supports was lower in the rural portions of the County compared to Sherwood Park.

### B. Access to Information

- The newspaper is the most popular source for everyone regardless of age, but its use increases substantially for those over the age of 65, compared to younger age groups.
- Close to half (46.3%) of the respondents did not experience barriers accessing information. In terms of barriers, the largest encountered by respondents is that they didn't know where to find the information (30.1%).

### C. Barriers Preventing Accessibility

- 29.8% reported that nothing stops them from accessing services, with an additional 6.6% who didn't want or need to access supports or services. The response of *nothing stops me from accessing supports and services* increases dramatically with household income; from 10.0% for income under \$20,000 to 42.7% for an income of \$140,000 and over.
- Of the remaining respondents, the most prominent barriers to accessibility were that people either didn't know about the services offered (33.3%) or that there wasn't enough programming specially geared toward their age and interests (25.5%).
- With respect to what *supports/services I want are not provided locally*, many respondents expressed a need for a dedicated seniors' center.
- 31.1% of rural residents thought that supports and services were *too far from where they lived* compared to 2.8% those living in Sherwood Park.

#### **D. Affordability**

- 56.1% of respondents were not struggling with their expenses. Of the remaining respondents, the most prominent expenses were housing costs or the cost of food.

#### **E. Social Connections**

- Less than 38% felt that there were strong opportunities to connect with others in the community. Positive perceptions of opportunities to connect in the community increased substantially as household income increases

#### Volunteering

- The majority of people are contributing by helping out neighbours, friends and family (68.4%), supporting local businesses (65.3%), or attending local events (48.4%). Smaller percentages of people are volunteering for a variety of organizations.

#### Social activities

- The top places that respondents prefer to socialize with their peers are *a coffee shop or restaurant* (71.5%), *their own home* (69.2%), *a family or friend's home* (66.1%), or *public outdoor spaces* (55.6%).
- People having less than \$20,000 in annual income were much less likely to socialize in their own home (40.0%) than people in higher income brackets (75.3%).
  - Respondents with less than \$20,000 in annual income were more likely to socialize at a local community hall/seniors centre (40.0%) than people in higher income brackets (17.8%).

#### Physical wellness

- There are a variety of places that people like to go to do physical activity. The top location noted by respondents were *public outdoor spaces* (60.8%), followed by a *multi-use facility* (52.2%), or *their own home* (48.3%).

#### Cultural activities

- Overall, 22.4% of respondents are not participating in any cultural activities. For the remaining 77.6% who did, a public facility was the top location (48.9%), followed by public outdoor spaces (28.9%), and community halls/seniors centres (26.7%).
- Going to a public facility, such as Gallery@501, increased significantly as one's household income increased.

#### **F. Facility Use**

- 62.8% of respondents accessed multi-use facilities in Strathcona County either frequently or occasionally; urban residents accessed multi-use facilities more often (66.4%) compared to rural (47.7%).
- The top reasons for accessing multi-use facilities were *dedicated space time and programming*, *affordable*, *opportunity to interact with other people my age*, and *ample parking*.

## G. Seniors-Only Facility in Strathcona County

- The majority of respondents (56.8%) indicated that a dedicated seniors' facility is very important/somewhat important to meet their social, recreation and well-being needs.
  - Conversely, 41.2% prefer to access the services that were most convenient to them, regardless of age, while 23.3% prefer to access services in a seniors-only facility. The remainder of the respondents prefer to access services and programming, for their specific needs, based on age and/or ability.
- The top reasons for accessing a seniors-only facility were: *space/programming specifically geared toward seniors' age and interests* (49.3%), followed closely by *opportunity to interact with other people their age* (46%) and *affordability* (42.9%). The *ability to access multiple services and supports in one location* (42.6%) was a very close fourth choice overall.

