

# AGE FRIENDLY Manitoba

## AGE-FRIENDLY STUARTBURN COMMUNITY CONSULTATION SUMMARY

### STUARTBURN, MANITOBA

**MAY 15, 2014**

Community consultations are being held with seniors and community members across Manitoba. The goal of these community consultations is to assist communities with prioritizing issues that will help them form action plans to make their communities age-friendly. On May 15, 2014, 31 residents from the Municipality of Stuartburn, Manitoba came together to talk about age-friendly priorities and issues

within their community. Participants also had the opportunity to complete a survey of the age-friendliness of their community. The following is a summary of the age-friendly priorities identified at the meeting and the survey results.



## Summary of Group Discussion

### Age-Friendly features of Stuartburn, Manitoba

The participants had the following to say about the benefits of living in Stuartburn:

- Stuartburn is a safe, quiet community.
- Everything is affordable.
- The people are great in our community.
- It has a very low crime rate.
- We have a good location.
- We have access to farmers market and hotels.

### Priority 1: Medical Services—Emergency Department

#### Potential Actions:

- In consultation with the Southern Health—Santé Sud Regional Health Authority discuss the community's needs and consider continued community awareness around availability of Emergency Rooms in nearby communities.



### Priority 2: Improve Accessibility

#### Potential Actions:

- Conduct a community accessibility survey to identify and prioritize community buildings and facilities that need renovations to make them accessible for all ages and abilities.
- Consult with, and encourage Council, businesses and community organizations to address accessibility needs of all residents, by encouraging installation of ramps and automatic doors throughout the community.
- Promote and raise awareness about the importance of accessibility for all ages and abilities.
- Consult with Council, and businesses to address and improve lighting, general accessibility and walking spaces; for example, sidewalks, walking paths and trails for all citizens, including older adults.
- Consult with the Manitoba Disabilities Issues Office (204-945-7613) to further discuss issues of accessibility and the current strategies in place to address them.



## Priority 3: Better Transportation Coordination

### Potential Actions:

Assess whether available transportation options (e.g., handi-transit, volunteer drivers, taxi) meet the needs and demands of seniors and, if not, consider options to expand seniors' transportation services. Connect with Transportation Options Network for Seniors (204-799-1788) to discuss transportation options and resources available for rural communities.

- Increase ways to share information about handi-transit and other transportation options through Services to Seniors:
  - Who to phone for specific information
  - Days and times available
  - Who is eligible for handi-transit
  - What other services are offered by Services to Seniors
- Ensure transportation options are affordable and reliable.
- Assess the need for transportation between Stuartburn and centres such as Steinbach and Winnipeg for appointments, medical services, and other events. Explore coordinating transportation resources with Steinbach.
- If possible, consider expanding current handi-van transportation services (e.g., recruiting more drivers, and extending transportation hours).
- Connect with Transportation Options Network for Seniors to discuss transportation options and resources available for rural communities.

## Priority 4: Promote Social Cohesion

### Potential Actions:

- Explore the development of various community held social activities that all residents may engage, enjoy, and benefit. For example, host community BBQ; community picnics; community games.
- Connect with South Health Region, Healthy Living Facilitator (204-428-2750) to discuss and explore programs and resources available for promoting social cohesion.
- Explore more recreation opportunities and activities for men (i.e. a woodworking workshop) and increasing the hours and access to the Friendship Centre so that the pool table is available. For more information about men's activities, consult with Mensheds Manitoba Inc. (204-804-5165).
- Connect with Recreation and Regional Services, Eastman Region Office, to discuss and explore opportunities for social and recreational activities that promote and enhance community social cohesion.



