



Making a difference...together

SALT SPRING ISLAND COMMUNITY ECONOMIC DEVELOPMENT COMMISSION

Notice of Meeting on **Thursday, April 21, 2016 at 4:00PM**

Portlock Park Portable, 145 Vesuvius Bay Rd, Salt Spring Island, BC

Wayne McIntyre
Janice Harkley
Bruce Cameron

Darryl Martin
John Wellingham

Christine Grimes
Francine Carlin

Randy Cunningham
Holly MacDonald
(r) regrets

SUPPLEMENTARY AGENDA

3. Delegation/Presentation

3.2 Age Friendly Community- Janet Smith and Barbara Aust

To ensure quorum, advise Tracey Shaver 250 537 4448 if you cannot attend.



Making a difference...together

**RULES GOVERNING THE HEARING OF INDIVIDUALS OR DELEGATIONS
BY THE CAPITAL REGIONAL DISTRICT COMMISSIONS**

- Under the CRD Procedural Bylaw, the Commission may, by *resolution*; allow an individual or a delegation to address the meeting **on the subject of an agenda item**, provided written application has been received by the Salt Spring Island Administration Office no later than 4:30pm two (2) calendar days prior to the meeting.
- If you miss this deadline, you may still submit this form; however such requests will require *unanimous* approval of the Commission members at the intended meeting.
- Each address should be limited to five (5) minutes unless a longer period is agreed to by unanimous vote.
- Each delegation should provide the number of copies of their written submission, as determined by the Salt Spring Administration Staff.

Submit form to Salt Spring Island Administration

E-mail: saltspring@crd.bc.ca

Fax: (250) 537-4456

Capital Regional District, 145 Vesuvius Bay Road, Salt Spring Island, BC V8K 1K3

I wish to address the:

Parks and Recreation Commission Transportation Commission

Community Economic Development Commission

AT THE MEETING OF April 21, 2016 at 3 AM/PM

ON AGENDA ITEM age friendly community.

NAME Janet Smith + Barbara Aust

ADDRESS Lower Ganges Rd.

Salt Spring Way

I REPRESENT Salt Spring Health Advancement Coalition

(Name of Organization if applicable)

AS Chair / Sec'y

(Capacity/Position)

TELEPHONE _____ FAX _____

E-MAIL _____

My reason(s) for appearing is (are) and the substance of my presentation is as follows:

Many communities in BC are working to be age friendly
UBCM gives grants for these programs & awards are given
Things that make our community age friendly will
contribute to econ. develop ment.

(If more space is required, please attach an additional page to this form.)

March 11/16

Date

[Signature]

Signature



I Introduction

In September 2006, the Federal/Provincial/Territorial (F/P/T) Ministers Responsible for Seniors endorsed the **Age-Friendly Rural/Remote Communities Initiative** (AFRRCI). The Initiative has two main objectives:

1. to increase awareness of what seniors need to maintain active, healthy and productive lives within their communities by identifying indicators of age-friendly rural or remote communities; and
2. to produce a practical guide that rural and remote communities across Canada can use to identify common barriers, and to foster dialogue and action that supports the development of age-friendly communities.

In an age-friendly community, policies, services, settings and structures support and enable people to age actively by:

- recognizing the wide range of capacities and resources among older people
- anticipating and responding flexibly to aging-related needs and preferences
- respecting the decisions and lifestyle choices of older adults
- protecting those older adults who are most vulnerable
- promoting the inclusion of older adults in, and contribution to, all areas of community life¹

The idea of an age-friendly rural or remote community builds on work underway by the World Health Organization (WHO) on “global age-friendly cities” which is, in turn, based on the WHO’s active aging model.² This **Global Age-Friendly Cities Project** has attracted enthusiastic interest from the moment it was introduced in June 2005, at the opening session of the XVIII World Congress of Gerontology in Rio de Janeiro, Brazil. The interest evolved into action, with 33 cities in over 22 countries participating in the project. Canada’s AFRRCI was developed using the model and research framework of Global Age-Friendly Cities.³ The Canadian project focuses its work specifically on rural and remote communities. The Initiative has experienced success to date with the participation of 10 communities from eight jurisdictions.