## Overview of Seniors Supports and Services Project Stakeholder Conversations

### Highlights

- The themes that were raised through the stakeholder conversations align with the domains of wellbeing identified in the *World Health Organization Age-friendly Cities Framework*.
- Themes of belonging, connectedness, and inclusion were the most prominent among all the comments.
- Consideration and coordination of senior-specific supports and services was a significant theme.

### Overview

From June – July 2021, Strathcona County hosted community conversations to collect a more robust understanding of the experiences of seniors in the County. Five stakeholder conversations were held with 27 individuals representing seniors, and senior-serving groups and organizations.

The stakeholder conversations were focused on questions about the current and future needs of seniors, and opportunities for meaningful connection and participation in community. The following questions and probes were asked of participants:

1. In an ideal world, (acknowledging that we're not in an ideal world) what is your vision for what Strathcona County could look like for the variety of need of older adults?
  - What would support you in making this vision happen throughout the years?
2. How can we support seniors to become/remain active participants in community?
  - How can we honor the seniors in our community?
3. When and where do seniors have meaningful connection in the community?
  - Is a seniors-only hub an option?
  - What are the benefits of a seniors-only space?
  - What are barriers to seniors forming meaningful connection in community?
  - How could those barriers be minimized?

The following section outlines the key themes and findings from those stakeholder conversations. The comments and conversations did not necessarily follow the structure of the questions; therefore, the conversations are presented by theme rather than by question.





## Sense of belonging and inclusion for seniors

Theme	Sample Comments
<b>Seniors need to be supported to feel a sense of belonging and inclusion</b>	We see seniors that are here and don't have many connection; moving to Sherwood Park in later years to be close to family but don't have many connections. Moving into a new community you don't have history and deep relationships.
	It doesn't matter your age. Everyone wants to feel needed. Everyone wants to get involved.
	They just want something to call their own place, this is where I'm comfortable, this is where my friends come.
<b>Recognition of seniors' value in the community</b>	I don't think the overall community has a good sense of what it's like to age, that we're not old and senile and useless and don't have anything to offer anymore, that it's quite the opposite, we're a wealth of information, and a wealth of experience, and the greater community would benefit from knowing that
	How do we continue to find and honour meaningful engagement in the broader community, how do we continue to drawn on their wisdom, how do show value in a community that may not recognize value because they are not contributing to the bottom line, how do we as a community show value and wisdom, how your life has so much value and meaning
<b>Solutions to support seniors feeling welcome and included</b>	Maybe meeting with parks and recs, and festival place, and GARC, and figuring out where to bring more of a senior's focus activities, more of a simple space where people can go to the same space and feel comfortable there. Maybe can rent festival place for senior's dances. Places in the community that can be focused more on the older adult group while we go through this process.
	Look into creative solutions, like partnering to use buses to transport seniors to events.
	Providing the spaces for connection. They want to connect. If you build it, they will come.
<b>Connection points in the community</b>	It's a connected community. We look at isolation – such a driver and determinant of health and outcomes. and loss of social engagement and skills. The connection both socially is important.
	The connection piece. No matter your ability you have a place to belong and participate fully.
<b>Intergenerational spaces</b>	Having a variety of groups involved in the conversation. E.g. multigenerational. To make sure we understand how we can actually interact together.
	I would love to see a blend of intergenerational and seniors' space.