## Priority 5: Promote Intergenerational Opportunities / Activities

### Potential Actions:

- Connect with South Health Region, Healthy Living Facilitator to discuss and explore programs and resources available for promoting intergenerational activities.
- Explore the possibility of promoting and hosting a community based intergenerational awareness day. For more information about intergenerational activities, connect with the Gladstone Age-Friendly Committee, Pinawa Age-Friendly Committee, or the Dunnottar Age-Friendly Committee. All three communities have well established intergeneration programs and activities that may serve as a resource.
- Consult with school administration to encourage intergenerational activities such as:
  - Offer an intergenerational knowledge and cultural exchange, e.g., youth can share technology knowledge and adults can share traditional stories.
  - Support teachers and others to encourage students to volunteer and interact with seniors for mutual learning opportunities, for example, telling stories, mentoring, and computer lessons.
- Promote seniors and their accomplishments in community.



## Priority 6: Enhance Housing Options for Seniors

### Potential Actions:

- Consult with Manitoba Housing and Community Development to discuss Stuartburn's current housing needs.
- For more information about expanding housing options contact Mr. Terry Kozak with Housing Delivery branch of Manitoba Housing (204-945-3144) or visit the following link for a project manual for community groups and organizations looking to increase community housing options:  
[http://www.gov.mb.ca/agriculture/rural-communities/economic-development/pubs/rural\\_house.pdf](http://www.gov.mb.ca/agriculture/rural-communities/economic-development/pubs/rural_house.pdf)
- Connect and consult with South Health Regional Health Authority's Home Care program & Services to Seniors to explore options for improved supportive services for those living in the community e.g. meals, housekeeping, activities, health services, snow clearing.
- Consider exploring Co-operative housing. For more information, connect with Co-operative Development Services (CDS), a branch of Housing and Community Development that provides support and direction to entrepreneurs who choose the cooperative model.



## Priority 7: Need Walking Paths / Park

### Potential Actions:

Consult with Town of Gladstone regarding the development of their multigenerational, Age-Friendly/Wellness trail. Town of Gladstone may serve as a resource on acquiring and raising funds for designing and developing trails.

- Consult with the Council, and the business community to address and improve lighting, general accessibility and walking spaces; for example, sidewalks, walking paths and trails for all citizens, including older adults.
- For more information about recreational trails and available grants for trail development and maintenance contact Manitoba Recreational Trails Association (204-786-2688;)website: [www.mrta.mb.ca](http://www.mrta.mb.ca)
- Consult with Recreation and Regional Services to explore the following grant programs to assist with the development of trails:
  - Community Places
  - New Horizon for Seniors Program
  - Continue to work with the school to offer places to walk during the winter months.



## Priority 8: Improve Communication and Information

### Potential Actions:

Develop a central directory of information for seniors and families (pamphlet, booklet, RM website). For more information about developing a community directory of services, connect with the City of Portage la Prairie's Age-Friendly committee.

- Consult with Dunnottar Age-Friendly Committee to discuss their mail out program. The Dunnottar Mail-Out program was designed to communicate community services, activities and other relevant information to all Dunnottar residents.
- Using the local paper electronic sign in Vita, community radio, to communicate health and social services, activities, programs and other relevant information to residents throughout the municipality.
- Form partnerships between community groups to develop ways to communicate and coordinate health services, recreational activities and other relevant community services and events.
- Ensure that communication efforts are ongoing.



## Summary of Survey Responses

As part of Age-Friendly Stuartburn Orientation, individuals from Stuartburn, Manitoba were asked to complete a brief questionnaire designed to collect information on the age-friendliness of their community. A total of 23 questionnaires were completed; most individuals were from Vita, Stuartburn. This report summarizes the findings from the 23 individuals who completed the Age-Friendly Communities Survey; 57% identified themselves as a senior.

### Summary of the Most Age-Friendly and Least Age-Friendly Areas

The following is a summary of the ***most age-friendly aspects***, defined as those areas in which 70% or more of the respondents indicated 'yes'.

- There are enough parking spaces close to services and stores (74%).
- The road signs in my community are easy to read and large enough for older drivers (78%).

