



**District of West Vancouver
Supporting an Age Friendly Community**

**Existing Programs, Supports and Policies that Support
Aging in Place and Quality of Life for Seniors**

Prepared for:

Vancouver Coastal Health
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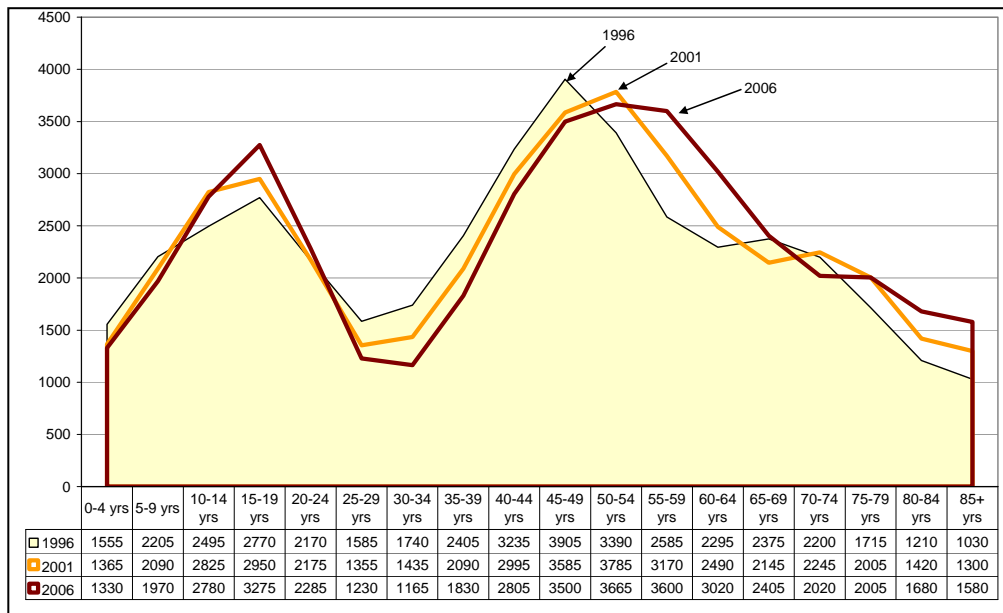
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1.0 UNDERSTANDING SENIORS' TRENDS

Research on demographic trends is one tool that helps us in planning for an Age Friendly Community

Population	West Vancouver	District of North Vancouver	City of North Vancouver	Total
Total Seniors	9690	11,165	6075	26,930
65-69	2405	3205	1570	7180
70-74	2020	2740	1410	6170
75-79	2005	2240	1260	5505
80-84	1680	1680	970	4330
85+	1580	1300	865	3745
% 85+	16%	12%	14%	14%
Total Population	42,130	82,560	45,165	169,855
% Seniors (65+)	23%	14%	13%	16%

West Vancouver's Population Age Distribution (1996, 2001, 2006)



Age 65+

West Vancouver

23%

City of North Vancouver

14%

District of North Vancouver

12%

Metro Vancouver

13%

BC

15%

Canada

14%

Seniors' Trends:

- West Vancouver's population has aged over the past several decades and now represents almost ¼ of the total population. This trend is expected to increase in the future (to about 29% over the next 15 years)
- There are 9700 seniors age 65+ in West Vancouver, representing 23% of the total Population; this is a much higher rate compared to other communities.
- There are 3260 seniors age 80+ in West Vancouver (2006 census); this is the fastest growing segment of the seniors population; it increased 20% over 5 years between 2001-2006 to represent 1/3 of the seniors population. In comparison, the number of younger seniors age 65-79 increased by less than 1%.
- Older seniors age 80+ have significantly different housing needs, service needs, and affordability challenges compared to younger seniors.
- West Vancouver also has a high proportion of resident's that have difficulty with daily activities due to a physical condition, health problem or mental condition – 15% of our total population report this on the census.
- In 2005, there were 1450 seniors in the WV Local Health Area on income assistance; this represented a 20% increase since 2000; the seniors population only increased by 5% over the same period (HR Canada and BC Stats). Female seniors are twice as likely as males to be on income assistance. 18% of female seniors age 65+ are on income assistance
- Community surveys indicate that seniors housing that is close to services, the seniors centre, family and friends are key features for addressing seniors' needs. Adaptable design and accessibility features, as well as housing with in-house services also meet key needs. Social services for seniors are also identified as a priority for the community.
- The Community Dialogue identified housing for seniors are the most needed housing form in the community (71%); there was also support for more modest units (1000-1500 sf range – 62%). Rental housing is an important form of tenure for seniors.