## Considerations for supports, services, and spaces to meet seniors' needs

Theme	Sample Comments
<b>Specialized considerations for supports, services, and spaces to meet seniors' needs</b>	They just want to be somewhere that isn't really busy, or really noisy, or really active or difficult to get to.
	One thing that gets in the way is the ability of seniors to communicate. Hearing, vision loss. All those things can get in the way. In a social environment, she can only hear noise.
	Accessibly, whether that means running a bus, or is accessibility means something in the mail. Those are all accessibility issues. Don't make it difficult for people to get into the building.
<b>Centralized point of services and supports</b>	Long-term you need a place for seniors to come ... seniors centres are hubs, active, vibrant ...
	Coming together to share knowledge, share what works, for someone to find it in one spot
<b>Affordability as a barrier</b>	Sherwood Park generally has a high-income level, but seniors may be on fixed incomes ... access to programs is tied to how much disposable income a senior has ... if you have to pay for parking, or pay for transportation to get there, do you have enough left for registration fees
	I'm more concerned about the people who can't afford to get there and buy a membership and take a taxi to get there. I think the well-off seniors with means, seniors who are very active, they need a place to go. But I'm kind of thinking about that other group. They've always sort of been left behind and they will continue to be left behind.
<b>Connection and accessibility for rural residents</b>	Rural seniors and urban seniors may face different challenges. Our municipality is big. Transportation can be challenging.
	Location of centres are accessible and are localized, we can't forget SC is a large area, prioritizing to make locations as highly accessible as possible so physical location is not a barrier, coordinate transportation
<b>Gathering spaces to be with and connect with people your own age</b>	Important for seniors to interact with their peers for mental wellbeing ... critical to health and wellbeing
	We want to go to someplace where we can meet with people of our own age
<b>Connecting with people with common interests</b>	When they can connect with like interests. You can't put all seniors in the same bag. There's lots that have different interests .... They want to find people they can connect with that have the same interests as them, maybe it's a monthly dance, common ground that they can connect with others who have the same background or vision or interests ... yet still open to new experiences.
	One thing we forget, when seniors talk to seniors, they can share common memories. Some family members can't relate to these stories.



## Coordination of information and services

Theme	Sample Comments
<b>Coordination of information</b>	Where can I go in the community? Its education and getting out to key leaders. When we would gather at community hall with commercial kitchen - whatever for whatever.
	Want to see seniors as full and active participants. Getting information. How do I get info online? It's confusing. How do I navigate the noise from what's online? Awareness of what's available and then figuring out how to get there.
	Getting information out. Conversation about silos within different organizations. Seniors Find something they like, and stay within that bubble.
	Critical to upgrade the website so it is dedicated to seniors, everything together/need to know what else there is, they have little patience in terms of wanting all the information.
<b>System coordination</b>	Having these activities to cross and interact with each other, lots of shared opportunities and knowledge. We aren't tapping into enough. The more I get involved with different groups it sparks and we cross connect. These types of gatherings and sharing's and building facilities and resources.
	Similar to the Social framework this is a good way to connect – initial group that find value in connecting. I know we started pre-COVID but we could reactivate to connect.
<b>Vision, plan, and action moving forward</b>	To have an actual vision and plan, an action plan, for moving forward
	Need to land on a pragmatic solution and engage the community in the conversation. There's a case to be made, but we need to be pragmatic
	Look at Sherwood park. Family orientated. As we are making that shift to being more seniors. Making that mind shift to incorporate seniors in all that we do.
	Needs to be sustainability, sustainability has to be in there
<b>Collaboration and sharing resources</b>	Looking at what's there already. We've got so many resources how do we link them together as a seniors I know what they are and what available. Not wanting to recreate the wheel.
	Awareness. Learning what is happening in our community.
	What else are we missing that is not well known? How do we get the information to everyone? Community understanding of the resources available. Not just to seniors



## Supports to age in your own community

Theme	Sample Comments
<b>Seniors aging in their own homes and community</b>	Look at the determinants of aging, how do we meet the physical, mental, social needs of older adults to stay independent and be able to live in their own homes longer
	By the time people need support their financial or health situation is dire, they could have been supported proactively, not aging as well as they could be – an earlier intervention could have kept them in their homes longer
	Currently looking into a provincial program to help seniors stay in their own homes. Those kinds of these things are all of the ways we can do a better job all the way around of helping our seniors.
<b>Providing caregiver support</b>	Supporting caregivers in an appropriate way and ensuring caregivers are getting their needs met in a way that is respectful of their needs.
	The important role that family members play in helping seniors thrive. The fact that by supporting family caregivers, we are actually supporting seniors. Allows for family members to focus on visiting, not caretaking.