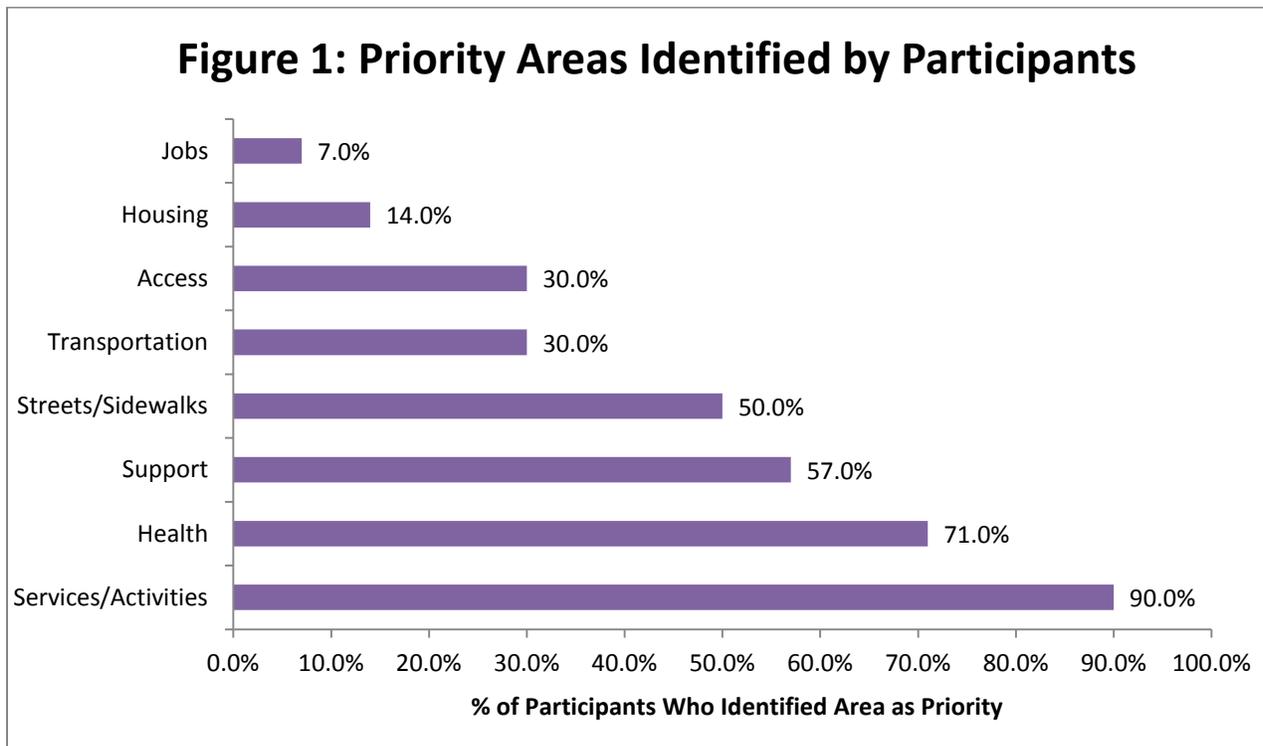
The following is a summary of the ***least age-friendly aspects***, defined as those areas in which 20% or less of the respondents indicated 'yes'.

- There is enough housing that meets the needs of seniors (17%).
- There is enough subsidized housing for low-income seniors (8.6%).
- The waiting times are reasonable to get into senior housing that provides supports to seniors (e.g., assisted living, nursing homes) (13%).
- There are sidewalks linking residences and essential services in most or all areas of my community (0.0%).
- Sidewalks in most or all areas of my community are well maintained (even surfaces or paved, not a lot of cracks) (0.0%).
- Public washrooms accommodate people with wheelchairs (0.0%).
- Most or all businesses and public buildings in my community are easily accessible to everybody (e.g., have wheelchair ramps, automatic doors) (13%).
- There are enough paid job opportunities for seniors (8.6%).
- The job opportunities in my neighbourhood accommodate the needs of seniors (e.g., part-time work is available) (4.3%).
- Local parks or walking trails in my community are accessible and easy to use for seniors (e.g., paths with even surfaces) (8.6%).
- There are enough resting areas with benches along paths or trails (4.3%).
- There are enough exercise classes specifically for seniors (8.6%).