There are a number of North Shore wide research and planning initiatives that the District of West Vancouver collaborates with to better understand and plan for seniors needs such as the Lionsview Seniors Planning Society, North Shore Seniors Coalition / Seniors in Communities Mapping Project and Analysis

2.0 COMMUNITY ENGAGEMENT - SENIORS ACTIVITY CENTRE ADVISORY BOARD

Committees, Working Groups, and Advisory Boards comprised of West Vancouver residents promote community engagement in civic life.

The Seniors Activity Centre Advisory Board is delegated by Council the responsibility and authority to establish, maintain and amend appropriate policies, and to assist Senior's Centre Staff in the operation of the Centre. The Advisory Board and Centre Staff work together in the creation and execution of all policies.

The Advisory Board is currently made up of 11 voting members from the seniors community, plus 1 Council liaison and 1 staff person. Members from the Seniors Activity Centre Advisory Board also liaise on other working groups and committees, such as the Measuring Up Working Group, Community Centres Services Society Board, and the Community Grants Committee.

3.0 SENIORS ACTIVITY CENTRE

The Seniors' Activity Centre offers meeting and activity rooms, a cafeteria, and programs for older adults ranging from fitness to music, arts, woodworking, computers, and lectures. It is a place to meet friends and learn new skills in a supportive atmosphere. This 26,000 sq.ft. facility includes state-of-the-art multi-use rooms, woodworking shop, computer studio, audio-visual room, photography lab, and gymnasium, along with a 3000 sq.ft. cafeteria.

The centre prides itself on its bustling activity with the intention of health promotion and illness prevention while encouraging a continuation of socializing and learning throughout the 'golden years'. Over 100 courses are offered at the centre and through the Leisure Guide to the full continuum of seniors from programs for the frail and isolated seniors, to advanced computer courses for the active-minded senior. Other popular programs include fitness, learning, languages, trips and art.

The cafeteria also serves daily hot meals in a socially inviting setting.

At the heart of the Centre are over 1000 volunteers involved with all aspects of the facility from front desk registration to cashier, from food prep to fundraiser.

4.0 SERVICES TO FRAIL AND ISOLATED SENIORS AT THE WEST VANCOUVER SENIORS' ACTIVITY CENTRE

4.1 Outreach Programs

The West Vancouver Seniors' Activity Centre has a full time Outreach Coordinator. This staff person develops, promotes and supervises the "Keeping Connected" programs which are specifically targeted at frail and isolate seniors.

Currently the "Keeping Connected" programs are comprised of 10 programs. The purpose of these programs is to promote physical and social health through group outings, shared meals, discussion and games groups and light exercise. For example, the two Strollers programs meet weekly at Park Royal Mall and spend an hour or so walking the length of the mall, followed by light refreshments and shopping. Meet and Munch is a weekly outing to a local restaurant for a light meal as well as a bus ride to a planned destination. Men's Club meets at a neighbourhood Kiwanis building and was developed in response to a need to provide men an opportunity for social contact with other men in the community.

Participants pay a weekly drop in fee which includes transportation to and from the program, a meal or snack and a variety of activities planned by the program leader.

Each program is led by a paid instructor and is supported by volunteers who assist with the activities and the social networking aspect of the program.