## Appendix A: Inventory of Strathcona County Facilities, Supports, and Services Geared Towards Seniors

\*\*Current as of April 30, 2021

	Service/Program Name	Description	Targeted Population	Cost	How often is it offered	Category of Service
TRANSIT	Mobility Bus	Mobility Bus is a door-to-door, shared ride, accessible public transit service. An application for this service is required as residents must meet specific eligibility criteria.	County residents that are 18+ who, due to a physical or functional limitation, cannot use the fixed-route service.	<b>Local Cash</b> \$3.10 <b>Sr. Local tickets</b> \$17.40 for 10 <b>Sr. Local Pass</b> \$16.30 <b>Comm. Cash</b> \$6.20 <b>Sr. Comm tickets</b> \$34.90 for 10 <b>Sr. Comm pass</b> \$32.55 <b>Rural cash</b> \$7.25 <b>Rural tickets</b> \$65.00 for 10 <b>Rural to Edm. Cash</b> \$13.45	<b>Sh.Pk. To/from Edm.</b> Mon-Sat 6am-midnight Sunday 7am-8pm <b>Rural Service Area</b> Mon-Fri 6am-10pm <b>Rural Clients Only</b> Sat&Sun 9am-3pm Holidays 9am-3pm <b>No Service</b> New Year's Day, Good Friday, Easter Sunday, and Christmas Day	Transportation
	Senior's subsidized annual pass <b>Not valid on Mobility Bus</b> <b>May change with SmartFare</b>	Subsidized annual pass for the calendar year.	Seniors residing in Strathcona County who are recipients of the Federal Government Guaranteed Income Supplement (GIS). Proof of GIS is required	\$156.00	Year round	Transportation
	Senior off-peak local pass program <b>Not valid on Mobility Bus</b> <b>May change with SmartFare</b>	The Senior Off-Peak bus pass is available free of charge to qualified seniors and is valid for use on conventional local transit service during off-peak hours only.	<ul style="list-style-type: none"> <li>• Persons 65 years of age or older</li> <li>• Persons with an income that qualifies for Alberta Seniors Benefit</li> <li>• Resident of Strathcona County</li> </ul>	Free	Monday to Friday: 9 a.m. to 3 p.m. and after 6 p.m. Weekends and holidays, any time of day. Passes are valid for travel within Sherwood Park only on regular transit.	Transportation
	Everybody Rides	Program was created to improve access to transit services for residents who have	Qualifying applicants can purchase one Conventional adult	<b>Local Pass</b> \$12.00	Regular transit hours	Transportation

		limited income or are receiving AISH.	monthly commuter or local pass per month for each registered member of the household at a discounted rate. Qualifying registered Mobility Bus clients can purchase one monthly commuter or local pass per month at a discounted rate.	<b>Commuter Pass</b> \$24.00		
RECREATION AND CULTURE	Service/Program Name	Description	Targeted Population	Cost	How often is it offered	Category of Service
	Seniors Wellness Days	A 45 min 50+ wellness program (balance, strength, flexibility) followed by a 45 min education or wellness presentation	Persons aged 50+	Pre-COVID- incl with admission or Monthly pass  COVID- Free	Pre-COVID- in-person  COVID- Virtual	Recreation
	Aging Backwards with Essentrics	Improve range of motion and mobility in this class based on the book, Aging Backwards.	Persons aged 50+			Recreation
	Chair Yoga	A gentle yoga practice that integrates the assistance of a chair for seated and standing poses, to increase flexibility, strength and body awareness.	Persons aged 50+	\$21.00/4 sessions	Monthly	Recreation
	Full Body Yoga (50+)	Connect the mind and body through various yoga poses, while lengthening the soft tissues.	Persons aged 50+			Recreation
	Turning Back the Clock	Participants follow an individualized program to maintain strength and stay healthy and strong	Persons aged 50+			Recreation
	Health Based/Prevention	Includes deep water, shallow water, and weight room training	Persons of any age with mobility issues			Recreation