Healthy Aging and Seniors in Rural and Remote Communities

The costs and benefits associated with aging and the impacts on communities and broader society make an investment in healthy aging imperative. While the majority of seniors living at home view their health as good, long-term health problems tend to increase with age—this is the case for most chronic conditions,



disabilities and dementias. For example, data from 2001 show that disability rates jump from 31% among seniors aged 65 to 74 years, to 53% for those aged 75 and over.⁴ It is estimated that in the next 10 years, Canadians over age 65 will outnumber those under age 15. Within 30 years, as the Baby Boom generation continues to age, the population over age 65 will grow from 4.2 million to 9.8 million.⁵

The aging of the Canadian population has significant implications for the health system. Currently, 44% of Canada's total health care expenditures are attributed to seniors who comprise 13% of the population.⁶

At the same time, older adults continue to make significant and numerous contributions on a number of fronts—to their families (by providing assistance to spouses, children and grandchildren); to their friends and neighbours; to the community (through volunteering activities); and to the paid economy as skilled and knowledgeable workers.

Evidence shows that health promotion and disease prevention strategies can help those who are aging well, as well as those with chronic conditions and those who are at risk for serious health problems—even very late in life. It is increasingly recognized that encouraging communities to create age-friendly physical and social environments will better support older citizens in making choices that enhance their health and well-being and allow them to participate in their communities, contributing their skills, knowledge and experience.⁷

While the majority of Canadians live in urban settings, a large proportion of seniors still live in rural or remote areas—hence the focus of this guide on rural and remote communities. It is estimated that approximately 23% of seniors in Canada live in rural areas and small towns.⁸ In fact, some parts of rural Canada have been undergoing increases in the proportion of seniors as retirees migrate from cities to the country.

Current research on rural and remote communities shows they face unique social and environmental challenges that can have an impact on health and healthy aging different from those facing urban populations. For example, seniors who wish to “age in place” in rural communities can face barriers to remaining in their homes and staying active and engaged in their communities. Such barriers include a lack of or limited support available to enable older persons to remain independent, as well as very limited housing and transportation options. In addition, seniors in rural and remote areas are frequently required to travel out of their communities for health services, which creates a range of challenges for themselves and their families.

**REPORT TO THE FINANCE COMMITTEE
MEETING OF WEDNESDAY, NOVEMBER 4, 2015**

SUBJECT **Grant Opportunity: Age-Friendly Communities Grant**

ISSUE

To request the Capital Regional District (CRD) Board endorsement of an application to the Age-Friendly Communities Grant program.

BACKGROUND

Administered by the Union of BC Municipalities, this grant program helps BC local governments develop and implement new policies, plans and/or projects that support seniors' well-being.

The current call for proposals was launched on September 22 and the application deadline is October 30; the requisite Board endorsement resolution can be submitted subsequently. Only local governments can apply, and they are limited to 1 application each. The maximum grant amount is \$20,000 and matching funds are not required.

Immediately upon the program's launch, a grant opportunity alert was sent to applicable departments (Planning and Protective Services; Parks and Environmental Services) and to the 3 Electoral Area Directors. As a result, two proposal concepts came forward:

1. Development of a Seniors Resource Guide for Seniors Housing Communities
Capital Region Housing Corporation staff submitted a description of the project concept. It involves working with the 9 CRHC seniors' communities, consisting of 338 households, to engage them in developing a resource guide for active living and well-being. The CRHC would hire someone specifically to implement the project. The best practices learned in this project on seniors isolation, barriers that low income seniors face in accessing healthy community activities and increasing access to health community services will be shared with local municipalities and electoral areas.
2. Salt Spring Health Advancement Coalition
The Salt Spring Health Advancement Coalition submitted a complete application proposing development of an age-friendly community plan for Salt Spring Island. The work will result in an action plan to support seniors' well-being on Salt Spring Island.