- There are enough lifelong learning programs specifically for seniors in my community (e.g., learning new things such as the use of computers) (0.0%).
- There are enough programs in my community that bring seniors and children together (e.g., school reading programs, children spending time with seniors) (17%).
- Isolated seniors (e.g., those who don't have anybody) are contacted, visited or taken to activities (13%).
- Public telephone answering services in my community are adapted to the needs of seniors (e.g., instructions are given clearly and slowly) (13%).
- There are enough seniors' advocacy services available in my community (e.g., an ombudsman to inform others of seniors' needs) (8.6%).
- Seniors serve in an advisory role to municipal government in my community (e.g., there is a seniors' council) (13%).
- Community consultations in my community specifically include seniors (4.3%).
- Planning processes in my community specifically consider the needs of seniors (e.g., planning for housing or transportation) (17%).
- The services that help seniors around the home (e.g., snow removal, lawn care, garbage brought to the street) are sufficient (13%).
- The health care services that are provided in my community meet the needs of seniors (e.g., hospital, physicians, eye care) (4.3%).
- Public transportation (not provided by family or friends) to health care services that are not provided in my community is sufficient (8.6%).
- Access to health care that are not provided in my community is generally convenient (e.g., services not too far away, appointment times are convenient) (4.3%).
- Crime and vandalism are a problem (17%).

## PRIORITY AREAS

Individuals were also asked to write down the top five issues they felt needed to be most urgently addressed in their community. Fifteen participants (71.4%) identified at least one priority area. These written comments were grouped into the priority areas as shown in Figure 1: **Support** (e.g., better advocacy/respect for seniors in opinions they may have for the community, more awareness and communication for the community about senior's needs); **Housing** ( e.g., more affordable housing for low income seniors); **Services/Activities** (e.g., meal delivery & cost, more structured activities and exercise groups for seniors, more opportunities for intergenerational activities); **Streets/Sidewalks** (e.g., more sidewalks, sidewalk repair and maintenance, need for crosswalks, poor lighting on the streets); **Transportation** (e.g., more senior transportation, affordable transportation to larger cities); **Healthcare** (e.g., more doctors needed, improve home care services); **Access** (e.g., curbs are too high, more ramps and automatic doors, need easier access to many buildings); and **Job Opportunities** (e.g., more senior job opportunities).



## FINDINGS

Housing	Percent Responding		
	Yes	No	Don't Know
There is enough housing that meets the needs of seniors.	17	61	17
Housing for seniors is affordable.	30	22	39
There is enough subsidized housing for low-income seniors.	8.6	52	35
The waiting times are reasonable to get into senior housing that provides supports to seniors (e.g., assisted living, nursing homes).	13	48	35
There is enough housing for younger people.	35	35	26

Transportation	Percent Responding		
	Yes	No	Don't Know
The transit service to shopping, senior centres, religious events, cultural events, and so forth is sufficient.	26	44	22
The public transportation (not provided by family or friends) to and from medical appointments is sufficient.	17	39	30
The transportation that is available for individuals with disabilities (e.g., Handi-Van) is sufficient.	48	13	22
Public Transportation (including Handi-Van) is affordable.	26	26	35
There are volunteer drivers or an informal network of drivers available for seniors who need transportation.	52	8.6	17
There are enough parking spaces close to services and stores.	74	8.6	4.3
There are enough "handicap" parking spaces close to services and stores.	52	17	17

Outdoor Spaces and Buildings	Percent Responding		
	Yes	No	Don't Know
The road signs in my community are easy to read and large enough for older drivers.	78	22	4.3
There are sidewalks linking residences and essential services in most or all areas of my community.	0.0	91	0.0
Sidewalks in most or all areas of my community are well maintained (even surfaces or paved, not a lot of cracks).	0.0	74	8.6
Snow clearing in my community is done in a timely manner so walking and driving is safe.	52	17	17
There are enough street crosswalks in busy business areas.	26	44	26
There are enough street crosswalks in busy residential and/or recreation areas.	22	52	17
There are enough public washrooms in key areas of my community (e.g., business and recreation areas).	22	48	22
Public washrooms accommodate people with wheelchairs.	0.0	65	26
Most or all businesses and public buildings in my community are easily accessible to everybody (e.g., have wheelchair ramps, automatic doors).	13	57	17