		to improve joint function and mobility. Pole Walking and Strength Class is a fitness class intended for people with Parkinson's and other chronic conditions.				
	Seniors' skating	Senior-specific skate times with social to follow				Recreation
	Seniors' swimming	Senior-specific aquatic fitness with social to follow				Recreation
	Pickleball	Pickleball courts at four indoor locations and expanded to outdoor locations to meet demands				Recreation
	GeriActors Performance Storytelling Workshop	Learn how to take stories, both true and invented, and turn them into moments of theatre to perform and share.				Recreation
FAMILY AND COMMUNITY SERVICES	Service/Program Name	Description	Targeted Population	Cost	How often is it offered	Category of Service
	Seniors Week	All ages are invited to join Seniors Week to celebrate seniors' contributions towards creating a safe, supported and connected community for all in Strathcona County. Events and activities will be taking place both virtually and in-person.	Targeted to seniors open to all residents	Free	Yearly in June, this year June 7-13	Well-being
	Counselling	A trained professional who can help improve your mental wellness and learn new coping strategies for day to day stressors.	All residents	Sessions are "pay what you can afford." This means session fees can be anywhere between free (\$0) and \$90. On average, people pay \$32 per session.	Monday and Friday 8:30 a.m. – 4:30 p.m. Tuesday, Wednesday and Thursday 8:30 a.m. – 8:00 p.m.	Mental health/well-being
	Solutions Navigation	Solutions Navigators support individuals and families through life's challenges. Navigators	All residents	Free	Monday and Friday 8:30 a.m. – 4:30 p.m.	Mental health/well-being

		work with you to identify your goals and strengths, create an action plan, build skills and access community resources. Navigators can help with: Parent, youth, adult, senior and family supports, skill building, finances, subsidies (transit, recreation, tax and more), housing, and forms and applications.			Tuesday, Wednesday and Thursday 8:30 a.m. – 8:00 p.m. No appointment is necessary.	
	Discussion groups and sessions	Create the tomorrow you want and build resiliency by learning new skills, using tools and strategies and making supportive connections.	All residents, with specific sessions targeting seniors	Free	Scheduling varies and can be found online at <a href="https://www.strathcona.ca/community-families/parents-children-families/parentsupport/">https://www.strathcona.ca/community-families/parents-children-families/parentsupport/</a>	Education/well-being
	Seniors property tax rebate	The County provides a \$100 rebate to assist low-income seniors who are homeowners.	Eligible seniors 65+	N/A	Seniors can apply year round – cutoff is May of the following year	Financial
	Home help	In-home support services are provided to residents of Strathcona County who are experiencing health-related difficulties.	Eligible seniors	N/A	Variable	Well-being
VOLUNTEERISM	Organization	Description	Targeted Population	Cost	How often is it offered	Category of Service
	Drive Happiness	Providing low-cost transportation to assist seniors in Strathcona County to maintain an independent lifestyle that enables them to remain in their own homes for as long as possible.	<ul style="list-style-type: none"> <li>Applicants need to be 65+;</li> <li>Applicants need to be sufficiently mobile such that they can enter and exit vehicles on their own; however need to have</li> </ul>	\$10 for 90 minutes of driving OR 40 kms		Transportation



LIB RA			personal challenges that restrict them from utilizing other forms of transportation such as ETS, DATS			
	Linking Generations	Provides mentored and structured visits aimed at building relationships between seniors and youth in our community. On a weekly basis, two students meet with one senior. The students and seniors are all volunteers.	Seniors Youth	Free	Each week from October to May	Connection Wellness Volunteerism
	Volunteer Strathcona	Connects volunteers with opportunities and enables the development of local organizations to meet social needs in our community. Seniors- focused projects include				
		<i>Chef's Choice Frozen Meals</i> Volunteers will pick up the meals ordered from Meals on Wheels and deliver them to individual's residence.				
		<i>SnowBusters</i> The SnowBusters community program matches eligible individuals with volunteers who commit to clearing ice and snow from a residents' walkway or driveway within 72 hours after each snowfall	A volunteer program for seniors and/or persons with disabilities.			
LIB RA	Service/Program Name	Description	Targeted Population	Location	How often is it offered	Category of Service