The CRHC Board supports the housing grant proposal and will be recommending the following motion at its October 27, 2015 CRHC Board meeting:

That the CRD Board approve the submission to UBCM of the 2016 Age-Friendly Community Planning and Project Grant application on behalf of the Capital Region Housing Corporation.

ALTERNATIVES

1. That the Capital Regional District Board endorse the Capital Region Housing Corporation's (CRHC) application to the Age-Friendly Communities Grant program for development of a Seniors Resource Guide which will have a region wide benefit.
2. That the Capital Regional District Board endorse the Salt Spring Health Advancement Coalition's application proposing development of a local age-friendly community plan for Salt Spring Island.

IMPLICATIONS

Applicants to the program are responsible for providing overall management of the grant. It is deemed preferable, therefore, to submit an application for a project that relates directly to a CRD Service and for which staff is available to oversee implementation and fund administration directly rather than through a third party.

CONCLUSION

On September 22, 2015, the Union of BC Municipalities opened the call for proposals for the Age-Friendly Communities Grant program. The application deadline is October 30, 2015, and only local governments can apply.

Given that the grant applicant is responsible for oversight of project deliverables and funds administration, it is deemed preferable to assign this grant opportunity to the CRHC which is a CRD Service.

RECOMMENDATION

The Finance Committee receive this report and recommend to the Capital Regional District Board:

That the Capital Regional District Board endorse the Capital Region Housing Corporation's application to the Age-Friendly Communities Grant program for development of a Seniors Resource Guide which will have a region wide benefit.

Submitted by:	Rajat Sharma, MBA, CPA, CMA, Senior Manager, Financial Services
Concurrence:	Diana E. Lokken, CPA, CMA, General Manager, Finance and Technology
Concurrence:	Robert Lapham, MCIP, RPP, Chief Administrative Officer

RS:sb

Age Friendly Community

Presentation to the Economic Development Committee

Statistics for Salt Spring Island

- 2011 Census data:
 - Population 10234
 - Over 65 2585 or 25% of the population
 - Median age 53.2 compared to the median age in BC of 41.9
 - 2415 live independently
 - 170 live in institutions
- Predictions for 2035
 - 31% of the population over 65 and
Number over 75 will grow by 156%

Future

- The institutions we have today are full. With the population growing by 156% there will be no facilities available.
- What can we do today to address this?
- Age Friendly Community movement started in 2006 by Federal/Provincial/ and Territorial Governments
- Focus on rural/remote communities
- Funded by Union of BC municipalities
- Goal – to increase awareness of what seniors need to remain active and healthy and
 - -to produce a practical guide to identify common barriers

Work to be done on Salt Spring

- Usually led by town council – who on SSI?
- Need a leader in order get the grant from UBCM
- Build community involvement in issue of aging population
- Facilitate “better at home program”
- Transportation issues – work of Jean Elder re crosswalks, sidewalks, bus transport
- Social participation
- Outdoor spaces and public buildings – accessibility
- Respect and social inclusion
- Civic participation
- Community support and health services AND
- HOUSING

Housing for Seniors

- Gaps in available care
- See the handout identifying levels of care
- Community involvement to finance and manage service
- Island Health to fund operations.

Community needs

- Gap between independent living and extended or complex care.
- Increasing need for caregivers at home or in independent living
- Need a facility between independent and complex care
- Need respite care to relieve care givers
- Need adult day care

Proposal for consideration

- Involve community through building an Age Friendly community
- Move to a new facility that would include the 51 beds now in Greenwoods and the 31 beds in LM extended care operations funded by IH – all individual rooms with bathrooms.
- New Seniors for Seniors facility
- New Adult day care, community bathing, respite care
- Possible new use for Greenwoods facility
- More beds for LM use.