4.2 Seniors' Shuttle Bus Service

Originally established to help seniors' access the Seniors' Centre during parking lot closures during the construction of the adjacent Community Centre, this shuttle bus now runs 5 days per week through the Ambleside and Dundarave neighbourhoods connecting seniors with the community and the Seniors' Centre. The shuttle services brings seniors to the Seniors' Centre, takes them to shopping areas and malls, doctor appointments, banking appointments, etc. There is an established bus route which includes pick up and drop off at designated stops. While the majority of users are not necessarily frail, they are in many cases isolated and when parking shortages and the construction site created a barrier to them getting to the Seniors' Centre, the shuttle provided them a means to

get out of their home. When seniors can get to the Seniors' Centre, they have access to healthy meals, fitness programs, social programs.

Note: This service is different from the North Shore Seniors' GO bus program.

4.3 Seniors' GO BUS

A senior-friendly transportation service is now available in West Vancouver every Thursday to various shopping locations.

This six-month pilot project is made possible by a partnership with the City of North Vancouver, the West Vancouver Community Foundation and the West Vancouver Seniors' Activity Centre. The GO bus operates during the daytime on Mondays in the Norgate and Lonsdale areas, on Wednesdays in the Lynn Valley and Lonsdale areas, and Thursdays in West Vancouver.

The Go Bus is for seniors aged 65 +: who have limited transportation options; are unable to access the public transportation system; or who have difficulty getting to community services. Walkers are okay and rides are subject to availability.

The bus travels along a pre-determined circuit (PDF, 206.72 KB) between 24th Street in Dundarave to Park Royal Mall. The bus will stop at various apartment buildings and shopping areas, picking up and dropping off passengers along the way.

There is no charge to ride but donations are accepted. All donations go toward continuing service into next year.

4.4 Special Services Society

This volunteer driven society operates out of the West Vancouver Seniors' Activity Centre. It provides a "friendly call" service as well as rides to and from medical appointment to many frail and isolated West Vancouver seniors. Many of the volunteers who work for this society are also members of the Seniors' Centre and work with the Outreach Coordinator to make sure their clients have access to other services.

4.5 “Supporting an Age Friendly Community – Building Connections for Older Adults’ Health Promotion on the North Shore”

The District of West Vancouver was successful in applying for a UBCM Grant on behalf of the North Shore for this project: “Supporting an Age Friendly Community – Building Connections for Older Adults’ Health Promotion on the North Shore”.

The project will connect frail, isolated older adults to existing programs and services aimed at improving health and increasing social participation and inclusion.

The project has two key aspects: a program coordinator and a group of senior volunteers. Frail, isolated adults will be referred to the program coordinator by Vancouver Coastal Health staff as well as a range of community service agencies and seniors centre staff. The Program Coordinator will match the referral to a trained volunteer who will work one-on-one with the frail, isolated senior to bridge them to services, programs and transportation resources.

The project will focus on connecting with seniors who are not currently accessing such programs and services. Their participation will be facilitated through the coordinated volunteer program of seniors who will provide:

- counselling regarding the choices and opportunities available for participation in programs and services;
- assistance with registration;
- assistance with accessing transportation services to/from the programs and services;
- initial assistance participating in or attending the programs and services.

The volunteer program will be developed by working with and building on existing seniors volunteer agencies. Volunteer training, resources, and information will be developed and coordinated through the Program Coordinator. The Coordinator will operate out of the West Vancouver Seniors Centre; however, referrals, volunteers, programs and services will be North Shore wide.

5.0 COMMUNITY ACCESSIBILITY AND INCLUSIVENESS

5.1 *Advisory Committee on Disability Issues*

The Advisory Committee on Disability Issues (ACDI) provides a forum for discussion of issues affecting people with all types of disabilities. They work with the North Shore Municipal Councils to promote, develop and sustain an accessible community, free of physical and social barriers.