Bookmobile	Provides library programs and services at scheduled stops and extra visits to preschools, seniors' facilities and community events. Bookmobile includes a large selection of adult, teen and children's materials in all formats, local newspapers, and WiFi.	Low-floor accessible design allows for residents of all ages and abilities to participate.  Rural residents, seniors, and preschools.  Visits 9 seniors residences.	Across Strathcona County. Includes rural and urban stops	Weekly – rural stops  Every 3 weeks – seniors residences and preschools.	Recreation Education Technology
Service Where You Are (deliveries)	Volunteers and library staff deliver books and other library materials to people who are unable to visit the library due to health or mobility issues.	Seniors, homebound residents, and people with health or mobility issues which keep them from accessing the library for a period of 3+ months.	Across Strathcona County	Every 3 weeks, or more/less as requested by the homebound person	Recreation, Education, Wellness, Connection
Clover Bar Lodge Library Time	Volunteers select books for Clover Bar Lodge residents and visit the Lodge to offer a Library Time, where seniors can select and borrow books	Seniors, specifically residing at Clover Bar Lodge	Clover Bar Lodge	Every 2 weeks	Recreation, Education
Intergenerational Story Time	The Library brings families with young children to the Sherwood Park Care Centre for a intergenerational storytime. It includes stories, songs, activities, and built-in time for socializing.	Seniors, specifically residents at Sherwood Care  Families with young children (geared to preschool aged)	Sherwood Park Care Centre	A few times a year, usually a couple in summer in the Sherwood Care gardens and one or two holiday-themed in December	Recreation, Education, Connection, Intergenerational
UnlimitEd program	A monthly program exclusively for older adults. Each session includes a guest speaker or activity on a topic of particular interest to seniors (health, frauds, recreation, music, etc.). There is also built-in socialization time.	Self-identified seniors (no specific age restrictions)  Originally it was targeted to isolated seniors, but was	Strathcona County Library	Monthly on a Friday morning	Recreation, Education, Connection

		expanded to any senior as a way to facilitate more social interactions (having mobile, connected seniors who could form friendships with isolated seniors)			
Seniors Week writing program with the Writer in Residence	A writing program for seniors, focused on a writing topic of interest to seniors (ex – memoirs, local history). Offered during Seniors Week.	Self-identified seniors (no specific age restrictions)	Strathcona County Library	Annually, during Seniors Week	Recreation, Education, Connection
News & Views	A current events discussion program for seniors living at Silver Birch Lodge	Seniors, specifically residents at Silver Birch Lodge	Silver Birch Lodge	Monthly	Recreation, Education
Explore & Pour (also called Places & Stories)	An armchair travel program for seniors living at Silver Birch Haven	Seniors, specifically residents at Silver Birch Haven	Silver Birch Haven	Monthly	Recreation, Education
Read Aloud Book Club	Stories, articles, and cognitive stimulating activities are read aloud and discussed (like a book club, but without needing to read the book ahead of time)	Seniors attending the Adult Day Program out of Capital Care Strathcona	Capital Care Strathcona (Adult Day Program)	Monthly for 3 groups	Recreation, Education, Memory
Stories/Memory program	Stories and memory stimulating activities are read aloud.	Seniors attending the Adult Day Program out of Silver Birch Court	Silver Birch Court (Adult Day Program)	Monthly	Recreation, Education, Memory
Seniors Chat Line	A phone-based service for seniors to chat with a friendly voice, or to hear stories read aloud.	Seniors. Targeted marketing to seniors in residences visited by the Bookmobile, but open to all.	Offered by phone	As requested	Recreation, Connection
Adult Programs at the Library	Programs on a variety of topics (ex – current events, history, crafts, genealogy, recreation, careers, finances, book clubs, art, community tours, author visits, etc.). They are offered in a variety	Adults of all ages  Many topics are chosen to appeal to seniors, though are registration is not limited by age	Strathcona County Library	Regularly throughout the year (~850/year)  Includes daytime and evening times. Daytime programs are often	Recreation, Education