Community/Work Force Participation	Percent Responding		
	Yes	No	Don't Know
There are enough volunteer opportunities for seniors.	26	44	22
There is enough official recognition for seniors who volunteer in my community (e.g., an appreciation banquet or volunteer awards).	26	44	17
There are enough paid job opportunities for seniors.	8.6	39	44
The job opportunities in my neighbourhood accommodate the needs of seniors (e.g., part-time work is available).	4.3	48	39

Social Participation	Percent Responding		
	Yes	No	Don't Know
My community has enough pleasant places for walking (e.g., walking trails, parks, well-treed streets).	17	74	0.0
Local parks or walking trails in my community are accessible and easy to use for seniors (e.g., paths with even surfaces).	8.6	65	13
There are enough resting areas with benches along paths or trails.	4.3	74	8.6
There are enough exercise classes specifically for seniors.	8.6	52	22
There are enough recreation programs specifically for seniors in my community (e.g., card games, arts, crafts).	22	39	22
There are enough lifelong learning programs specifically for seniors in my community (e.g., learning new things such as the use of computers).	0.0	52	35
There are enough programs in my community that bring seniors and children together (e.g., school reading programs, children spending time with seniors).	17	22	48
Recreational activities, such as exercise and other recreational programs, are generally affordable for seniors.	26	8.6	44
Isolated seniors (e.g., those who don't have anybody) are contacted, visited or taken to activities.	13	39	35

Information/Advocacy	Percent Responding		
	Yes	No	Don't Know
Information about community events is readily available to seniors.	35	26	22
Information about the services and programs provided by various organizations is readily available to seniors.	22	17	39
Official, written information, such as forms or brochures is easy to read and understand (e.g., large print, clear language).	26	13	44
Public telephone answering services in my community are adapted to the needs of seniors (e.g., instructions are given clearly and slowly).	13	26	44
There is enough assistance available for completing official forms (e.g., help with filling out government or income tax forms).	48	8.6	26
There are enough seniors' advocacy services available in my community (e.g., an ombudsman to inform others of seniors' needs).	8.6	30	39

Respect and Social Isolation	Percent Responding		
	Yes	No	Don't Know
Seniors in my community are generally treated with respect.	61	4.3	17
Seniors serve in an advisory role to municipal government in my community (e.g., there is a seniors' council).	13	22	48
Community consultations in my community specifically include seniors.	4.3	8.6	65
Planning processes in my community specifically consider the needs of seniors (e.g., planning for housing or transportation).	17	8.6	57

Health and Community Services	Percent Responding		
	Yes	No	Don't Know
The home care services that support seniors in their own home (e.g., meal preparation, nursing care) are sufficient.	26	26	26
The services that help seniors around the home (e.g., snow removal, lawn care, garbage brought to the street) are sufficient.	13	39	22
The congregate meal programs available (e.g., lunch at a recreation or senior centre) are sufficient.	61	4.3	17
The meal delivery services that bring meals to seniors' homes are sufficient.	44	8.6	30
The health care services that are provided in my community meet the needs of seniors (e.g., hospital, physicians, eye care).	4.3	78	0.0
Public transportation (not provided by family or friends) to health care services that are not provided in my community is sufficient.	8.6	48	22
Access to health care that are not provided in my community is generally convenient (e.g., services not too far away, appointment times are convenient).	4.3	57	17

Safety	Percent Responding		
	Yes	No	Don't Know
Crime and vandalism are a problem.	17	30	30
Seniors feel safe when walking alone during the <i>day</i> .	52	8.6	17
Seniors feel safe when walking alone during the <i>night</i> .	26	13	44