The ACDI has undertaken the following initiatives:

- Developed the Pedestrian Access Guidelines, a resource for municipalities for creating accessible pedestrian environments (includes sidewalks (and maintenance of, curb cuts, construction sites, bus stops, road & sidewalk signs, pedestrian crossings, obstructions, commercial & public establishments, public entrances, stairs/ramps to public facilities, public buildings & public telephones)
- Accessible Pedestrian Signals – work with the engineering dept (traffic technologists) at the 3 NS municipalities to identify priority locations for APS and assist in setting volume levels
- Provided input on various transportation issues such as HandyDart, Translink, WV Blue Bus and WV community shuttle
- Support and provide input on Adaptable Design Guidelines, including reviewing municipal projects & facilities, as well as multi-family developments to ensure they are accessible to people with disabilities and seniors

5.2 *Measuring Up Working Group (MUWG)*

This Working Group is making recommendations for improvement in addressing accessibility and inclusiveness within our community, including the following initiatives:

- Accessibility Policy – the MUWG is bringing forward an updated policy, with specific actions and initiatives, for Council consideration in June 2009. The policy is based on the following definition of accessibility: *Accessibility cultivates inclusivity by eliminating barriers and creating social, physical and economic environments that enable all residents to participate actively in the community. Inclusivity embraces and values diversity in: Age, culture, disability, gender, language, marital status, religion, sexual orientation, and socio-economic status.*
- Business publication - the MUWG is working on a publication for local businesses which reviews steps that owners can take to make their businesses more accessible.

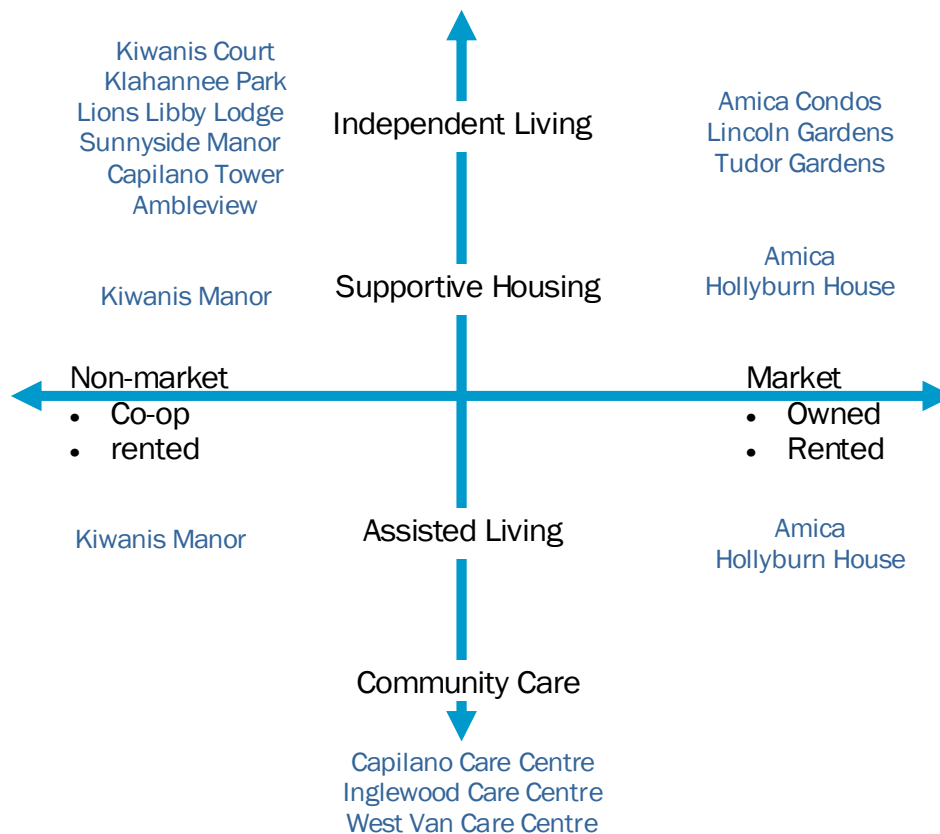
- Beach accessibility upgrades - the MUWG is working with the Parks Department on plans to increase accessibility at John Lawson park.

6.0 SENIORS HOUSING

The provision of a range of appropriately designed and located housing for seniors is an important component in supporting an age friendly community. The graphic and tables below provide information on the range of existing seniors specific housing provided in the community.