	of delivery methods (lectures, interactive experiences, hands-on activities, walking, biking, etc.).			topics of interest to seniors (though not restricted by age).	
Adult Digital Literacy and Technology Training	Classes and hands-on help with technology and digital literacy skills. Includes group classes and one-on-one sessions.	Adults of all ages, with a focus on seniors (attendance isn't restricted by age, but many topics/course content are designed for seniors)	Strathcona County Library	Regularly throughout the year, several times a month  Includes daytime and evening times. Daytime are often geared to seniors.	Recreation, Education, Technology
Laptop and WiFi loaning project (pilot project)	Loaning out Chromebooks and portable WiFi devices for patrons who lack adequate access to technology. Suggested uses include video chatting with loved ones and online entertainment.	Seniors living at Silver Birch Lodge/Haven/Court  (also a second stream loaning devices to adults of all ages at Silver Birch Court)	Strathcona County Library and Silver Birch Place	Pilot project launched in Apr 2021, may extend to public later in the year	Recreation, Connection, Technology
Seniors videoconferencing classes	Classes and one-on-one help for seniors on how to video conference using popular platforms like Zoom, Skype and Facetime	Seniors in targeted seniors residences (pilot project not open to the public right now)	Strathcona County Library, select seniors residences, and by phone and online video	Pilot project launched in 2021, may extend to the public later in the year	Connection, Technology
Accessible formats	The Library collects materials in a variety of accessible formats, to help people keep reading as they experience age-related barriers such as vision loss, cognitive decline, and physical issues that make interacting with a book challenging (ie- arthritis in the hands, tremors, etc.).	Seniors, people with print or perceptual disabilities	Strathcona County Library and Bookmobile and online	Available all the time	Recreation, Education, Accessibility

		Includes large print books, audiobooks, DAISY books, Braille, eBooks and eAudiobooks				
	Assistive Technology	The Library has multiple assistive devices for public use (some in-house, some can be taken home). These include a Prodigy desktop magnifier (magnifies anything placed on it and offers text-to-speech translation), screen reader software, DAISY book players, reading glasses, and handheld and stationary magnifiers.	Seniors and people with print or perceptual disabilities	Strathcona County Library and Bookmobile	Available during all library open hours	Accessibility
	Kiosk with seniors-focused handouts, brochures, pamphlets	A kiosk located in the Large Print collection area, which has brochures, pamphlets, and handouts on seniors-focused topics (ex – info about wills, elder abuse, seniors resource directories, seniors serving agencies)	Seniors	Strathcona County Library	Available during all library open hours	Education, community resources
SUPPORTED SENIORS' FACILITIES	Service/Program Name	Description	Targeted Population	Provider and Location	How often is it offered	Category of Service
	Josephburg Ag Society	Formalized seniors' club	55+	Rural community hall		Socialization, recreation
	Sherwood Park 55+ Club	Formalized seniors' club \$25/year membership	55+	Sherwood Park Log Cabin	Daily programming	Socialization, recreation
	Ardrossan 55+ Club	Formalized seniors' club \$15/year membership	55+	Rural community hall	Daily programming	Socialization, recreation
	South Cooking Lake 55+ Club	Formalized seniors' club \$15/year membership	55+	Rural community hall		Socialization, recreation
	Antler Lake 55+ Club	Informal, drop-in social group	55+	Rural community hall		Socialization, recreation
	Silverbirch & Cloverbar Lodges – <b>Subsidized/Rent Geared to Income Lodge</b>	Accommodations (including meals, recreation & housekeeping) for eligible seniors through the Lodge Assistance Program and Rent Geared to	- 65 years or older - Independent (with or without community health supports)	Heartland Housing Foundation  Silverbirch Lodge 910 Bison Way	Applications prioritized based on need	Housing – Independent supportive living

		Income. Resident must be left with at least \$322* in monthly disposable income.	- *Subsidized rates for income thresholds \$28,995 or less	Sherwood Park, AB T8H 2C4  Cloverbar Lodge 1040 Iris Evans Way Sherwood Park, AB T8H 2X5		
	Silverbirch Haven – <b>Mixed Market Affordable &amp; Subsidized Lodge</b> <i>*details for subsidized units noted by asterisks</i>	Accommodations (including meals, recreation & housekeeping) at below market rates for moderate income seniors.	- 65 years or older - Independent (with or without community health supports)	Heartland Housing Foundation  Silverbirch Haven 906 Bison Way Sherwood Park, AB T8H 2C4	Affordable: no prioritization *Subsidized unit applicants prioritized based on need	Housing – Independent supportive living
	Apple Blossom Manor & Lakeside Legion Manor – <b>Seniors RGI Apartments (Seniors Self-Contained Housing Program)</b>	Rent geared to income apartment-style housing for seniors who are able to live independently with or without assistance of community based services. Rent (includes heat, water, sewer) is based on 30% of a tenant's adjusted income.	- 65 years or older - Applicants whose income falls below income thresholds are eligible to apply (1-Bedroom <\$42,000, 2-Bedroom <\$52,500)	Heartland Housing Foundation  Apple Blossom Manor 97 Willow Street Sherwood Park, AB T8A 5R4  Lakeside Legion Manor 495 Woodbridge Way Sherwood Park, AB T8A 4P1	Applicants prioritized based on need	Housing – Independent
	Silver Birch Manor – <b>Seniors Affordable Apartments</b>	Affordable apartment-style housing for seniors who are able to live independently with or without assistance of community-based services. Rents are 15+% below market rate.	- 65 years or older - Applicants whose income falls below income thresholds are eligible to apply (1-Bedroom <\$42,000, 2-Bedroom <\$52,500)	Heartland Housing Foundation  Silver Birch Manor 918 Bison Way Sherwood Park, AB	Applicants prioritized based on need	Housing – Independent

In Strathcona County (prior to COVID-19), seniors' centre programming requirements are being met by existing facilities and services in a variety of locations.

Topic	Senior Specific Offering	Seniors Centres and Clubs				Strathcona County Services		
		Ardrossan	Josephburg	Sherwood Park	South Cooking Lake	Library	Recreation Facilities	FCS
Arts & Crafts	Crafts - general		X					
	Wool work			X				
	Knitting			X				
	Painting/drawing	X	X					
	Quilting			X				
Education	Computer/phone courses			X		X		
	Lecture and training courses					X		
	Health information and education			X		X		
	Tax clinic							X
Indoor physical recreation	Bocce	X		X				
	Carpet bowling	X		X				
	Darts			X				
	Floor curling	X		X				
	Golf/golf lessons			X				
	Pool/snooker/billiards	X	X	X				
	Walking clinic/group			X				
	Yoga/chair yoga			X				
	Swimming						X	
	Skating						X	
Health and wellness	Health assessments							
	Counselling and wellness supports							X
Social recreation	Board games	X		X	X			
	Cards	X	X	X	X			
	Puzzles			X				
	Coffee drop-in			X				
	Dances	X		X				
	Potluck/Tea Party/Luncheon	X	X	X	X			
	Volunteering			X				

\*\*This table is based on information provided to Strathcona County from the Seniors Advisory Committee.