The District works with non-profit housing providers and developers in the community to meet the growing need for seniors housing. The Community Dialogue on Neighbourhood Character and Housing identified strategies to allow for consideration of new housing types to meet current and future needs in the community, and to support more affordable housing choices (Working Group Final Report - September 2008). An Implementation Report on these recommendations will be coming to Council this Spring.

6.1 A Continuum of Housing Choices in West Vancouver to Support Aging in Place



6.2 West Vancouver Seniors Specific Housing Inventory

Cooperatives / Strata Housing			
Non Market	No. Units	Market	No. Units
Non-Market Cooperative - Independent Living	42	Market Strata Housing - Independent Living	103
Amberview Place Housing Cooperative	42	Amica Condominiums	14
		Lincoln Gardens	56
		Tudor Gardens	33
Rental Housing			
Non Market	No. Units	Market	No. Units
Non-Market (Subsidized) - Independent Living	400	Market - Supportive & Assisted Living	178
Capilano Towers	72	Amica Mature Lifestyles Inc.	112
Kiwanis Seniors Housing Apartments	81	Hollyburn House	66
Kiwanis Court	86		
Klahanee Park Lodge	56		
Lions Libby Lodge (Horseshoe Bay)	45		
Sunnyside Manor	60		
Non-Market (Subsidized) - Independent Living	76		
Kiwanis Supportive Housing & Assisted Living	76		
Total Non-Market	518	Total Market	281
Residential Care Facilities			
Total Number of Beds	563		
Capilano Care Centre	217		
Hollyburn House	36		
Inglewood Care Centre - Lodge/Manor	142		
Inglewood Care Centre - Private Hospital	93		
West Vancouver Care Centre	75		

6.3 Housing with Accessible / Adaptable Design Features

In addition to our seniors specific housing projects, the District has negotiated for accessible and adaptable design features in new multi-unit housing developments in West Vancouver. *This helps to ensure that our overall housing stock provides an age friendly environment for all.* The following table shows recent developments that have incorporated these features into their units.

Recent Developments with Accessible / Adaptable Design Features

Evelyn Drive	349 units	- 100% visitability - 20% to level 2 adaptability
1891 Marine	2 units	- Level 2
2388-2396 Marine	15 units	- Mix of level 1,2 3
Amica Supportive/ Assisted Living	112 units	- 100% Level 1 - 18% Level 2
Amica Strata Apartments	14 units	- 100% gen. adaptable design (ACDI recs)
6390 Bay	16 units	- 100 % Level 1
Dundarave Landing	24 units	- 25% to Level 2
Kiwanis	76	- 100% Level 2
Water's Edge	95	- 100% universal accessibility

7.0 SOCIAL SERVICES

7.1 District of West Vancouver Community Grants

West Vancouver's Community Grants program provides funding to non-profit community organizations serving West Vancouver residents' needs. Social service grants support the provision of services and programs that reduce social, economic or physical disadvantage and improve quality of life.

Funding provided through this program that is specifically aimed at services that support isolated seniors include:

- Capilano Community Services Society – Seniors Hub
- Lionsview Seniors Planning Society
- NS Services to Seniors' Coalition
- NS Meals on Wheels Society
- NS Volunteers for Seniors
- NS Keep Well Society
- NS Neighbourhood House – Seniors Peer Support

7.2 Recreation Financial Access Assistance

Every resident of West Vancouver has equal access to the benefits of a recreation experience regardless of language, culture, gender, ability or disability, or financial circumstances. The Recreation Assistance Program is intended for West Vancouver residents who otherwise would not have recreational opportunities. Most often this program assists families and individuals on fixed or low incomes.

Many seniors, particularly female seniors living alone, are on fixed low-incomes.

In 2005, there were 1450 seniors in the WV Local Health Area on income assistance; this represented a 20% increase since 2000; the seniors population only increased by 5% over the same period (HR Canada and BC Stats). Female seniors are twice as likely as males to be on income assistance: 18% of female seniors age 65+ are on income assistance, compared to 9% of males.